

The Public Health of Coffee for Wounds

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Abstract

The Indonesian villagers' practice of treating injuries using homemade coffee powder in Indonesian coffee plantations was an undeniable history of local wisdom. Since 2003, coffee research in vitro, in experimental animals, and in acute and chronic wounds has shown convincing results. It showed coffee effectiveness, flexible, cheap, easy procedure, safe, and no anesthesia needed. It was sustainable, easy to obtain, not traumatic, and not scary. Coffee is suitable in public health policy for wound healing including scabies dermatitis.

Keywords: coffee powder; effectiveness; public health; wound healing.

Introduction

Wound treatment using coffee for wounds is well known in Indonesian village life, especially around coffee plantations. Knowledge about herbs has been rooted in Indonesian society as a traditional medicine to maintain health. Coffee grounds have a long historical record as traditional medicine and a cultural heritage (Yuwono, 2014).

Wounds are a pathological condition, that causes damage to human body cells due to trauma. Trauma that can cause damage to the soft tissue includes sharp and blunt trauma. Tissue damage produces oxidation, inflammation, and microbial contamination to cause infection. It must be overcome by antioxidant, anti-inflammatory, and antimicrobial abilities, and stimulate the body's immune activities. Coffee has all these abilities, so coffee will make it easier to help heal wounds (Yuwono, 2014).

Coffee for wound healing

Coffee has proven to be a natural ingredient with potent antioxidant, anti-inflammatory, and antimicrobial abilities, making it easier for the body to treat various wounds on its surface.

It has explained the benefits of coffee grounds from a public health perspective, namely that coffee can heal wounds. Coffee prevents acute injuries from becoming chronic, contains patient complaints regarding replacing wound coverings, prevents disability, and reduces medical costs. Using coffee grounds can simplify wound treatment procedures, minimize treatment time, and make it easier for sufferers to self-care for wounds (Yuwono & Nugroho, 2022). Their history of experience of treating injuries with coffee grounds is the main reason that convinces them that coffee grounds are a more reliable wound treatment than other drugs purchased from pharmacies. In addition, the family's history of using coffee grounds for wound healing has been going on for decades, strengthening this belief. This experience shows that coffee helps heal wounds, and remains the first choice for rural people to treat wounds. Some people who use coffee for wound dressing stated that they chose coffee because of advice from previous users who had had success with it.

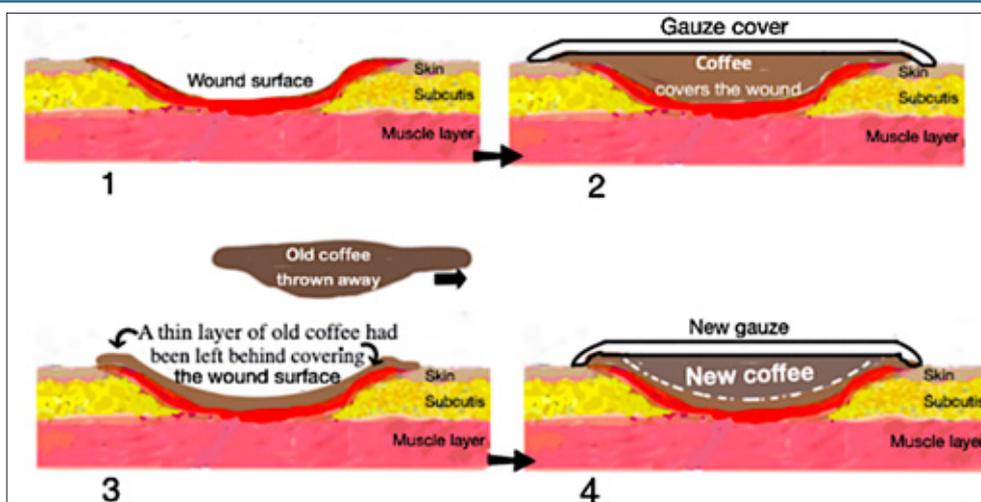


Figure 1: The new paradigm of wound management using coffee powder (Yuwono, 2014).



Figure 2: A 42-year-old man with a chronic diabetic foot ulcer was healed after four months (Garna et al., 2019). According to the doctor's instructions, he gives ground coffee at home every three days

Coffee grounds maintain the life of cells on the wound's surface of, thus creating a positive influence to further support the good of Public Health in terms of wound management. This situation is caused by acute wounds that heal more quickly, and there are no complications during healing process. Healing wounds using coffee grounds is very cost-effective, so it will help save costs incurred by the country.

Knowledge of coffee for wound management that is known to the public should be preserved, mainly after scientific research has been carried out which shows its truth in accelerating wound healing. The results of the study on coffee for managing wounds show a concept in healing wounds and at the same time an effort to increase the ability of the population and society to understand simple, cheap, humanized, and effective ways of managing wounds (Yuwono et al., 2023). Wound management efforts are an effort to improve individual health care to prevent wound complications. Managing injuries using coffee grounds should be explained to the public to understand wound management better (Yuwono, 2019).

It is best to provide a thorough explanation from the authorities and remind them that wound management using coffee grounds is an effective method that comes from a tradition that is well known to the public. Wound management using coffee grounds does not endanger health, as has been demonstrated in various cases, especially by formal parties in the health sector.

Coffee for scabies dermatitis

We have received research results that coffee water can treat scabies dermatitis. Applying coffee water to wounds can kill scabies and make the skin healthy. Coffee water has

hydrogen peroxide (H_2O_2), which can kill parasites (Uppu & London, 2020; Thrush et al., 2019). H_2O_2 produces a radical hydroxyl ($\bullet OH$) that will damage the lipid cell membranes of the parasites. Anti-collagenase and anti-elastase from coffee can restore skin health. Scabies dermatitis is a complicated public health problem worldwide, with millions of sufferers in tropical lands (Gilson & Crane, 2022). Coffee creates more positive influences in its eradication with simple and low-cost procedures. Coffee sediment is made by one teaspoonful of coffee powder mixed into one spoonful of hot water and applied to scabies dermatitis wounds every day after bathing for a week. It will kill parasites and cure dermatitis without any side effects. Even though the main problem is personal health, it is hoped that this method will make it easier to overcome scabies dermatitis.

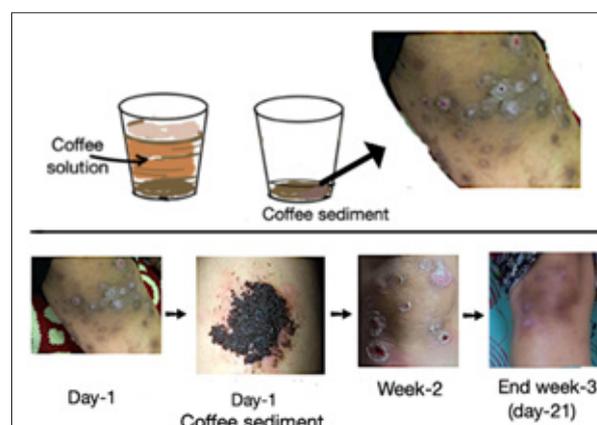


Figure 3: Topical used of coffee sediment.

Conclusion

Coffee has a vast capacity in the field of public health of wound healing and overcoming scabies dermatitis. The results of using coffee show evidence that it is effective, cheap, and without side effects.

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