



NGROWOT FASTING URGENCY IN TASAWUF PERSPECTIVE AND HEALTH SCIENCE

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Abstract. *Ngrowot* fasting is one of the fasting traditions of Java (*kejawen*) which is based on the Javanese calendar, with the intention to increase metaphysical spiritual power. Perpetrators of fasting may eat as normal days, but are restricted not allowed to eat from the basic ingredients of rice, can be replaced with tubers, corn, yams. This study aims to determine the urgency of fasting *ngrowot* in the perspective of Sufism with the relationship in health science. The method used in this research is library research which takes data from books, journals, magazines, documents or pure library research related to the object of research. Suarni's research results, 2009 showed that corn contained food fiber, essential fatty acids, isoflavones, minerals, β -carotene, essential amino acid composition, and others. The fasting of *ngrowot* perspective of sufism and health science can cause the fasting person to *ngrowot* his soul to be calmer and more enthusiastic to carry out worship to Allah SWT.

Keywords: *Ngrowot fasting, sufism, health sciences.*

INTRODUCTION

One form of worship in Islam or the method used in controlling desires for worldly forms is by fasting. Fasting is to refrain from food, drink, jima' and anything that can cancel fasting from sunrise to sunset with the intention of worshiping Allah [1].

For some Javanese Muslim communities, fasting is not only done during Ramadan and fasting on certain days but there are still many kinds of fasting that are practiced. In the *kejawen* tradition, the time for fasting is based on the Javanese calendar, with a view to adding metaphysical spiritual power. Some fasting rituals performed by Javanese people include: *mutih, ngebleng, pati geni, kungkum, ngalong, ngasrep, ngeluwang* and *ngrowot*.

Ngrowot comes from the word *wod / wot* which means root, which means it is an act of eating *krowodan* (fruits, tubers and vegetables). This means that *ngrowot* is an effort to refrain from all kinds of food ingredients made from rice, and replaced in

the form of tubers (*wod*), corn, cassava, and so on [2].

The results of studies that have been carried out by the corn component include; dietary fiber needed by the body (dietary fiber), essential fatty acids, isoflavones, Fe minerals (not in flour), β -carotene (pro vitamin A), composition of essential amino acids, and others [3]. Other nutrients of corn are fat and fiber respectively 5% dan 2%. The nutritional content per 100 g of seeds is calcium 45 mg, iron 3 mg, phosphorus 24 mg, sodium 11 mg, and potassium 78 mg [4].

Based on the information above, it is necessary to do research on the urgency of fasting to find perspective of sufism with health science. In this study the authors used a type of library research.

METHOD

This research is a study of the text contained in the book of Manners and the Way

of the Javanese People Achieve the Perfection of Life and several journal articles. In the study of written texts in the form of corpus (data used as a source of research material), the approach used is based on library research. Library research is a series of activities related to the methods of collecting data, reading, recording and processing research material.

RESULT AND DISCUSSION

A. Fasting

Fasting according to the terminology is to restrain and prevent yourself from things that change, namely in the form of eating and relating husband and wife, in the context of *Taqarub ilallahi* (closer to Allah SWT) [5]. The command to carry out fasting based on the word of God in the Surah Q.S Al-Baqarah verse 183

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى
الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

Meaning: "Hey you who believe, are required of you to fast as you are required of people before you so that you fear yourself."

The Qur'an clearly states that the purpose of fasting is to achieve piety or the realization of piety which is to carry out all the commands of Allah SWT, and to distance themselves from everything that is forbidden and la'allakum tattaqum [6]. Fasting is a worship that has a close bond with the health of the body and mind. Because in the implementation of fasting there is health for the body as well as the mind, interestingly fasting is also a vitamin for the liver as food provides vitamins to the body. This is in accordance with the word of God in Surah Al-Baqarah verse 5:

وَأَن تَصُومُوا خَيْرٌ لَّكُمْ إِن كُنتُمْ تَعْلَمُونَ

Meaning: And fasting is better for you if you know.

Fasting is a religious teaching that has some wisdom, including spiritual wisdom (ruhiah) which includes strengthening faith and piety, giving birth to a form of submission in totality, refraining from lust, and training media for patience, honesty and discipline. social wisdom (*ijtima'iyah*) which includes giving

birth to a sense of solidarity, as a unifying media of the people, tightening the *ukhuwah Islamiyah* rope, and getting used to carrying out divine rules. Health wisdom (*shihhiyah*) which includes cleaning up the intestines in our stomach, repairing equipment, reducing weight, and maintaining a balance system [7].

B. Fasting according to Javanese

Fasting according to Javanese people is absorbed from two Sanskrit words, namely "upa" which means close and "wasa" which means power. So "upawasa" is usually pronounced as fasting, is a way to get closer to the Creator. The Arabic is Shaum or Shiam [8]. The Javanese interpret fasting as "eve of eve of kalawan nepsu sajroning urip kangge urip sajroning pati" (fasting is useful for controlling lust while still alive for provision after death) [8].

There are two forms of fasting that can be done. First, fasting is done periodically, how to run it enough to hold hunger and thirst and stay away from things that are liked. Second, inner fasting which is carried out in a sustainable manner, how to do it must abstain from neglect, injustice, violence, greed, and other bad things.

