



Traditional Chinese Medicine in Java

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Abstract: *Before Western health science came to Indonesia, people had long used indigenous or traditional medicine. Traditional Chinese medicine is also one of the conventional medicines in Indonesia, which is a legacy of treatment from other countries and is developing very rapidly, so in its development; traditional medicine is popular in Indonesia, including in the cities of Java. This research aims to see how traditional Chinese medicine has developed in Java. This paper was written using methods and rules in historical science. The first stage is "heuristics" or data collection. Traditional medicine's approach is more holistic (comprehensive), while conventional treatment's approach is symptomatic (therapy focuses on the symptoms that arise). Generally, the regulations and services for traditional medicine in Indonesia are clear because they have been regulated in legislation and Governor Regulations for provincial areas.*

Keywords: *Ancient Medicine; Benefits; Traditional; Chinese; Java*

INTRODUCTION

Before Western health science came to Indonesia, people had long used indigenous or traditional medicine. Treatment is based on traditions handed down from generation to generation. It is carried out by providing concoctions from natural ingredients and therapy with actions such as massaging, massaging, and compressing. And there are other treatments carried out with actions based on a person's supernatural powers. These types of treatment are what we now know as traditional medicine.

Indonesian people are familiar with various traditional healing methods, both native to Indonesia and those originating from abroad. Generally, traditional medicine in Indonesia can be grouped according to how it is treated. Conventional medicine uses ingredients derived from plants and animals, as practiced by herbalists, healers, and shine. Traditional treatments that use skills include broken bone shamans, massage shamans, and acupuncturists. There are also conventional shamanic treatments using spirituality, mysticism, religion, and religious beliefs to cure several diseases.

The origins of various traditional medicines in Java are because Java has a population consisting of different ethnic groups, both from within and from abroad. Residents outside the Indonesian archipelago come from European, Arab, Indian, Chinese, and other countries. One of the ethnic groups from outside the Indonesian archipelago, which is quite significant in number, is the Chinese ethnic group. The number of ethnic Javanese Chinese occupies the most crucial number compared to other ethnicities (Mulyani and Harti, 2017).

Traditional Chinese medicine is one of the original treatments owned by the Chinese ethnic community, passed down from generation to generation using herbal medicine and treatments originating from the Chinese region. Previously, traditional medicine was only used by Chinese people. Skills in conventional medicine encourage ethnic Chinese to play a role in the health and services sector by opening medical practices and services amidst the economic activities of Javanese cities. Traditional Chinese medicine in Java is one of the cultural heritages inherited by ethnic Chinese



who came to Java. Medical knowledge has been passed down from generation to generation from their ancestors. Apart from that, the field of treatment is similar to traditional Indonesian medicine.

Traditional Chinese medicine was initially limited to the Chinese ethnic group; it has not yet become a standard treatment because it is classified as a treatment that is not yet trusted among the Javanese people in terms of knowledge that traditional medicine can cure certain diseases. There are various conventional treatments in Java, both native to the country and from abroad; these treatments have become alternative medicine in Java. During the Old Order, President Soekarno also favored traditional medicine.

On September 30, 1956, President Soekarno visited China. During this visit, President Soekarno was warmly welcomed by the Chinese; he was very impressed with the development of traditional medicine, which previously favored conventional medicine in providing for people's health. In 1956, at the UGM building, he introduced Shine, which was imported from the PRC to treat his kidneys. President Soekarno wanted to build and develop traditional Indonesian medicine as the PRC did in advancing traditional medicine to equalize the health of the Indonesian people. ⁹ In collaboration, the Chinese Government sent volunteer TCM (Traditional Chinese Medicine) teachers, namely Huang Hsien Ming, an expert. Traditional Chinese medicine and taught courses to 20 doctors in Indonesia.

In 1960, the Indonesian nation experienced a prolonged economic crisis. This crisis also greatly impacted Javanese society, namely the emergence of urbanization factors and health problems. This has led to a decline in public health conditions due to people's consumption of less nutritious food and increasingly widespread disease outbreaks, necessitating improvements in public health. This period saw the beginning of the development of traditional medicine. Traditional medicine has re-emerged as another option for Javanese people to fulfill their health needs due to the high price of treatment due to the economic crisis.

