

Reducing symptoms severity in patients with COVID-19 and post COVID-19 patients using the Sujok and Triorigin Therapy (STT) through community empowerment

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ABSTRACT This study aims to determine the result of the Sujok and Triorigin Therapy (STT) for reducing symptoms experienced by COVID-19 and post-COVID-19 patients through community empowerment. This study used a pre-experimental design without a control group. STT was provided by volunteers who had been specially trained. STT utilizes a specific therapeutic protocol such as massage, twist, needle or color therapy on the palm and back of the hands, targeting the symptoms experienced by respondents. Respondents were measured on a symptom severity scale (Likert scale: 1-5) before and after therapy. There were 7 respondents who were diagnosed positive for COVID-19 and 32 were post-COVID-19, with 16 men and 23 women ranging from 18 to 70 years old with most at the 41-50 years age group. The symptoms experienced by respondents with COVID-19 and post-COVID-19 were mostly similar such as dyspnea and coughing. The average score of symptoms severity was reduced from 3.26 to 1.74. In conclusion, the results show that the STT provides effective therapeutic results for reducing symptoms in COVID-19 patients and post-COVID-19 patients through the community empowerment.

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1. Introduction

The Corona Virus Disease 2019 (COVID-19) infection leads to a variety of symptoms which are unique to each patient. Due to the wide variety of symptoms, each patient may require a different type of therapy based on the severity of their symptoms. A variety of therapies can be used to treat the symptoms, including conventional and alternative therapies. Complementary therapy is alternative therapy

administered alongside conventional therapy. Currently, there are various kinds of complementary alternative therapy (CAT) to treat the patients with COVID-19 and post COVID-19 patients.¹

Various complementary therapies include aromatherapy, acupuncture, herbal medicine, massage therapy, visualization and yoga. One of them is a safer, cheaper, and safer way, namely by using telehealth through self-therapy guidance using STT as an alternative therapy for positive individuals and self-isolation at home.²

Based on different references, complementary practices are divided into three major groups: natural products, mind and body practices, and other

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complementary approaches (Traditional Chinese Medicine, Western herbal medicine, homeopathy, naturopathy, Ayurvedic medicine), and conventional medicine practices. Based on the classification of the World Health Organization (WHO), CAT is divided into five main categories, namely: Mind-body therapies; Biologically Based Therapies; Manipulative and Body-Based Therapies; Energy Therapies; and Systems of Care.³ In Indonesia, the types of complementary therapies found are as follows: acupressure, acupuncture, aromatherapy, biofeedback, dietary supplements, energy therapy, herbal therapy, hypnotherapy, massage therapy, meditation, music therapy, spiritual and religious therapy.⁴

One therapy that is being developed in Indonesia is Sujok and Triorigin Therapy. According to the origin of the term which is Korean, Su means hand and Jok means foot, which is said to be a control panel over a person's health. STT was invented by Prof. Park Jae Woo, a philosopher from South Korea in 1987, who developed a treatment system that manipulates the areas of the hands and feet either by massage, applying color, attaching magnets, seeds, or using needles such as acupuncture, this is because the hands and feet are similar in a body structure. STT became one of the alternative treatments chosen by researchers because it has a significant effect in a relatively short time. Sujok has many methods of therapy and can be referred to as Sujok correspondent treatment, Sujok Six Ki (Six energy), and Triorigin Therapy.⁵

Due COVID-19 various symptoms severity, STT can be used to treat targeted complaints, discomfort, as well as to improve the function of organs and a whole body. Several studies related to the use of Sujok include a decrease in fatigue and weakness in patients with cancer,⁶ a decrease in symptoms in the elbow hygroma,⁷ migraine,⁸ asthma,⁹ rehabilitation in stroke patients,¹⁰ and managing symptoms due to heel spur.¹¹ In addition, Sujok was also statistically able to reduce pain levels relatively quickly¹² and showed an improvement in patients with chest pain problems.¹³ STT also showed a significant result related to COVID-19 problems such as fear for psychological responses as well as the physical complaints.^{2,14}

