

The Potential of Ebony Wood (*Diospyros celebica*) in Supporting Health and Well-being Based on Local Wisdom of Sulawesi

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ABSTRACT

ABSTRACT Ebony wood (*Diospyros celebica*) is one of the natural resources that has various benefits, both physically and psychologically, for the people of Sulawesi. This wood has been used in traditional medicine and traditional rituals that have been passed down from generation to generation. The use of ebony wood as a medicine for various diseases such as digestive disorders, joint pain, and skin diseases is evidence of the importance of this plant in the lives of local people. In addition to health benefits, ebony wood also has a positive impact on psychological and social well-being, such as reducing stress and strengthening social relationships through traditional rituals. However, uncontrolled use of ebony wood can threaten its sustainability, due to illegal logging and lack of ecological awareness. Therefore, this study aims to analyze the benefits of ebony wood in traditional medicine, as well as the role of government and society in its preservation. The method used in this study is a literature study, which collects data through literature related to the use of ebony wood in the people of Sulawesi. The results of the study indicate that ebony wood has various health and social welfare benefits, but also faces conservation challenges. Conservation programs that involve the community and stronger regulations are needed to maintain the sustainability of ebony wood.

Keywords: Ebony , Welfare , Conservation , Traditional Medicine , Sulawesi

113 Introduction

Ebony wood (*Diospyros celebica*) is one of the endemic trees of Sulawesi that has high economic, ecological, and cultural value [1]. This wood is known for its strength and exotic color, so it is often used in making furniture and crafts [2]. However, behind that, the people of Sulawesi also use it in traditional medicine as a herbal ingredient that is believed to have antibacterial, anti-inflammatory, and antimicrobial properties to treat digestive disorders, joint pain, fever, and skin diseases [3]. In traditional practice, ebony wood is processed into powder, boiled, or combined with other medicinal plants [4].

In addition to medical benefits, ebony wood also has spiritual value in local culture. This tree is often used in various traditional rituals as a symbol of natural balance and harmony of life [5]. The use of ebony wood reflects a holistic approach to health that includes physical, mental, social, and spiritual aspects [6]. The use of ebony wood is not only oriented towards healing, but also strengthening cultural identity and social solidarity in society [7].

ebony trees is now threatened by illegal logging and lack of awareness of the importance of conservation [8]. High market demand has led to unsustainable exploitation. Therefore, integrated management is needed through collaboration between the community, government,

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and academics to maintain its sustainability [9] . This approach can be done through reforestation, education, and ongoing research that integrates local wisdom with modern science to ensure that the benefits of ebony wood can still be felt by future generations [10].

In Sulawesi, ebony wood (*Diospyros celebica*) is known for its strength and beauty, but its potential in the field of health and well-being based on local wisdom is still under-explored. [11] . Many communities have traditional knowledge about the use of plants, including ebony wood, but this information is not well documented and has not been integrated with modern scientific approaches. This research aims to explore the potential of ebony wood in traditional medicine and improve the quality of life of the community in a sustainable manner, while preserving local wisdom and strengthening Indonesia's contribution to the development of traditional medicine and policies on the use of natural resources for health.

114 Literature Review

Ebony wood (*Diospyros celebica*) is known in Sulawesi as part of traditional medicine that has been passed down from generation to generation, but its use in the health sector is still limited and has not been studied scientifically [12] . In fact, local people have long used this wood to treat various diseases, both physical and mental, thanks to the content of natural compounds that are believed to be antioxidants, anti-inflammatory, and antibacterial [13] . In practice, ebony wood is used in the form of boiled potions, powder, or extracts to treat skin infections, accelerate wound healing, and increase body resistance [14].