The government also issued Law No. 79 of 1963, which regulates health workers and traditional medicine to maintain and fulfill national health in Indonesia. Because there is still a lot of conventional medicine that is difficult to learn and combine with modern medicine. In the same year, the Ministry of Health, in the context of research and development of Eastern healing methods, including Acupuncture, on the instructions of the Minister of Health at that time, Satrio instructed to form a Research Team for Traditional Eastern Medicine.

Soeroto Hadisoemarto, in his Health Research Paper: Legal Aspects in Acupuncture Treatment in 1980, discussed the law of traditional Chinese medicine, namely acupuncture treatment. The legal aspect of acupuncture is to protect traditional Chinese medicine and guide acupuncturists in providing treatment safely to the public. This paper is handy for researching government policies responding to conventional Chinese medicine. The article only explains the legal basis for native and foreign traditional medicine, which the Indonesian government permits to carry out conventional medicine practices among the public.

Wenjun Zhu, in a book entitled *Essence of Traditional Chinese Medicine* page 1-26, explains the history and origins of traditional Chinese medicine in treating disease. The book explains conventional Chinese medicine and discoveries about Chinese medicine methods discovered by famous shinshes and applied by subsequent Chinese healers. The book explains traditional Chinese medicine in detail and teaches about using Ying and Yang flow in the human body. It also explicitly explains one of



Indonesia's conventional healing cultures. The review of the book above shows that traditional Chinese medicine is very well known and serves as a reference for comparison in writing this essay, which writes about the supervision of traditional Chinese medicine in Surabaya.

The research on traditional Chinese medicine aims to help people who find it very difficult to obtain modern medicine due to its high cost and affordability in equalizing health in certain areas. Many traditional medicine practitioners need guidance and a place to practice, so people do not fully use traditional medicine. Because people need to learn about the safety and efficacy of conventional medicine. The government has a role in developing and introducing traditional medicine as an alternative to modern medicine.

Traditional Chinese medicine used by ethnic Chinese has experienced development and acceptance by society in treating diseases. Traditional Chinese medicine is also a conventional medicine in Indonesia, a legacy of treatment from other countries, and is developing very rapidly. In its development, traditional medicine is popular in Indonesia, including in the cities of Java (Suharmiati dkk., 2023).

RESEARCH METHODS

This paper was written using Fu *et al.* (2019) methods and rules in historical science. The first stage is "heuristics" or data collection. The stages of collecting sources that have been carried out include conducting interviews and literature reviews by looking for sources of books and articles in the library. Data can be in the form of documents, archives, government letters, proof of payment, and all other sources such as books, articles, research results, research journals, and other secondary sources that make it easier to find the truth from historical facts. These sources can be found or searched in the Library, Archives Agency, Central Statistics Agency, and other institutions that manage their respective fields, such as archives.

RESULTS AND DISCUSSION

Chinese medicine is a current trend. People are starting to believe in and try Chinese medicine. Chinese medicine is considered to have extraordinary properties and benefits in healing the body from disease.

History of Traditional Chinese Medicine

Traditional Chinese Medicine (Goose: Traditional Chinese Medicine) is a conventional medicine done in China and has evolved over several thousand years. Treatment practices include herbal Medicine, acupuncture, and massage Tui Na. This treatment is classified under Eastern *Medicine*, including other traditional East Asian medicines such as field (Japan) and Korean. Traditional Chinese Medicine believes that all processes in the body relate and interact with the environment. Therefore, disease is caused by disharmony between the environment inside and outside a person's body. Symptoms of this imbalance are used to understand, treat, and prevent disease.

The theories used in the treatment are based on several philosophical references, including the idea of Yin-Yang, five elements (*Wu-xing*), the system meridian human body (*Jing-luo*), the organ theory of Zang Fu, and others. Diagnosis and treatment refer to this concept. Traditional Chinese Medicine often clashes with Western Medicine, but some practitioners combine it with principles of evidence-based Medicine. Much of the philosophy of traditional Chinese Medicine comes from philosophy, and Dunand reflects the ancient Chinese belief that one's personal experiences reveal causal



principles in the environment. This causative principle is related to destiny from heaven.

