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In Art Design & Cultural Heritage

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Empowering Local Mind
In Art Design & Cultural Heritage

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Properties of *Mandi Bunga* (Flowering Bath) as Malaysian Tradition Practice

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Abstract – *Mandi bunga* (flowering bath) as a part of a Malaysian traditional practice such as to maintain general health, the bride in marriage, reduces stress and others. The properties of flowers actually are internal beauty treatments practiced by peoples can get the calmness feeling after the treatments is done. The major circumstance for these practices is taken from Al- Quran and *Sunnah Hadis* (sunnah from hadith) also known as Islam therapy. Furthermore, the research to study the properties of *mandi bunga* (flowering bath) is good for health like from the aromatherapy of flower, colors, water mixture of flowers and others. This is good because it is natural and organic. The appropriate process, which analyses related document and visual analysis was delivered. The classification of several images that was engaged with suitable theme and style in how the idea and the artwork have been proposed. This study will be interlinked with today's development and progress which is focused towards the properties of *mandi bunga* (flowering bath) as a Malay tradition which still in practice such as in Spa (saloon). The findings show that the advertisement gives a majoring factor that influences the individual practice of daily life to care about health. The artwork actually represents the visual feeling of calmness of the society and also promoting the properties of *mandi bunga* (flowering bath) from Malay tradition practice and Islamic therapy also has aromatherapy treatments with natural and organic product to people using it.

Author Keywords: *Mandi Bunga (Flowering Bath); Malaysian Tradition Practice; Spa; Al-Quran; Hadis and Sunnah*

1. INTRODUCTION

Nowadays, taking a lifestyle that approach to wellness, Malaysian traditions look beyond health to focus on improving one's quality of life and the different needs of men and women. In the Malay world, inner and outer health and beauty go hand in hand. Long before today's surge of cosmetic, where beauty products are imbued with nutritional and pharmacological properties *ramuan* preparations made from rainforest ingredient for women is herbal masks and scrubs, flower baths, scented

steam and herbal oils were used to create beauty from health giving effects. For aware the energy is key to overall health, *ramuan* (ingredient) treatments focused on male vitality and vigor (Bodeker, 2009). This research aimed to identify the properties of flower and capture into a digital image clearly in this study. The appropriate process, which analyzes related documents and visual analysis were delivered. The classification from several images was engaged with the types of flowers in *mandi bunga* (flowering bath). This study will be interlinked with today's development and progress which is the properties of flowers consumed, which can give them a variety of benefits in terms of health, the economy and towards our environment. Nowadays, people do not know about the properties of *mandi bunga* (flowering bath). Therefore, people always consider the *mandi bunga* (flowering bath) is only for wedding treatments. Indeed, the promotion usually shares different type of information including advertisement, especially a stimulus person for doing the treatments, for example *mandi bunga* (flowering bath) advertisement which shows various types of property.

1.1 Malay Tradition Practice

In such a land, it is not surprising to find numerous myths and legends about nature and the origins of life. The country's indigenous inhabitants see the forests as living entities. With the rich character and power, the rainforests respected, feared, appeased and lived from. Both with a source of danger and a source of healing, they provide food and shelter and also mystical protection (Ahmad et, al, 2014). Similarly, the oceans and islands surrounding them are imbued with faired princesses, dragons, beauty, heroism and quests that, to this day, are endued as part of the fabric of modern legend and national identity. *Mandi bunga* (flowering bath) is the deliberate and intelligent bringing together of the ingredients which are a mixtures that brings balance and health to Malaysian pre-wedding ceremony called *bersiram* or *mandi bunga* (flowering bath).

This ceremony is still practiced as a tradition among my family members (Malay Javanese) and other Malays in other regions of Malaysia. It is interesting to note the ceremonial uses of batik sarongs by the bride, family and guests (Legino, 2012). Analogously, the term can be used to characterize the mix of the more than 60 ethnic indigenous groups of Malaysia, and the wider group of Malay, Chinese and Indians who make up today's Malaysian society. Common to all of the people of modern Malaysia are deep cultural tied to the healing traditions of their ancestors. These traditions draw on and involve a deep respect for the plants from the ancient rainforests. These plants are covered and cultivated as well as utilized. They are prepared according to ancestral wisdom and Asian theories of natural science about the deeper principles of nature, such as temperature (hot and cold), taste (sweet, sour, salty and bitter) and touch (dry, damp, rough, and soft). Today, scientific studies are beginning to validate the efficacy of some of these traditional formulations and the country is becoming more aware of the therapeutic and commercial potential of the *mandi bunga* (flowering bath) traditional. For example, a Malay themed massage program has been introduced in a national hospital and a local university offers a diploma course in Malay