Despite its great medical potential, scientific research on the benefits of ebony wood is still very minimal [15] . Most of the knowledge is still based on traditional practices and has not been systematically documented. In fact, with the development of biomedical science, the potential of bioactive compounds in this wood deserves to be explored further as an alternative sustainable natural treatment [16] . Further research is needed to verify its efficacy and open up opportunities for the development of ebony wood-based health products [17].

ebony wood also carries the risk of over-exploitation that threatens its sustainability [18] . The big challenge lies in how to utilize this wood wisely and sustainably without damaging the ecosystem [19] . Therefore, environmentally friendly forest management, public education, and strong scientific research support are needed so that the use of ebony wood can continue to provide benefits for public health and welfare, while maintaining the sustainability of these natural resources [20] .

ebony wood (*Diospyros celebica*) in supporting the health and well-being of the people of Sulawesi is very large, especially based on local wisdom. Although there are challenges related to sustainability and minimal scientific documentation, further research is important to explore the benefits of traditional medicine from this wood. [21] . With careful and sustainable management, ebony wood can be a natural resource that supports well-being while preserving the environment [22] .

Table 7: Potential Benefits and Disadvantages of Using Ebony Wood to Support Health and Well-Being

No.	Benefit	Loss
1.	Can improve general well-being by providing medical benefits.	May cause allergic reactions in sensitive individuals.
2.	Used in traditional medicine to relieve pain and inflammation.	Excessive use may lead to potential toxicity.
3.	Can contribute to environmentally friendly products that support mental health.	There is limited scientific research on its long-term effects.
4.	Be part of a local healing tradition that supports community health.	Excessive use can cause environmental damage.
5.	Providing opportunities for natural product-based health tourism.	Risk of quality decline if not managed sustainably.
6.	Providing economic benefits through sustainable use.	Poor management can lead to environmental degradation.



Figure 7: Ebony Wood in Traditional Medicine

115 Research Methods

This study uses a qualitative approach with an interpretivism paradigm and literature study techniques to explore the potential of ebony wood (*Diospyros celebica*) in supporting the health and well-being of the Sulawesi community based on local wisdom. Data were collected through literature analysis, such as previous studies, articles, and relevant documents, which discuss the benefits of ebony wood from the aspects of physical and mental health, as well as cultural practices. Through content analysis, this study identified key themes without direct involvement in the field, but still provided a deep and comprehensive understanding.

116 Result and Discussion

Use of Ebony Wood in Traditional Medicine

ebony wood (*Diospyros celebica*) in traditional Sulawesi medicine is an important part of local wisdom that has been passed down from generation to generation. This wood is believed to have medical benefits to treat diseases involving inflammation, infection, and digestive disorders. Various parts of the tree, such as wood, bark, and leaves, are processed into herbal concoctions by boiling, pounding, or making powder according to the needs of the treatment [23].

One of the main benefits of ebony wood is treating skin diseases, with antibacterial properties that are effective in fighting infections and reducing inflammation. In addition, this wood is also used to relieve joint pain and inflammation, especially in conditions such as arthritis, through a decoction of boiled wood powder. Ebony leaves boiled into tea are also believed to help overcome digestive disorders such as diarrhea and bloating naturally without the side effects of chemical drugs [24].

Ebony wood is used to treat fever and influenza with a powdered concoction that increases the body's immune system. The use of this wood reflects local wisdom that utilizes natural resources as natural medicine, combining anti-inflammatory and antibacterial properties [25]. Ebony wood not only plays a role as a medicinal ingredient, but is also an important part of the culture and traditional health system that continues to be preserved by the people of Sulawesi.

Table 8: Potential Benefits and Disadvantages of Using Ebony Wood to Support Health and Well-Being

No.	Disease or Disorder	Form of Use	Benefits Obtained
1.	Skin disease	Herbal medicine from ebony bark	Treats skin irritation and infections
2.	Joint pain	Boiled ebony wood powder	Reduces inflammation and pain
3.	Indigestion	Ebony leaf tea	Cures digestive disorders
4.	Fever and influenza	Sawdust mixed with other herbal ingredients	Reduces fever and improves the immune system

Local Wisdom in the Use of Ebony Wood

Local wisdom plays an important role in the selection, use, and processing of ebony wood (*Diospyros celebica*) in Sulawesi, especially in traditional medicine that has been going on for centuries. Local communities have in-depth knowledge about the right time to harvest, processing techniques, and safe doses for medical use. This knowledge is not only practical, but also spiritual, reflecting the close relationship between humans, nature, and the spirit world that is passed down orally from generation to generation through stories and daily practices [26].