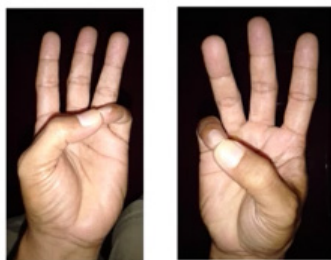
In relation to the implementation of this community service program, the location used for the activity includes the area of community empowerment of Faculty of Medicine, Public Health and Nursing Universitas Gadjah Mada, namely the Banguntapan II Health Center, Bantul. Symptoms of COVID-19 patients and post COVID-19 still exist although the conventional medications have been prescribed. Based on this situation, the complementary therapy may be an alternative to reduce the symptom severity of COVID-19. STT is expected to be a complementary therapy to reduce the symptom severity through community empowerment. This study aimed to determine the result of the STT for reducing symptoms experienced by COVID-19 and post-COVID-19 patients.

2. Methods

This study used a pre-experimental research design in the intervention group without a control group. The ethical approval was received from Medical and Health Research Ethics Committee (MHREC) of the Faculty of Medicine, Public Health and Nursing Universitas Gadjah Mada – Dr. Sardjito General Hospital with the number KE/FK/1003/EC/2021. The population in this study was the entire community that can be reached by trained volunteers. Activities from this community service consist of recruitment to become volunteers and training for about 30 hours to be able to apply STT.

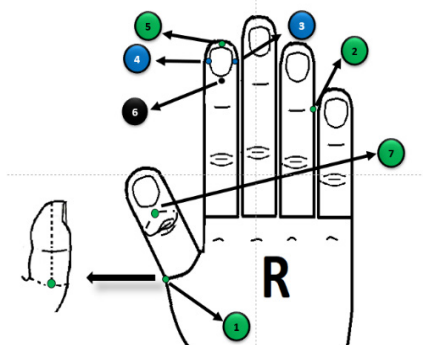
After that, the volunteers work together with Public Health Center health workers to get access and to communicate via telehealth with individuals exposed to COVID-19. The volunteers who were trained came from various provinces throughout Indonesia. As many as 37 volunteers were given training for 30 hours which was divided into several weeks through the virtual meetings (Zoom Clouds Meetings platform). The volunteers were also given a post and pre-test of their ability to perform therapy, and all volunteers who had passed the post-test were able to manage patients.

The therapy protocols were given based on the condition of the respondents and volunteers can apply therapy using telehealth. The delivery of protocols from the volunteers to respondents



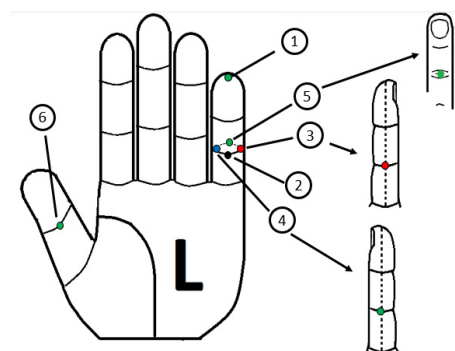
1. Place the finger according to the picture
2. Find the most convenient position (choose freely)
3. Position the hand at the most convenient position (upward, backward or side position)
4. Close the eyes or not (preference for the most convenience)
5. Loose yourself, enjoy, relax, and smile
6. You can pray or meditate as you wish
7. Do it for 10 to 15 minutes or more as needed

Figure 1. Therapy for energy harmonization.²



Put the dot color as can be seen in the picture by following the number sequence from 1 to 7

Figure 2. Therapy to reduce the power of virus.²



Put the dot color as can be seen in the picture by following the number of sequences from 1 to 7

Figure 3. Therapy to improve immunity system.²

Table 1. Characteristics of the respondents.

| Patient | COVID-19 | Post COVID-19 |
|-------------|----------|---------------|
| Sex | | |
| Male | 5 | 11 |
| Female | 2 | 21 |
| Age (years) | | |
| 15-20 | - | 3 |
| 21-30 | - | 3 |
| 31-40 | 2 | 4 |
| 41-50 | 4 | 15 |
| 51-60 | 1 | 5 |
| 61-70 | - | 2 |

are two-way communication using WhatsApp chat features (text, image, audio, and video) depending on the most convenience method they agreed. If the respondent wishes to meet in person, the volunteer will also help overcome his physical complaints by using STT with appropriate safety measures of the COVID-19 health protocols.