The beginning of this flow is the culture of pre-Islamic Javanese people did like mystical activities and perform rituals to get supernatural abilities. The developers of Islamic teachings in Java, especially Wali Songo did not reject the tradition, but instead used it as a propaganda weapon. The saints compose the occult sciences in Islamic manners, for example Fasting, wirid mixed-language mantras of Javanese Arabic which is essentially a prayer to God. Perhaps the reason why not composing a spell that was entirely in Arabic was so that the Javanese would not feel strange about the teachings they had just met [8]. There are several fasting rituals that are known and commonly performed by Kejawen followers, including fasting, *ngebleng* fasting, *pati geni* fasting, *ngrowot* fasting, *kungkum* fasting, *ngalong* fasting, *ngasrep* fasting, *ngeluwang* fasting and *weton* fasting.

C. Ngrowot Fasting in the Sufism Perspective

Ngrowot fasting is one of the fasting traditions performed by Javanese people who adhere to *kejawen* when welcoming the month of *Sura* and *Ramadan*. People who do it believe that fasting is beneficial to cleanse the body and soul. So with the cleanliness of body and soul, they will be more solemn and have a strong spirit when passing through the month [9].

Many scholars 'salaf who practice fasting. In the second book of Nurul Burhani explained that Syech Abdul Qodir Al-Jailani while wandering in the jungle (Iraq) he wore a garment of fur, his head covered with torn cloth, walking barefoot, through thorny places on steep ground. He ate fruits that were still in trees, vegetables, and leaves for 25 years, it can be concluded that Syech Abdul Qodir Al-Jailani practiced fasting for 25 years [10].

When viewed from the philosophy of corn, corn is a practical fruit. His way of life shows life and flexible thinking. Corn is a picture of the thoughts of living people, which must always be maintained, watered, and polluted. Once the human mind, must always in order to grow and develop. Land that covers corn seeds is like a problem, complexity, the burden of life that everyone must shoulder. Without burdens, without problems, we might not feel it is important to have dreams and dreams. In fact, dreams and dreams are easily buried if there is no burden to bear, just like corn seeds are so easily eaten by chickens when placed on the ground. The dream of life and enthusiasm will simply evaporate and die if humans do not endure the hardships of life, such as dried corn seeds exposed to the sun's heat. We need a life challenge so that we continue to get inspired. Because inspiration is a flame that ignites passion and motivation [11].

D. Ngrowot Fasting in the Perspective of Health Sciences

Ngrowot fasting is not allowed to eat from the basic ingredients of rice and can be replaced by eating from corn, cassava, potatoes or other ingredients. In this case the more practiced is to replace white rice with corn rice. Corn contains dietary fiber needed by the body

(dietary fiber) with a relatively low glycemic index (IG) than rice, that is, the range of IG rice / rice is 50-120 and corn rice is 50-90. The carbohydrate content in corn by 73-75% equals the carbohydrate in rice which is 76.2%. Other nutrients contained in corn are fat and fiber respectively 5% and 2%. The nutritional content per 100 g of seeds is calcium 45 mg, iron 3 mg, phosphorus 24 mg, sodium 11 mg, and potassium 78 mg [4].

Carbohydrates found in white rice are simple carbohydrates. Simple carbohydrates have the character to be digested quickly in digestion so that blood sugar levels in the body will quickly rise, by consuming these foods we will quickly feel full but also feel hungry faster. Whereas in corn, carbohydrates are a form of complex carbohydrates. In complex carbohydrates, carbohydrates will be digested slowly by our digestive tract so that blood sugar levels in the body rise slowly, so that the feeling of fullness will last longer than when consuming simple carbohydrates [4]. So this is more suitable for diabetics.

E. The Linkage of Ngrowot Fasting in Sufism Perspective with Health Sciences

According to Sufis, there are three main levels of fasting. That is; (1) fasting of ordinary people, which is limited to refraining from eating and drinking and sexual activity during the day; (2) dervishes fasting, which is to pay attention to what comes out of the mouth and what goes into it. That is, fasting is fasting to hold words and deeds; (3) fasting of saints, i.e. refusing to be controlled by worldly thoughts and always remembering God [12].

Abu Sulaiman Ad-Darani in Nasrul [13] argues, the key to the world is full, while the key to the afterlife is hunger. Because satiety can move human lust and inflame it, among the types of lust is lust. While Yahya bin Mu'adz argued, hunger is likened to light, fullness is likened to fire, and lust is likened to wood that can be burned which the fire will not die before burning the owner.

Fasting in eating can replace white rice with corn rice, where carbohydrates in corn rice are complex carbohydrates, this type of carbohydrate is digested slowly by the digestive tract so that blood sugar levels in the body rise slowly and the feeling of fullness is felt to last longer than if consume simple carbohydrates (white rice). This causes the fasting *ngrowot* to eat less so that it can cleanse the intestines in the stomach, repair the appliance and maintain the body's balance system.

Besides fasting can also bring other benefits for mental health. Fasting is not just holding hunger and thirst but also holding back emotions and all bad thoughts, so that the state of the soul becomes calmer and stress levels can decrease, so that people who do fasting can make their souls become more calm and warmer to carry out worship to Allah SWT.

CONCLUSION

Ngrowot fasting is one of the Javanese traditions and amaliyah thoriqot Jagad Alimussirry. *Ngrowot* fasting can replace white rice with corn rice. Carbohydrates in corn rice are complex carbohydrates. In complex carbohydrates, carbohydrates will be digested slowly by our digestive tract so that blood sugar levels in the body rise slowly. The urgency of fasting *ngrowot* in the perspective of Sufism has a very close relationship with health science that can cause fasting men to *ngrowot* his soul to be calmer and more eager to carry out worship to Allah SWT.

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