

**INCREASING BODY IMMUNITY THROUGH SPICE SAUNA DURING
THE COVID-19 PANDEMIC IN THE KALANGAN HAMLET, SAWANGAN,
MAGELANG (COLLABORATIVE WORK OF SUNAN KALIJAGA STATE
ISLAMIC UNIVERSITY STUDENTS AND COMMUNITY MEMBERS)**

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Abstract - *The Covid-19 pandemic has also affected the entire structure of human life. The health sector is referred to be the sector that directly gets a significant influence. Various efforts to prevent the spread of Covid-19 were carried out massively by all parties, both the government and the community. In addition to the vaccination program which is carried out by the government for all circles of society, another effort that continues to receive attention is the increase in body immunity which is carried out by using a local wisdom approach. As the most affected sector, the body immunity enhancement was carried out by the residents of the hamlet of Kalangan Sawangan, Magelang by establishing a 'Spice Sauna'. According to several studies, the spice sauna has many benefits, including increasing blood flow, increasing oxygen, dilating blood vessels, and reducing joint stiffness. Students of KKN 105 UIN Sunan Kalijaga participated in every process of making this spice sauna with the residents of Kalangan Hamlet. Activities include planning and discussion with residents, purchasing materials and tools, making a spice sauna, and using a spice sauna. The enthusiasm of the residents was quite visible in this activity, where several residents tried the spice sauna. The final result of people who have tried the spice sauna is an increase in the body's immunity in residents, marked by a smoother respiratory system and a lighter body. This activity obtained an understanding of the collaboration between students and the community in KKN and creative and innovative thinking during this pandemic.*

Keywords: *Covid-19 Pandemic, Health Sector, Spice Sauna*

1. INTRODUCTION

People in various countries around the world are still experiencing the Covid-19 pandemic. The existence of this pandemic requires people to stay at home to prevent the wider spread of the Covid-19 virus. The existence of this situation hinders the passage of various aspects of people's lives (Maulana, et al., 2021). There are two sectors of society that are most affected, namely the economy and health, where these two sectors are closely related (Wuryandani, 2020). The decline in the level of the community's economy can cause physical vulnerability, it can also reduce the community's ability to overcome the health problems they experience (Dewi, et al., 2021). For people of productive age, this will not have much effect, but will greatly affect older people.

The limited movement during the pandemic requires people to be innovative and creative in preventing the transmission of Covid-19. Taking action to prevent the transmission of Covid-19 is not only by complying with health protocols but also by the defense of the human body itself. Increasing the body's immunity must be done and be an alternative to maintain stable health and protect the body from Covid-19 transmission. Various methods can be used to maintain immunity, including maintaining a healthy lifestyle and regular diet. In addition, body fitness needs to be maintained so as not to get tired easily during activities (Mustofa & Suhartatik, 2020).

One alternative treatment that is currently still popular among the public is a sauna. Sauna is an alternative therapy in which the person inside will be enveloped in steam from the stew of spices or other drugs at a certain temperature, or it can also be called a steam bath. The steam temperature in the room used around 38-52°C (Purnawan, et al., 2015). According to Polii, et al. (2016), saunas utilize heat energy from steam for therapy or treatment. The body that absorbs the hot steam enters so that it can increase blood flow, increase oxygen, dilate blood vessels and reduce joint stiffness.

During the Covid-19 pandemic, KKN 105 students of UIN Sunan Kalijaga went to the location, namely in the Kalangan Hamlet. Kalangan Hamlet is located in Gondowangi Village, Sawangan District. Demographically, Dusun Kalangan has 2 RT and 1 RW with a total of 65 families. In the RT 01 area, there are 43 heads of families consisting of 64 men and 72 women, while for the RT 02 area there are 22 heads of families consisting of 33 men and 44 women. The structure of community institutions consists of the head of the hamlet, the head of RT 01, the head of RT 02, the head of RW 01, and the LinMas Dusun Kalangan.

The condition of many people who experience flu symptoms, fever, and aches. Decreased immunity also affects public health. The condition of the body and its immunity is certainly very influential on the activities of the residents, where every citizen in the Kalangan Hamlet still has to carry out his work. Seeing this condition, one of the residents of Dusun Kalangan took the initiative to make a spice sauna for steam bathing by using an unused kamling post. The establishment of this sauna is intended to increase the body's immunity of the residents of Kalangan Hamlet.

From the explanation above, KKN collaborated with hamlet residents to strengthen the program to establish Sauna Spices as a public health effort to

increase body immunity. This effort is carried out collaboratively with the villagers for the smooth establishment of this spice sauna. This plan was then followed up with discussions and sharing with the residents of the Kalangan Hamlet.

2. Method

The first step taken was further discussion with the residents. Discussions between students and the community of Dusun Kalangan were in the form of sharing (telling stories), site surveys, and deliberation. The background of making this sauna was the initiative of the residents in tackling the health conditions of the people of Kalangan Hamlet. The site survey was conducted with the residents who came up with the sauna idea and several other residents. The place that was decided to be used for the sauna was the kamling post. The next discussion is the sauna concept that will be made. This concept was further consulted with KKN students. After mutual approval, the residents of the Kalangan Hamlet and the KKN students bought the needed items. The sauna was made by the residents of Kalangan Hamlet and the students of KKN 105 UIN Sunan Kalijaga collaboratively.

3. Results and Discussion

The manufacture of the sauna is carried out for 5 days, starting from July 31, 2021, to August 4, 2021. The process of making a sauna consists of 3 steps, namely making a sauna design, purchasing sauna materials, and making a sauna. In the process of making it, students of KKN 105 UIN Sunan Kalijaga and the people of Dusun Kalangan worked together.