During the time of success, Yellow the Empire in 2696 to 2598SM produced a famous work, *Neijing Suwen* (*Nei Jing Su Wen*) or *Basic Questions about Internal Medicine*, also known as *Huang in Neijing*. During the time of Dynasty Han, Chang Chung-Ching, a mayor of Chang-sa, at the end of the 2nd century AD, wrote a work on *Typhoid Fever*, which contains references to *Neijing Suwen*. This is a reference to *Neijing*, The longest ever known. In time, Dynasty Chin, an acupuncturist, Huang-fu Mi (215-282AD), also quoted the work of the Yellow Emperor in his career, *Choia I Ching*. Wang Ping, at the time Tang dynasty, said that he had real coffee *Neijing Suwen* which he has edited.

However, classical Chinese medicine is different from traditional Chinese medicine. Government nationalists, in his time, rejected and withdrew legal protection for his classical medicine because they did not want China to lag in terms of the development of scientific knowledge. For 30 years, classical medicine was banned in China, and the government prosecuted several people for practicing classical medicine. In the 1960s, Mao Zedong decided that the government could not ban classical medicine. He ordered ten doctors to investigate classical medicine and create a standard form of application of classical medicine. This standardization resulted in traditional Chinese medicine.

Traditional Chinese medicine is taught in almost all medical schools in China, most of them in Asia and North America. Although treatment and culture have touched China, traditional medicine cannot be replaced. This is caused by many factors: sociological and anthropological. Conventional medicine is believed to be very effective. It can sometimes function as palliative medicine when Western medicine is no longer able to treat it, such as routine treatment in cases, as well as dealing with prevention of poisoning. Marxism heavily influenced China. On the other hand, supernatural allegations contradict Marxist beliefs and dialectical materialism. Modern China brings traditional Chinese medicine to the scientific and technological side and leaves the side of cosmology.

Traditional Chinese Medicine Concept

In the Western world, traditional Chinese medicine is considered alternative medicine. However, it is an integral part of the health system in the People's Republic of China and Taiwan. Conventional medicine is a non-invasive therapeutic intervention rooted in ancient beliefs, including the concept of old beliefs. In the 19th century, traditional medicine practitioners still had limited knowledge of infectious diseases and an understanding of Western medical sciences such as biochemistry. They use theories that are thousands of years old based on experience and observation and a system of procedures that form the basis of treatment and diagnosis.

Unlike some forms of traditional medicine that have become extinct, conventional Chinese medicine is now part of modern medicine and part of the health system in China. In recent decades, many Western medical experts have also researched the truth of traditional Chinese medicine. Traditional Chinese medicine is often used to help treat the side effects of chemotherapy, help treat drug addiction, and treat various chronic conditions that conventional medicine considers impossible to cure. Pien tze huang was first documented during the Ming dynasty.



Types of Traditional Chinese Medicine

1. Acupuncture

Acupuncture involves injecting tiny needles at specific points in the body to treat various health problems, such as headaches, back pain, and digestive issues. It can also reduce stress and anxiety and overcome sleep problems. According to traditional Chinese medical theory, acupuncture can help to channel blocked energy or "qi" in the body. When needles are inserted into acupuncture points, they can stimulate the nerves and energy flow in the body. This will trigger the body to release endorphins, natural chemical compounds that function as pain relievers and boost the immune system.

2. Herbal Medicine

The use of various types of plants and natural ingredients to treat multiple health problems. Each plant has different properties and can be used to treat various health problems, such as infections, skin diseases, and digestive issues.

3. Qigong

It is a series of breathing, movement, and meditation exercises aimed at helping to flow energy in the body and improving overall health. Qigong consists of two words: qi, which means life force or vital energy that flows throughout all objects on earth and implies achievement or skill obtained through continuous practice. This traditional Chinese medicine is believed to relieve stress, improve sleep quality, and improve emotional balance.