massage, known as *urut* (Bodeker, 2009). Reflecting this surge of interest in Malaysia's Pan-Asian cultural heritage, Malaysian spas of a high international caliber are offering Malay healing treatments, Malaysian Chinese and *Peranakan* secret practices of health and beauty, and Ayurveda approaches to health, wellbeing and balance. Drawing on these multicultural historical practices, many of which originated thousands of year ago and possibly thousands of miles distant from Malaysia, and combining them with indigenous healing wisdom adds more richness to the mix (de Batres, et, al, 2011). The Chinese has been practicing *mandi bunga* (flowering bath) for centuries - when one is feeling unwell, or facing hardship and misfortunes or even when one is in need for better luck, he/she should wash his/her hands, face or take a bath with boiled pomelo leaves with water. Over the years different variants of *mandi bunga* (flowering bath) have emerged transcending cultures. There is a practice of having a bath fusing both kaffir lime and pomelo leaves together. Despite what is said about Asian rituals, such as, it is not being congruent with western science - there is no way to explain the Asian concept "healthy" and "cooling" with reference to western science, but the practice has been proven to effectively cure minor ailments like flu, coughs, colds, fevers etc, nevertheless. Similarly, whilst the effectiveness of *mandi bunga* (flowering bath) cannot be proved by reference to western science, it may nevertheless work (Bodeker, 2009).

The wellness environment then begins in advance of the actual therapies that ensure, mind, emotions and receptivity re heightened in the process, the guest feels royal, special, and deeply cared for. The treatment draws on the best of nature's healing secrets, applied sincerely with heart-warming sentiments from local tradition, for an experience of inner enjoyment and growth (Yong, 2010). The Malay philosophy invoked here is known as *suci murni* and it emphasizes purity of spirit, health and wellbeing. With both village and royal Malay practices finding their way into the world of spas, many Malaysian spas are now being recognized by the wellness world internationally. Add to this Ayurvedic, Siddha, Unani and traditional Chinese medical therapies, and it is easy to see how much Malaysia has to offer. Innovation in the spa industry, therapies backed up by scientific trials, formulations presented in a manner more familiar of foreigner, and an ancient culture of wellness are compelling reasons to visit the country. Visitors to Malaysia are coming exactly for the Asian tropical rainforests, Asian cultures and food. Asian hospitality and lifestyle and increasingly, Asian wellness. It examines the rituals, the botanicals, the people and the cultures, and with the benefit of a contemporary perspective. Cuts through myth to fact and actuality. Malaysia's tradition of *mandi bunga* (flowering bath) with its healing and beautifying powers, is finally receiving global attention. It is richly deserved and deeply fascinating (ZHENG, et, al, 2010).

1.2 *Healths and Beauty in Malay Beauty*

Advocating balance, moderation and a holistic approach, traditional Malay healing focuses on attuning the body's energies with the rhythms of nature, which is a mix of different traditions and cultures, Malay healing emphasizes the idea

of inter-connectedness with the environment that resides within us also goes on around us. It also lays stress on the maintenance of a vigorous mind-body-soul balance and the strong link between internal health and outer appearance (Tan, et, al, 2012). Primarily revolving around healthcare in the family, there are specific formulae and rituals for every stage in a person's life all relies on the bounty and beauty of nature. Based on the study by (Abdullah et, al, 2012) mentions "Extraction and evaluation of antibacterial activity of selected flowering plants, stated that most people nowadays must try flower bath treatment with property of flowers, peoples can get a calmness feeling like relaxing, fresh, and good feeling after doing the treatment especially mental and physical., there are several psychological motivators that predispose people to choose it". Busy schedules often reduces the amount of time people have to prepare healthy, nutritious body, so they can option for faster, easier and save time and energy, the whole natural process such as flower and water take time to get fresh healthy care properly, while treatment like *mandi bunga* (flowering bath) are usually served within time healthily. Over time, that convenience becomes a practice and eventually becomes a perceived necessity to keep up with such a fast-paced society. Disrupting that routine requires an investment of time, and most people prefer to stick with the faster option. (Abdullah et. al., 2012).