For each respondent, volunteers measured the severity of symptoms before and after therapy which consists of a Likert scale of 1-5. Scale 1 means no symptoms, scale 2 means mild symptoms, scale 3 means moderate symptoms, scale 4 means symptoms are severe, and scale 5 means symptoms are very severe. After volunteers assessed respondents' complaints, the STT protocols were formulated on their hands.

Interventions carried out by volunteers are based on the teaching that has been given during the training, and if the volunteers have difficulty in handling the respondents, the volunteers can consult with the researchers who will provide instructions regarding the appropriate intervention for the respondent. The analysis was conducted using a paired t-test to determine whether there was a significant difference in the scale before and after the intervention. Since options for the protocol therapy are various and cannot be put all in this article, here the authors show some of the examples of the therapy which are: (a) Therapy for energy harmonization; (b) Therapy to reduce the power of virus; and (c) Therapy to improve the immunity system which are presented in Figures 1 to 3. These figures are used with permission from the author.²

3. Results

Table 1 represents the characteristics of the patients. A total of 39 patient with COVID-19 and post COVID-19 patients were treated with STT in this community empowerment activity. Most patients are female and aged from 41 to 50 years old. Medications for respondents are still prescribed by health professionals based on their symptoms. The respondents complaints and the types of therapy are presented on Tables 2. Patients with COVID-19 who were mostly with mild symptoms before the therapy changed to slight symptoms and no symptoms. Meanwhile, prior to the therapy, the post COVID-19 patients varied from mild to very severe symptoms. After the therapy, the symptoms were reduced to mild until no symptoms. The detailed symptoms' severity pre and post STT are presented in the Table 3. The normality data were performed and showed that skewness as well as kurtosis are in normal range and indicating the data were normally distributed and were treated as continuous data. Based on this, the statistical analysis showed that there was a significant difference between the severity scores of symptoms before and after therapy. The result is presented in the following Table 4.

4. Discussion

In general, the symptoms experienced in post-COVID-19 patients are more varied and more numerous than in patients with COVID-19. This is in accordance with the results of previous studies where the sequelae of post-COVID-19 patients are also still present with conditions during COVID-19, namely persistent cough and breathing difficulty. In addition, post-COVID-19 symptoms are indeed more varied as in the findings of other studies, namely neurocognitive post COVID-19 (brain fog, dizziness, loss of attention, confusion), autonomic post-COVID-19 (chest pain, tachycardia, palpitations), gastrointestinal post-COVID-19 (diarrhoea, abdominal pain, vomiting), post-COVID-19 respiratory (general fatigue, dyspnea, cough, throat pain), post-COVID-19 musculoskeletal (myalgias, arthralgias), psychological-related post-COVID-10 (posttraumatic stress disorder, anxiety, depression, insomnia), and other manifestations (ageusia, anosmia, parosmia, skin rashes).¹⁵

One of the literature reviews also found that as many as 20.7% of reports on long-term COVID-19 symptoms were in abnormal lung function, 24.14% in neurological complaints and olfactory dysfunction and 55.17% concerning other symptoms, mainly chronic fatigue and pain. Due to the long-term post-COVID-19 symptoms, there have been various management methods for post-COVID-19 both in conventional medicine and CAT medicine.¹⁶ Currently, there have been publications where post-COVID symptoms management guidelines have been compiled for primary care providers (PCP) which include management for respiratory, cognitive and neurological symptoms, chronic fatigue, dysautonomia and anosmia.¹⁷