4. Moxibustion

Moxibustion is a treatment that uses a medicinal plant called moxa or mugwort. Mugwort plants are stored for an extended period first, then ground finely. Practitioners do the therapy by burning the mill. There are two types of moxibustion: *direct and indirect*. In direct moxibustion, moxa is steamed directly on the skin or over acupuncture needles inserted into the skin. Meanwhile, in indirect moxibustion, moxa is burned on ingredients such as ginger or garlic above the acupuncture points.

Although moxibustion is considered safe and effective, some side effects can occur, such as redness and blisters on the skin due to heat. Some people also report an uncomfortable burning sensation during and after a moxibustion session. Moxibustion is often used as an adjunct therapy to treat various health conditions, such as chronic pain, osteoarthritis, digestive problems, and menstrual problems. However, as with any treatment, it is essential to consult a doctor before trying moxibustion, especially if you have an underlying health condition or are undergoing other medical treatment.

5. Tuina

Tuina is a traditional Chinese massage that uses specific techniques to relieve pain and improve overall health. This massage can treat health problems such as back pain, headaches, and digestive issues. Tuina has a long history in China and has been used for thousands of years as an alternative healing method. The massage and finger manipulation techniques used in tuina are combined with the patient's body movements to improve blood circulation and stimulate the immune system.



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The use of various types of plants and natural ingredients to treat multiple health problems. Each plant has different properties and can be used to treat various health problems, such as infections, skin diseases, and digestive issues. Chinese medicinal plants, including Saga leaves for mouth ulcers and coughs, Bitter Leaf for diabetes and intestinal inflammation, Betel Leaf for feminine hygiene and eye ailments, and Celery for its nutrient-rich properties, are widely used in Traditional Chinese Medicine (TCM). These plants not only treat diseases but also enhance immunity and overall health. Recent efforts have focused on expanding collaboration between Indonesia and China in traditional medicine, reflecting the global potential of Chinese medicinal plants. Scientific studies demonstrate their anti-cancer, antioxidant, and anti-inflammatory effects, underscoring their significance in healthcare (Drug, 2022).

3. Herbs

Indigenous people and even some Europeans are interested in using traditional medicine, both herbal and traditional Chinese medicine. This is due to the efficacy of herbal medicine in curing diseases in tropical areas that cannot be cured with modern treatment. Europeans' interest in herbal medicine is proven by research. During the nineteenth century, European doctors serving in the Dutch East Indies became interested in herbal medicine because they needed sufficient knowledge about curing the diseases they encountered in patients in tropical areas. Sales of herbal medicine are carried out in several ways, one of which is door-to-door sales. In this way, sales are carried out by women using baskets containing traditional drugs that are ready to be consumed. Selling herbal medicine is also done on call, as is done by ampoh sellers who are also traditional birth attendants. Ampoh sellers sell ampoh concoctions for the health of pregnant women's fetuses. All conventional medicine sellers are customer-oriented, so customers can decide which medicines to buy and what quantities.

Health Conditions that can be Treated with Traditional Medicine

From the perspective of diagnosis or therapy, the traditional, complementary science approach of TCM is different from Western medicine. However, it must be emphasized that even though they are different, the two treatment systems can synergize or complement each other. For constipation due to blood and Yin deficiency, the therapy must provide herbs that increase blood and Yin (body fluids); if there is a Yang deficiency, the therapy must provide spices that warm the body's Yang element (heat energy). If cases of constipation due to Yin deficiency are given therapy to warm Yang, it will not improve; it will even get worse because the excess Yang element will



increasingly deplete the Yin element. Likewise, if constipation due to Yang deficiency is treated with Yin-enhancing herbal therapy, the results will not improve because the Yang element will weaken. In cases of chronic obstipation, TCM therapy must be based on the syndrome, not the symptoms. This case report cannot be interpreted to mean that cassava leaves are a "cure" for all cases of refractory chronic constipation. In this case, the administration of cassava leaves was based on the diagnosis that the cause of refractory chronic obstipation was because the heart organ system was weak based on the results of examinations based on TCM knowledge. The heart in the TCM concept is an organ that bitter foods can strengthen. Therefore, the therapist gives cassava leaves, which have the property of maintaining the spirit of weak sufferers. In this case, therapy to enhance the heart organ system is also done with acupuncture at the appropriate points. The results will be felt quickly with proper therapy based on a correct syndrome diagnosis. If hot and dry intestines cause constipation, the therapy is not with cassava leaves. Still, with hot herbs or medicines, intestinal moisturizers, and intestinal laxatives. 6 Approaches to diagnosis and therapy from traditional health sciences and medical sciences are fundamentally different. The medical science approach generally tends to be partially centered on the digestive tract with laxatives and stool softeners. Meanwhile, in this case, the traditional health approach looks holistically and systematically for the cause, and the etiology was found in the heart organ in the TCM concept. This case shows that complementary traditional medicine approaches can be successful for chronic patients refractory to Western medicine; the key is a correct diagnosis.