1.3 *The Definition of Mandi Bunga (Flowering Bath)*

The definition of *mandi bunga* (flowering bath) is Internal beauty treatments are practiced by taking various bathing beauty and beauty treatment to maintain general health or for more specific benefits. (Dr Fadhilah Kamsah ,2010) found that this practice is actually a flower when viewed from the angle of science is good, and through a series of his lectures, call :

"Mandi bunga ini dapat menaikkan seri wajah kerana badan manusia itu kembali segar selepas mandi bunga ini di lakukan kerana khasiat yang terdapat pada bunga ini menyerap kedalam tubuh badan"

So, this practice actually has certain properties that are good for people who do it and can get calmness, but this practice should be done with the intention of Allah alone and not contradict Islam from the substrate. Besides that, this argument with the study of other parties, where the results of the study found:

"Mandi bunga membawa banyak faedah, bunga dikatakan pencerap tenaga matahari yang paling baik, mandi dengan air bercampur bunga memungkinkan kita mendapat kebaikan-kebaikan tenaga matahari yang telah dicerap serta diproses oleh bunga."

External *mandi bunga* (flowering bath) involves a detoxification process by way of Malay traditional massage and various other treatments from head to toe. Some of the best and most unique Malay treatments are Malay traditional also starts with pouring water to the feet and moves up slowly to the knees, thighs, abdomen, chest and lastly the head. According to Dian Kuswandini she explains that the

traditional ritual of a *mandi bunga* or *siraman* in Javanese culture considered as able to wash away bad luck and restore positive energy, the *mandi bunga* (flowering bath) can form part of a wedding ceremony or be used to help heal people who are ill. According to her, the miracle of flowers is more than that the theory is that just like other living things, flowers have a natural energy. The natural energy of flowers is positive - uplifting, loving and healing and this is what flower essence therapy offers. She also attributed the place of flowers in holistic healing traditions around the world that goes beyond this kind of local belief and might have heard that flowers can have therapeutic effects, but what that now is probably based only on how their colors can refresh your mood or their scents relax. Indeed, (Suhaimi, 2010) defines a certified flower essence therapist at ProV Clinic in Jakarta, flower essences works on a vibrational level. They possess the power to elevate our physical vibrations, bringing our body and soul into harmony. He said unlike aromatherapy, which works at the physical and emotional levels, flower essence therapy can go deeper and operate in the mental and spiritual levels.

Another hand, (Azal, 2013) argues, “ all of what is nowadays called modern medicine would not exist without the groundwork of Islamic scholars and scientists. This is also true for mental health assessments, treatments and ongoing care and beyond the common stereotype that Muslims are superstitious and believe that mental health problems are caused by Jinn (spirits made of smokeless fire), stands a well documented history of Islamic scholars and medical practitioners assessing illnesses, diagnosing them through identifying common symptoms and finding individual treatments and cures for patients”. Besides that, he also addresses the context of humoral physiology and thus made clear, that mental illness could be treated with natural remedies.

1.4 *The Properties of Mandi Bunga (Flowering Bath)*

Based on the study by (Abdullah, et, al, 2012) it mentions the extraction and evaluation of antibacterial activity of selected flowering plants, them stated that most people nowadays must try flower bath treatment with property of flowers, peoples can get a calmness feeling like relaxing, fresh, and good feeling after doing the treatment especially for ones mental and physical. There are several psychological motivators that predispose people to choose it, as stated below:

a) Choosing Convenience

Busy schedules often reduce the amount of time people have to prepare healthy, nutritious body, so they option for faster, easier and save time and energy, the whole natural such as flower and water take time to get fresh healthy care properly, while treatment *mandi bunga* (flowering bath) are usually served within time healthily. Over time, that convenience becomes a practice and eventually a perceived necessity to keep up with such a fast-paced society. Disrupting that routine requires an investment of time, and most people prefer to stick with the faster option. (Abdullah,et,al, 2012).

b) Easing Anxiety

A fringe result of this fast-paced culture increases levels of stress and anxiety. Increased stress levels cause the body to expend more energy, stimulating hunger for health problems. High levels of anxiety also cause people to seek out *mandi bunga* (flowering bath) as a means of comfort. When stressed, people look for ways to calm themselves, and *mandi bunga* (flowering bath) gives positive effects on the reward center of the brain that makes it a comforting to go for a choice.