The CAT options for COVID-19 and post-COVID-19 includes homeopathy which targets physical and mental problems,¹⁷ yoga and stress management and lifestyle,¹⁸ ayurveda,¹⁹ herbal medicine,^{20,21} green tea,²² flavonoid,²³ meditation,²⁴ mindfulness,²⁵ acupressure and Liu Zi Jue Qigong,²⁶ acupuncture,²⁷ cognitive-spiritual hope and Taichi,²⁸ reflexology,²⁹ relaxation,³⁰ psychoeducation and mind-body complementary therapy³¹ and Qingshu Yiqi decoction.³² Although those complementary and alternative therapies mentioned above are promising the success to reduce the symptoms of COVID-19 as well as post COVID-19, varied mechanisms and targeted symptoms are specific considerations to choose STT in this community empowerment with its simplicity, self-guide protocols and flexibility to implement for the patients.

STT which is the method used in this study has developed over time, starting with Sujok correspondent which focuses on the similarity between body parts and human hands.⁵ Sujok is done on the hands and feet and can use various methods including massage, seeds, magnets, needles, twists and needles. Science related to Sujok is also developing and the therapy not only is aimed at the physical but also at human energy namely the existence of six ki or six energies which can be one of the methods for therapy.³³

The scientific development of Sujok which combines physical and energy-aimed therapy is with the concept of Triorigin. The Triorigin concept

Table 2. Complaints and the type of therapy for post COVID-19 patients.

| Respondent Code | Complaints | Post COVID-19 patients | |
|-----------------|---|---|--|
| | | Right-hand therapy | Left-hand therapy |
| 1 | Heavy breathing | Therapy for respiratory system harmonization | Therapy for respiratory system harmonization |
| 2 | Short of breath, feel weak when walking | Therapy for Dyspnea | Therapy for Dyspnea |
| 3 | Gas in stomach and pain mostly in the morning | Mudra on Index Finger (He-F) | Mudra on Joint number 11 (middle joint of little finger) |
| 4 | Excess sputum and sometimes coughing | Mudra on Joint number 5 (lower joint of ring finger) | Therapy for respiratory system harmonization |
| 5 | Gas in stomach | Therapy for harmonization in digestive system | Therapy for improving immunity system |
| 6 | Easy to forget something, easy to feel exhausted | Therapy for energy harmonization | Therapy to improve memory |
| 7 | Fever, fatigue | Therapy for energy harmonization and Energy point therapy | Therapy for improving immunity system |
| 8 | Dyspnea, pain in epigastrium, fatigue | Therapy for energy harmonization | Therapy for improving immunity system |
| 9 | Stomach gases | Therapy for harmonization in digestive system | Therapy for improving immunity system |
| 10 | Easy to forget something | Therapy for energy harmonization | Therapy to improve memory |
| 11 | Easy to forget something | Therapy for energy harmonization | Therapy for improving immunity system |
| 12 | Fatigue, cough | Therapy to reduce the power of virus | Energy point of therapy |
| 13 | Gas in stomach | Therapy for harmonization in digestive system | Therapy for improving immunity system |
| 14 | Easy to forget something | Therapy for energy harmonization | Therapy to improve memory |
| 15 | Cold and dust allergy, excess sputum white and bubbling | Mudra on little finger | Mudra on little finger |
| 16 | Dizziness, anosmia | Therapy to reduce the power of virus | Physical (area specific) therapy |
| 17 | Coughing | Therapy to reduce the power of virus | Therapy for coughing |
| 18 | Coughing | Therapy to reduce the power of virus | Therapy for coughing |
| 19 | Coughing | Therapy for coughing | - |
| 20 | Easy to forget something | Therapy for energy harmonization | Therapy for improving immunity system |
| 21 | Easy to cough, easy to feel exhausted | Therapy for respiratory system harmonization | Therapy for improving immunity system |
| 22 | Palpitation and fever after vaccination | Therapy for energy harmonization | Therapy for improving immunity system |
| 23 | Fatigue, dyspnea and anxious | Therapy for respiratory system harmonization | Energy point of therapy |
| 24 | Coughing with about 1/2 hours duration | Therapy for coughing | Therapy for coughing |
| 25 | Chest pressure, dyspnea, hard to walk long distance | Therapy for energy harmonization | Therapy for Dyspnea |
| 26 | Dyspnea, coughing | Therapy for Dyspnea | Therapy for Dyspnea |
| 27 | Dyspnea, coughing, anosmia | Therapy for Dyspnea | Therapy for Dyspnea |
| 28 | Dyspnea, coughing | Therapy for Dyspnea | Therapy for Dyspnea |
| 29 | Dyspnea, coughing, anosmia | Therapy for Dyspnea | Therapy for Dyspnea |
| 30 | Pain in finger | Color therapy Triorigin | Colour Therapy |
| 31 | Pain when walking | Mudra by using thumb | Mudra by using thumb |