Legality of Traditional Medicine in Indonesia

To achieve the highest level of public health, safe, productive, and quality products are needed in sufficient quantities and at affordable prices. Availability and affordability of products, especially medicines and raw materials for traditional medicine, are provided by the Traditional Medicine Industry. With the enactment of the Regulation of the Minister of Health of the Republic of Indonesia, namely Regulation of the Minister of Health Number 246/Menkes/Per/V/1 990 concerning Traditional Medicine Industry Business Licenses and Registration of Traditional Medicines, this Guide to Traditional Medicine Industry Licensing Services, is to implement the principles of Clean Government and Good Governance is universal and is believed to be a necessary principle for providing excellent public services to the community. The presence or absence of SOPs can measure the quality of excellent public services, the suitability of the service process with existing SOPs, the openness of information, fairness, and speed in providing services, and the ease with which the public can complain.

How Traditional Medicine Works

For example, the patient, a woman aged 26 years, came with complaints of difficulty defecating for eight years, which had become increasingly severe in the last three months. The patient does not suffer from other serious illnesses. She defecates frequently, up to once every two weeks. When defecating, he admitted that it was difficult to expel his feces as if he had no energy, so there were times when he spent an hour on the toilet to be able to remove his waste. The quality of the stool is soft brownish. No blood stains. Does not feel pain when defecating. The patient has gone to the doctor several times, taking stool softeners or laxatives to no avail. The patient has also tried eating lots of papaya as recommended by many groups, but this also has not

brought results. The patient came to the Sinshe Medical Graduate Acupuncture and Herbal Clinic. After undergoing a traditional Chinese medicine (TCM) examination, it was found that there was weakness in the heart organ system, characterized by tongue analysis showing that the tip of the language is wide and the tongue muscles tend to be pale. A pulse examination also found that the heart pulse was feeble and deep in the left cun position. Based on the clinical study results, the patient was given acupuncture therapy and food recommendations to strengthen the heart organ. The acupuncture points used are heart meridian points such as Shenmen (HT7) and Daling (PC7), plus several spleen and liver meridian points such as Yinlingquan (SP9) and Dadun (LR1). For food recommendations, it is recommended to eat cassava leaves for three weeks to strengthen heart Qi. After seven meetings for over a month, the patient said that his bowel movements were smooth every day, and he could pass stools in 10 to 15 minutes in the toilet without interruption. On examination of his pulse and tongue, he also found changes in the posture of the language, which was brighter, and the tip of the tongue was more promising. Denser and increased qi in the cun position of the heart pulse.



Figure 1. *Traditional Chinese Medicine*

Source: <https://www.ctnaturalhealth.com/traditional-chinese-medicine-ancient-medicine-modern-benefits/>

CONCLUSION

Regulations on using traditional medicines and their services in Indonesia are reasonable. Still, regarding the development of medicinal plants as treatment, there needs to be research, review of scientific literature, and product of further research that supports the use and efficacy of herbal medicines and traditional therapies. The. Suppose you look at the differences between complementary and conventional medicine. In that case, this sometimes gives rise to debate regarding the effectiveness of using traditional medicine without any side effects compared to conventional treatment, even though, in reality, this is not always the case. This could be because traditional medicine has a more holistic (comprehensive) approach, while conventional treatment has a symptomatic system (focusing therapy on the symptoms that arise). Generally, the regulations and services for traditional medicine in Indonesia are clear because they have been regulated in legislation and Governor Regulations for provincial areas.



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