One example of local wisdom is the belief that ebony wood harvested during the rainy season contains more effective substances for treatment than wood harvested in the dry season. Processing techniques such as boiling or pounding wood and leaves are carried out carefully based on the instructions of traditional elders so that the resulting potion has optimal efficacy. In addition, the dosage of the potion is adjusted to the age and health condition of the patient, regulated by elders who have extensive experience so that the benefits of the medicine are maximized and the risk of side effects can be minimized [27].

In addition to its medical benefits, ebony wood also plays a role in traditional rituals that link physical health with spiritual balance. This wood is used as a symbol of protection and a means of communication with ancestral spirits, who are believed to maintain the welfare of the community. Thus, ebony wood is not only a medicinal material, but also an important element in maintaining harmony between humans, nature, and the spiritual world in Sulawesi [25].

Psychological and Social Well-Being Benefits

The benefits of ebony wood (*Diospyros celebica*) in the psychological and social well-being of the people of Sulawesi are no less important than its physical health benefits. In addition to

Table 9: Local Wisdom in the Utilization of Ebony Wood

No.	Aspects of Local Wisdom	Description
1	Ebony Wood Harvest Time	Ebony wood is harvested during the rainy season, as it is considered to have a higher content at that time.
2	Processing Techniques	The wood and leaves are processed by boiling or pounding to obtain a strong extract.
3	Usage Dosage	The dosage of the herbal medicine is adjusted to the age and health condition of the individual, with guidance from community elders.
4	Use in Rituals	Ebony wood is also used in various traditional rituals that aim to maintain spiritual balance and health.

being a traditional medicine, ebony wood is believed to provide a sense of security and calm, helping people connect with their traditions and culture. The use of ebony wood in traditional rituals and daily life contributes to improving the quality of mental life and a deep sense of peace [28].

Psychologically, ebony wood plays a role in reducing stress and anxiety. Rituals and potions containing ebony wood are believed to be able to relieve mental tension, which is very meaningful for people who live with the pressure of agricultural and fishing activities. In addition, ebony wood also helps create inner peace, where the process of making potions and carrying out rituals is considered a means to stabilize emotions and increase mental balance, while supporting individuals in facing life's challenges. [29].

From a social perspective, ebony wood strengthens community and family ties through shared rituals involving the use of this wood. Such activities strengthen solidarity and cooperation among community members, while maintaining social stability. In a culture that relies heavily on social relationships for emotional support, the role of ebony wood as part of traditional rituals helps create a supportive and harmonious environment [30].

Table 10: Benefits of Ebony Wood in Psychological Well-being

No.	Benefit	Description
1	Reduce stress	The use of ebony wood in rituals or potions helps relieve anxiety and stress.
2	Increase inner peace	Ebony wood is often used in spiritual activities to achieve inner peace.
3	Improve social relationships	Rituals involving ebony wood are often performed with family or community, strengthening social ties.

117 Conclusion

Based on the results of research conducted through literature studies, it can be concluded that ebony wood (*Diospyros celebica*) has great potential in supporting the health and welfare of the Sulawesi community, both in terms of traditional medicine and psychological and social aspects. The use of ebony wood in medicine has been proven effective in overcoming various health problems, such as skin diseases, joint pain, and digestive disorders, which are reflected

in the local wisdom of the Sulawesi community. In addition, ebony wood also has an important role in creating inner peace and strengthening social ties through cultural rituals. However, challenges related to the sustainability of this natural resource, such as illegal logging and lack of good management, are obstacles that must be overcome. Therefore, it is important for the government and community to work together to ensure the preservation of ebony wood through reforestation programs, outreach, and sustainable harvesting regulations, so that the potential of ebony wood can continue to be utilized without threatening its sustainability.

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