Table 2. (continued).

| | | | |
|----|---|--|--|
| 32 | Fever after vaccination and pain in injection area | Meridian for small intestine (J-10), Colour therapy | Meridian for small intestine (J-10), Colour therapy |
| 32 | Coughing with sputum, easy to be exhausted and sometimes chest pain | Mudra on Joint number 14 (upper joint of index finger) | Mudra on Joint number 5 (lower joint of ring finger) |
| 34 | Coughing with sputum | Therapy for coughing | Therapy for energy harmonization |
| 35 | Easily to feel exhausted, dyspnea and fatigue | Therapy for energy harmonization | - |
| 36 | Dyspnea | Therapy for respiratory system harmonization | - |
| 37 | Weak | Therapy for energy harmonization | Therapy for improving immunity system |
| 38 | Dyspnea | Therapy for respiratory system harmonization | Therapy for improving immunity system |
| 39 | No appetite | Therapy for energy harmonization | Energy point of therapy |

Table 3. Complaints and the type of therapy for post COVID-19 patients.

| Score ^a | Respondents (n=39) | | | |
|--------------------|--------------------|-------|--------------|-------|
| | Pre therapy | | Post therapy | |
| | f | % | f | % |
| 1 | | | 14 | 43.58 |
| 2 | 7 | 17.94 | 21 | 53.84 |
| 3 | 21 | 53.84 | 4 | 10.25 |
| 4 | 5 | 12.82 | | |
| 5 | 6 | 15.38 | | |

^aScore 1 = No symptoms; Score 2 = Slight symptoms; Score 3 = Mild symptoms; Score 4 = Severe symptoms; Score 5 = Very severe symptoms.

Table 4. Statistical test for pre-post therapy.

| Variables | Symptom severity | | | | |
|--------------------|------------------|------|---------|----|----------------------|
| | Mean | SD | t table | df | p value ^a |
| Pre-therapy score | 3.26 | 0.15 | 9.480 | 28 | <0.001 |
| Post-therapy score | 1.74 | 0.1 | | | |

^aPaired t-test

was part of the invention of Prof. Park Jae Woo before he passed away and is a complete and comprehensive concept that covers not only the body, but also the mind, life and soul.³³ Basically, all what exists in the universe, whether in the form of physical or non-physical things, can be categorized in a Triorigin model consisting of 4 energies, namely Neuto, Hetero, Homo, and Neutro. Each energy has its own characteristics and includes human beings consisting of 4 components, namely Soul (Neuto), Mind (Hetero), Body (homo) and Life (Neutro). This classification continues and in the end all parts of the body can be classified and then can be categorized on certain models of Triorigin, for example, Triorigin Model for the respiratory system, digestive system

and others. It also includes a Triorigin model for living things such as virus, bacteria, fungus and parasite.³⁴

The therapy carried out in STT uses a therapy path which in principle there are two, namely the first is with a path that targets to the area or target of therapy and then the second is the determination of the therapy protocol. For the determination of this therapy protocol, it is necessary to determine the characteristic energy of the cause of the problem or it can also target the energy of the symptoms. The whole process is done on the joints/knuckles of the fingers of the hand. This is what distinguishes Triorigin Therapy, Sujok Correspondent, and Sujok Six Ki. The process to get to the target area is done through the 'renting' method with the sequence

of cycles of fingers, joints/knuckles, and points returning to the initial cycle from the fingers. Renting is a term for opening a path to the area to be treated. In therapy using color, this renting is done by giving a green color to the area intended to open the path to the target area of therapy.³⁴