c) The Secret of Flowers

There are some secret and properties that are obvious, like an aromatherapy, refreshing, colors, but there are also benefits that are more hidden. And the biggest secret benefit of flowers is how good it is for health. From preventing disease to managing stress to reducing air pollution, flower is a great path to a healthier you. Read on for four of the biggest gardening, health benefits like flowers are restorative. Studies have shown that flowers helps people remove themselves from distractions, reduce negative emotions and rid themselves of stress. Besides that, flower to the general good benefits for mental health. In fact, it's been found to be so good for reducing anxiety and stress that there's a whole field of medicine devoted to harnessing the mental health benefits of flower Therefore, When you have a bunch of delicious veggies growing right outside your door, it's easy to eat healthy because nowadays, flowers can be eaten as a care for health and good for the skin. This can be called collagen of flowers also known as aromatherapy of flowers Cleaner air for everyone (see in figure 1). This is because; flowers enrich our air with oxygen, which gives us healthier air to breathe to make an impact on air quality. The study by (Leonard, Dornhaus, & Papaj, 2011), stated that the finding from the research flowers help bees cope with uncertainty: signal detection and the function of floral complexity. The promoting about health care habits educates the society about the impact of flower bath should organized.



Fig. 1: Ramuan of *mandi bunga* (flowering bath). Photo by Syazalia Roslan, 2014.

1.5 Process of Mandi Bunga (Flowering Bath) on Treatment

Flower bath is a ritual to cleanse the aura and removes pesky which is very popular among Asians. The ceremony is believed to exist for thousands of years and is carried by followers of Buddhism from India to the world. The materials are needed

1. Nine or seven kinds of flowers without thorns.
2. If it can add interest and interest *Cempaka* "Jasmine".
3. Make sure the flower color instead of black.
4. If you can find flowers in various colors.
5. Make sure the flowers are fresh and new and flowers that produce fragrance.
6. A bottle of rose water (Rose water).
7. Two kaffir limes (pair), Male 1, Female: 1

a) Preparation Method

1. Make sure the amount of interest that you mix in an odd number, 7 or 9.
2. Remove the leaves and branches of flowers earlier.
3. Soak the flowers with water in a bucket.
4. Mixed with rose water.
5. The kaffir lime shopping and soak all.
6. Let the ingredients soak overnight.

b) Before a Flower

1. Squeeze lemon soaked overnight in water.
2. Mix in enough water to shower flowers.
3. Ideally you shower as normal before a shower of flowers. So you do not need a shower after bathing ritual interest.
4. Make sure you remember your intention and reason flower bath.

For Muslims pray or read verses from the Quran before the start.

c) Its Bathroom

1. If possible shower with flowers in the morning, when the earth is still cold again.
2. Before starting to bathe remember to pray first.
3. Ask for God's help, to solve your problem.
4. During the flush water began to shower place flowers on the left side of the body first 3 times.
5. And so flush in the head three times and throughout the body so that all the water is gone.
6. For Islam, read the blessings on the Prophet Muhammad, So finish showering.
7. After that leave for a while, so the result can be absorbed into our bodies.

2. METHOD

The methodology is based on the identification and observation which will be carried out into appropriate classification and categorization through the data collection for text analysis and visual artwork that has gathered the potential related studies from the previous and current topic. Every phase is consisting with planning until the outcome of the process:

Phase 1: Related literature: The review of related literature will be conducted and followed with the text analysis .The related data will be gathered from several sources and significantly guided for the early stage. Indeed, the paradigm within related topics of digital documentation from the others established projects which be examined as follows; 1) To study the *mandi bunga* (flowering bath) as Malay tradition practice 2) To identify the type of *mandi bunga* (flowering bath) as Malay tradition practice, in order to inspire the calmness feeling.

Phase 2: Visual research: The identification and observation will be documented through digital visual records, which captured the historic site and cultural artifacts.

Phase 3: Visual and data analysis: The data and visual documentation will be categorized towards the framework of the selected samples that will be classified as using the Properties of *mandi bunga* (flowering bath) as Malaysian tradition practice.

3. CONCLUSION

The study conducted found that consists of *mandi bunga* (flowering bath) that gives benefits and be a positive effect to society especially among peoples in Malaysia, the benefits from Malay tradition are directly impressing someone to the *mandi bunga* (flowering bath) treatment. Of the research that has been continuing, these can be identified between the types of flowers that give the properties to the consumer, if taken regularly and without information. Meanwhile, from the quest for meaning in this study was carried out, it has been brought to create artwork in different medium, which is the painting artwork.

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