

CULTURE AND SPRITUALITY IN HEALTH TREATMENT USING HONEY

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Abstract: Religious-based medicine has become an inseparable part of culture in society. This is due to the strong force of local communities and spirituality. Culture and spirituality have become a guidance in religion, and thus become a strong force to the development of culture and religion. This study uses qualitative method, viewing honey as a part of culture and also a part of existing religious spirituality, which becomes a benchmark in carrying out activities in the world of health and medicine. By combining culture and spirituality, honey-based traditional medicine has been commonly used in medicine and health for a source of modern medicine today.

Keywords: *Health, Culture, Spirituality, Religion, Anthropology, Synergy*

INTRODUCTION

Honey is a kind of herb that is very beneficial for the human body because it contains many nutrients that can be used to build a healthy and strong body. Honey has positive health effects on the body. Honey is widely used and there are health treatments with honey. Honey provides a complete picture of health because it contains various vitamins.

Honey has a good effect on health and greatly affects public health. This article aims to discover the close relationship between religions and how spirituality influences this honey-based treatment. This will illustrate the importance of understanding the essence of honey, which has become a good herb for health. Therefore, this article becomes a guide towards eating food and medicine for health. From a religious aspect, honey also has many benefits which gives a reminder, that one should always eat honey that is good for health and very valuable for the body which requires a supply of healthy food and medicine.

LITERATURE REVIEW

According to Luttrell (2017, p. 66), quality honey is produced from quality flowers and it can function as medicine. As mentioned by Zhang, Tzortzopoulos, and Kagioglou (2019, p. 752), to get a comfortable space in health treatment, a comfortable environment, a relaxed atmosphere and also a holistic approach are required. Baxter (1997, p. 66) mentioned that Chinese medicine was combined with medical treatment for examination and clinical discussion at the local level in New Zealand. Hicks (2002, p. 120) asserted that disease can be viewed from the aspect of age, social class and also ethnicity by using medicine and regulated treatments with traditional aspects. McCormick (2009, p. 144) believed that in medical science, the most important one is the holistic aspect of good medicine. Appleton (2004, p. 157) had diagnosed diseases caused by human and non-human agents by identifying the origin of the disease.

RESULTS AND DISCUSSION

As mentioned previously, honey has a strong effect on health and it makes honey an existing source of health. Health can be obtained by taking care of the body. Health can be obtained by drinking honey. Honey has a long history and has been used by the society since a long time ago. It was started by obtaining information about the existence of a type of animal that could produce sweet substance and was good for drinking and eating.

Honey can also provide a sense of happiness from various conditions which makes it a healthy herbal food. Taking honey regularly will give good stimulus and provide a good effect on body's health.

Honey was used in the past to create comfortable conditions of the body and to maintain health. Honey can be considered a healthy food and drink that brings good conditions in various ways.

Religion also supports the use of honey to maintain health. Honey also gives hopes related to health. Honey can also support body growth. Honey becomes a healthy lifestyle that can provide essential health which can be used as part of a healthy way of life and will eventually lead to a complete health.

CONCLUSION

Honey is an herbal medicine based on religion that brings goodness and health to society. Health and freshness are very important to build a strong and relaxed body. A healthy and strong body is essential to promote a variety of conditions that are essential in achieving a strong health. Being physically and mentally strong in faith brings a good impact on health. Honey can be considered as a kind of medicine that is created from various conditions, they are inseparable from traditional medicine, which is based on honey. In this case, honey has found its base on culture and religions.

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