Based on the Triorigin concept, fingers are divided into 4 energies, namely Hetero finger (index finger), Neutro finger (middle finger), Homo finger (ring finger) and Neuto finger (little finger). Each finger has three joints/knuckles which are also divided into 4, namely the upper joint is the Hetero joint, the middle joint is the Neutro Joint and the lower or basic joint is the Homo joint while the Neuto Joint is placed on the nail. Each joint also has 4 energy points namely hetero point, homo point, neutro point and neuto point.³⁴ In the process of renting, if we put green colour (renting) on the Hetero point, the Hetero finger (index finger) will open, and this rule is the same as if we put the green color at another point.

After this process then renting will go to the area as the target of therapy, then this is where the therapy formula is applied.³⁵ In this study, although the method of therapy also uses the concept of correspondent therapy, but most of the therapy is to use the basic concept of Triorigin. In conditions where the cause of the problem is a virus – in this case the COVID-19 condition, Sujok correspondent and in line with energy therapy for example Six Ki energy therapy, cannot be used to target the virus, while Triorigin Therapy can target to overcome the virus.

Although in STT there are many methods to do therapy, including massage, twist, seed pasting, magnets, needles, and others, but in this study, the most widely used method was color therapy. The color in the Triorigin Therapy represents a different energy: including red color for hetero energy, black color for neutro energy, blue color for homo energy and green color for neuto energy. An example of this therapy is in therapy to reduce the strength of the virus, where the path created is to go to the respiratory system and then target the virus, which in this case, the virus falls into the category of hetero energy classification. This therapy to weaken the

virus and also increase immunity has been published in different research and it is found that there has been a decrease in symptoms before and after therapy using this method.²

In Triorigin, there are basically several types of protocols that are carried out, namely protocols to strengthen, weaken, function, and destroy (anti-creation therapy). Therapies aimed at viruses are therapies for anti-creation or destroying viruses and the sequence for the concept of destroying is by sedation at the neutro point, followed by sedation at the homo point, sedation at the hetero point and sedation at the neutro point. As for therapy in the immune system, the chosen protocol is to improve the function of immunity system.

Tonification protocol is done at all points with the sequence of neuto points, hetero points, neutro points and homo points. In addition to using color, the therapy carried out here is to use a thumb placed on a specific area as a target area of therapy (called mudra therapy or PDK in Indonesia). One of these therapies is in the harmonization energy therapy protocol where the thumb is placed to the tip of the little finger. The little finger represents the body's energy system in the Triorigin Model of Body-functional system, so putting the tip of the thumb is one of the processes to harmonize all energy in the body. Some of the effects obtained from this energy harmonization include a sense of calmness and recovery of energy after fatigue condition and some patients who experience sleep problems also benefit from this energy harmonization therapy which is done in about 10-15 minutes with a relaxed position and smiling state.^{35,36}

There are several limitations of this study. First, the proportion of sample between COVID-19 and post COVID-19 is unequal so that authors are unable to compare the results in a more detailed analysis. Second, there is no objective measurement of the symptoms, so for the future study researchers may conduct the objective measurement such as oximetry, blood gas analyses or other relevant methods. Lastly, one of the limitations of this study is the pre-experimental design conducted without control group. It is recommended that more rigorous design is used for future study.

5. Conclusions

STT has been shown to reduce symptoms in patients with COVID-19 and post COVID-19. Given the ease of application of STT and the wide variety of problems that can be treated with STT, it is hoped that this therapy can be an alternative therapy not only in COVID-19 or post-COVID-19 cases, but also in other cases. The level of achievement of targets for community empowerment activities are the improvement of patients' condition. For further community empowerment, the complementary and alternative therapy can be implemented to accompany the conventional biomedical approach as complementary and alternative therapy for COVID-19 patients as well as post COVID-19 patients.

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Conflict of interests

Authors declare that there is no conflict of interest in any financial, professional, or personal relationships that are relevant to this community empowerment.

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