

CREATION OF FITNESS AND BEAUTY

Rukmini Tatwa : Traditional Beauty and Fitness in Balinese Script

By. Suryadarma

Abstract

World Health Organization (WHO) shows that 40-80% of the population of third world countries depends on traditional medicine to meet their health care needs. Many developed countries realize the potential for indigenous massage and beauty based on natural resources. It is locally available, culturally acceptable and sustainability.

Indonesia is one of country that consists of ethnics and its indigenous knowledge. Each ethnic has a long history of traditional health and massage knowledge, but recently modern massage has taken it over. Traditional massage and healthy is slowly finding its niche in modern massage.

The Balinese have traditional healthy and beauty and one of its *Rukmini Tatwa*. It is a traditional spa, massage base on plants resources and that scripture documented in the Balinese language. The Balinese human health concepts were determined by a balancing the three elements of life: God, human being and nature. It balance between physical aspects the of the seen world (*skala*) and spiritual aspects, of the of unseen (*niskala*) world. The basic concepts of healthy and beauty are generally considered the integrated result of all cosmic, mental, physical, emotional, attitudinal. . Thus there is no single cause.

Rukmin Tatwa is one of traditional beauty, that refers to the practice of using natural plants substances. Its writings included the preparation and use and therapy. The information was written as a narrative, that beginning with the; name of plant, characteristic part the plant used; beauty for, and it composition. Can modern healthy and beauty accommodate its.

Introduction

Indonesian is one of tropical archipelagic countries which have many local cultures, and their indigenous knowledge. Functioning of plants has been documented among folk, song, and especially ancient script written in palm leaves. The Balinese have had a long history living and responding to the natural

environment which includes the plants traditional beauty. *Rukmini Tatwa* is one of beauty plants ancient Balinese script had written on the leaves of the palm tree (*Borrassus flabellifer*).

Prior to the 1940s, physicians were naturalists and all most physician were generalist or general practitioners. They work from the heart and soul because medicine had yet no become a science. Physicians were healers. Each physicians knew the enter family and most of the social problems of that family (Shealy, 1999). As the result of the technological explosion of 1940s, medicine was converted from an art of the heart to the technological power of the mind. Beauty is the part of healthy, physically and spirituality. Beauty is totality - inside and outside

Material and Methods

Traditional beauty information concerning the utilization of the plant resources Its traditional plants use, prepare, composition and use it. The all *Rukmini Tatwa* information translate into national name. scientific name and clarification the chemical content.. Its step are follows.

- Materials. *Rukmini Tatwa* Script
- Methods. *Rukmini Tatwa* Analysis.
- To translate its script in national and international language
- Identification part of body prepare or treatment
- Identification of plant use, combination, prepare and teuraphy
- To clarify in scientific plant name, and chemical contents.

Results and Discussion

1. Characteristic of *Rukmini Tatwa* Script

Rukmini Tatwa script had written more than 150 plants species that its have been used- as a healthy, beauty, tonicum for both how to prepare and use them. It information has written in local language. that beginning with; name of plant,

characteristic part plant used; the part body and mind target, and their composition (Figure 1).

Figure 1. *Rukmini Tatwa* plants use scripts (Adapted from Suryadarma, 2007):

Nihan pamahayunkun-ari. Kulit juuk purut, jehe kling, phalaraja, babakan kamuloko, sama bhaga, pipis pahalit, lapana yoni, utama, wyadining yoni, ngaranya abwa, mangrah, malyud, yatika hilang dening lepana,

mwang- amuhara kasubhagyana ngwang denya

Muah atal, akah tabya bun, lengis,

lengis pehan,

curnmangkratha wedhaknya.

It cure for beauty and healthy. The shell of spice orange (*Cytrus hystric DC*), black jinger, (*Zingiber officinalis Pers*) the fruits of *phala* (*Dipterocarpus haseltii*), the bark of *Kamoloka* tree (*Emblca officinalis*) the part are equalize, grinding, put it on out side your vagina, it is best. It is can cur for, vagina bloody, infected vagina by microorganism and it will make you and your husband happy.....etc.

The information is documented in *Balinese language*, and they use of plant product is encouraged by tradition not upon science and research. Almost all of the materials that are used are unrefined plant products such as leaves, bark, roots, seed, flower, fruits, and the sap of tree. Now the *Hanacaraka Archaic Balines* is not effective to communicate both old and young generation, and among different ethnics. These conditions caused the lack of transmission process communication both them.

2. The Model of *Rukmini Tatwa* Script Transformation

Rukmini Tatwa script documented all part of body teuraphy for health and beauty, especially how to making your body fitness, to maintain your family happy. Not only maintain the fitness woman body, but also for the man.body. *Rukmini Tatwa* is one traditional script knowledge in Bali, especially to maintain your family from sexual, spiritual problem. Its script is equal with *Usada Taru Pramana Script*, that refers to the practice of using natural substances as medicines. *Usada Taru Pramana* writings include the preparation and use of more than 150 plants species that as a medicine. The information written as a narrative, that beginning from the plants, characteristic part the plant used; cure for, and it composition.(Suryadarma, 2006).

Rukmini Tatwa Script also documented more than one hundred plats use, part of plant use, composition. and therapy. The plant are prepared in various way that for beauty and fitness purposes are decoction of leaves, flowers, root, stem, bark, fruit, seed and tuber. Most of decoction are made by simples such as, mortar, stone, etc. They use of plant product is encouraged by tradition not upon science and research and almost all of the materials that are used are unrefined plant products. According to Burger, 1990 is the similar situation in India. A botanical survey of India reveal tha. *tribal people* use plant drugs to cure fevers, bronchitis, blood and skin disease, eye infections, ling and spleen ulcers, and blood pressure.. .

3. The Balinese Health Concept and *Rukmini Tatwa* .

The Balinese human health concepts were determined by balancing among the three elements of life: God, human being and nature. It balancing between physical aspects the world of the seen (*skala*) and spiritual aspects, the world of unseen (*niskala*). The basic concepts of illness was imbalance between five basic elements, that imbalance among aspects of *phita* (light, fire), *kappa* (water, liquid), and *wayu* (air) (Nala,1990).