The first step is to create a sauna design. The results of the design discussion can be seen in the sketch below:

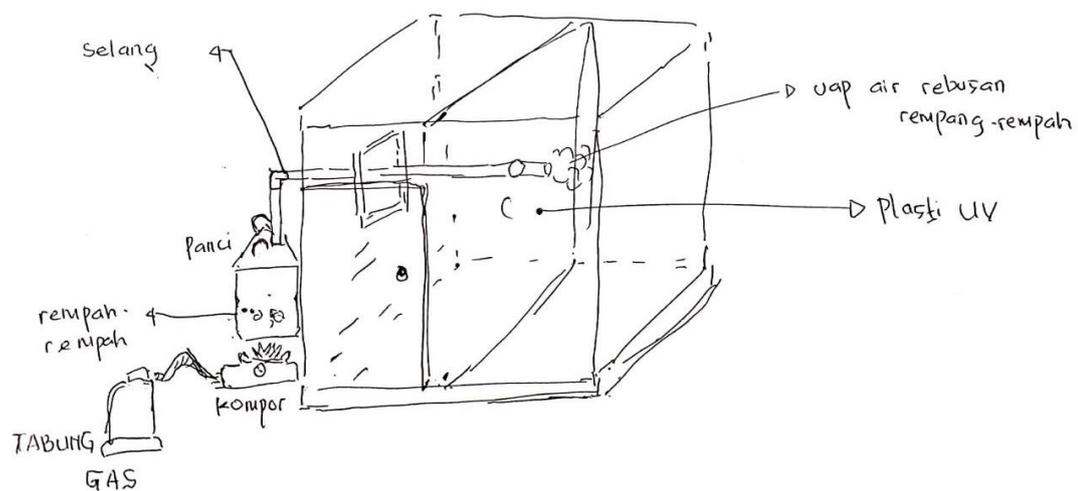


Figure 1. Design of the sauna

Sauna is designed with a size of 3 m × 3 m in the kamling post room. In the kamling post, a room with a size of 3m × 1.5m. The surroundings of the chamber are coated with UV plastic which will prevent the moisture of the spices from escaping from the chamber. A hose or iron pipe is channeled from the pot that is outside the room. The pot is equipped with a stove to heat the spiced stew. Sauna is made with these designs together.

The second step is the purchase of sauna materials. The tools and materials needed are UV plastic 3 x 4 m, 20 kg pot, stove, gas cylinder, iron pipe, nails, hammer, and spices. Spices used include ginger, lemongrass, turmeric, and eucalyptus oil. Each of these spices has its benefits to the body. Ginger spice is widely used in various kinds of treatment such as rheumatism, flu, asthma, colds, and sore throat. The gingerol in ginger is also useful for relieving pain, relieving nausea, and curing headaches (Judge, 2015). Turmeric has a great role in health such as anticancer, antioxidant, interstitial, anti-myeloid, and anti-inflammatory. In addition, turmeric can lower blood pressure, reduce fever, and treat malaria. Lemongrass spice contains essential oils, where the aroma produced will give a sense of relaxation to the body and reduce stress (Judge, 2015).

The third step is making a sauna. The pot lid is perforated with a diameter that is suitable for the diameter of the iron pipe and is connected using a welding tool. Then, the booth is made in the camp post with a size of 3 x 1.5 x 4 m to form a cube. The cubicle is made of plastic doors with weights. To connect the pan to the booth, an iron pipe is used which is inserted through the kamling post window.

The sauna work system is quite simple. First, prepare the spices. Then the water is brought to a boil in a pot, then put the spices into the boiling water. The spices used are ginger, lemongrass, turmeric, and packaged eucalyptus oil. After the spices are mixed with the boiling water, the steam will enter the sauna room through the iron pipe that fills the sauna room. For its use, residents are given 10 minutes to go to the sauna and heat their bodies using steam from spices. This steam bath concept uses conduction theory. Heat is transferred from the hotter object to the colder object. If in the sauna, the heat in the sauna room that comes from the steam will be transferred to the patient's body, which is cooler. The heat energy that enters the body will affect the circulatory system, (Polii, et al., 2016).

The community is very enthusiastic about the spice sauna which is a new thing in the Kalangan Hamlet. Several people queued up to use the spice sauna from the elderly to the children. After using the sauna, people feel fresher and their bodies lighter. Society benefits directly from the first use. In use, one sauna room can be filled with 2 people, but still, maintain a distance. After use, the sauna is sprayed with disinfectant to sterilize the room to keep it clean. The establishment of this sauna not only has a positive impact on the residents of Kalangan Hamlet but also has a positive impact on the students of KKN 105 UIN Sunan Kalijaga Yogyakarta. Students feel the togetherness and cooperation that exists with the residents of the Kalangan Hamlet,

4. CONCLUSION

The background of making a spice sauna is that many people in the village of Kalangan experience illnesses such as flu symptoms and fever. By utilizing the kamling post, a 3m spice sauna was made x 3m. The activity of making a spice sauna was enthusiastically welcomed by the community. Spice saunas are very beneficial for health during the Covid-19 pandemic. The sauna itself serves to increase oxygen levels, reduce joint stiffness, and so on. Then, spices also have many properties such as relieving pain, antioxidants, relaxing the body, and can reduce fever. It is hoped

that the presence of this spice sauna can increase the body's immunity so that people can avoid the Covid-19 virus.

The activity of making a spice sauna in Kalangan Hamlet is very beneficial for the people of Kalangan Hamlet, because it gets additional environmental infrastructure in the form of a set of spice saunas, thus helping the people of Kalangan to increase their immunity and maintain their health during the Covid-19 pandemic. With the existence of this spice sauna, the social prestige value in the area also increases.

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