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## SHORT COMMUNICATIONS

# Sacred uses of Indo-Malay native fruits in Balinese *Adat*

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## INTRODUCTION

Every Balinese traditional ceremony make use of different plant species for various tributes. The five basic traditional ceremonies practiced among the Hindu community in Bali are known as *Panca yadnya*. Panca means five and Yadnya means a pure praise or tribute to God. The five ceremonies are know as:

- Dewa yadnya - the worship of divinities.
- Pitra yadnya - offerings to ancestors.
- Resi yadnya - a tribute to spiritual leaders.
- Manusa yadnya - feeding and praise of human beings.
- Bhuta yadnya - feeding and praise of all living creatures.

The *Manusa yadnya* traditions consist of a range of ceremonies - engagement, marriage, birth and cremation. *Manusa yadnya* ceremonies also include *Megedonggedongan* for the unborn baby; *Tutung kambuhan* for 42 days old babies; *Telu bulanan* for 105 days old babies; *Otonan* for 210 days old babies; *Menek bajang* for the youth; *Mesangih* or *Metatah* for tooth filling.

In daily practice, the ceremonies cannot be separated, because they form a continuous process with each step engulfing a meaningful value; a *manusa yadnya* ceremony is always followed by the *dewa yadnya*, *pitra yadnya*, *resi yadnya* and *bhuta yadnya* ceremonies.

Plants and other natural components are very important ingredients of all the ceremonies. Animals, *toyam* (holy water), *dipan* and *dupa* (holy fire), and *mantram* are also used for the ceremonies, as noted in the sacred Hindu text (Bagawadgita IX, 1928). Panji (1979) described that whole plants or part thereof e.g. leaves (*sarwa patram*), flowers (*sarwa puspam*),

stems and fruits (*sarwa phalam*) are used in Balinese ceremonies. Wedding ceremonies (*manusa yadnya*) use all the components above.

The traditional Balinese ceremonies, as described in Lontar Agastia Purana (1928), make use of plant derivatives from the Indo-Malay region, as well as other locations. This paper will discuss the use of fruits from, primarily, the Indo-Malay region in Balinese engagement and wedding ceremonies.

## METHODS

Information about the Balinese ceremonies was collected through interviews with the religious leaders, *tukang banten* and through observation of actual Balinese wedding ceremonies. The *tukang banten* is responsible for building the facilities and preparing the tools for the ceremony, while religious leaders are Hindu spiritual leaders. The ceremony described in this paper took place at Penarukan Village, Buleleng District, Bali.

## RESULTS AND DISCUSSION

### *Engagement ceremony*

The engagement ceremony is known as *memadik*, *meminang* and *merangkat* and is the first to be undertaken prior to the wedding ceremony. The *memadik* ceremony is performed in five consecutive steps, although it may vary depending on the place (*desa*), time (*kala*) and condition (*patra*) of the area as well as the community where the ceremony is going to be held. Sudarta (1979) describes the procedures in a Balinese engagement ceremony include:

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### 1. Pengrawat/ngokasang

A family member of the groom visits the bride's family to validate if the bride has had any previous relationship with other man. No ceremony is undertaken at this time.

### 2. Penangsek/penegasan

Selected family members of the groom and his followers visit the bride's family to propose, but no ceremony is held at this time.

### 3. Memadik

A ceremony is held with more of the groom's relatives, and a traditional leader (*brahmana*) visits the bride's house with gifts usually of fruits and snacks (*canang pengerawos*, *rarapan* and *canang wakul*). Before starting the engagement deliberations a family member of the groom hands over the gifts to the bride's family seeking God's blessings to ensure that the engagement negotiations are successful. Banten, *canang*, and *pengerawos* contain fruits of the pinang palm (*Areca cathecu*) and betel (*Piper betle*). The groom's family also gives *rarapan* (fruits, vegetable and various kinds of cake) as symbols of the families. The fruits are not necessarily special types of fruits but whichever is in season, for example, bael (*Aegle marmelos*), menteng (*Baccaurea racemosa*), mangosteen (*Garcinia mangostana*), langsung (*Lansium domesticum*), mango (*Mangifera indica*), banana (*Musa paradisiaca*), rambutan (*Nephelium lappaceum*), Crab apple (*Pyrus malus*), Chinese pear (*Pyrus pyrifolia*), jackfruit (*Artocarpus heterophyllus*), breadfruit (*Artocarpus altilis*), salak (*Salacca edulis*) and grapes (*Vitis vinifera*). Vegetables such as common beans (*Phaseolus vulgaris*) and winter squash (*Cucurbita moschata*) are also commonly used. Other kinds of *rarapan* are various kinds of cake typically made from flour of rice (*Oryza sativa*), glutinous rice (*Oryza sativa var. glutinosa*), maize (*Zea mays*) and sorghum (*Sorghum bicolor*).

### 4. Mejantos

A few days before the transfer day, the groom's entourage brings *basan tamba* - cosmetics made from floral plant materials - a ring, fabric and clothes for the woman (*pesalin*), *canang ajengan* and *canang wangi* (flower and food offerings for the spirits). The most important deliberation of the mejantos is the transfer day. Banten, *canang*, *pengerawos* and *rarapan* are also held together with the *memadik* session. The *basan tamba* is made from parts of mature fruits of the Indian rose chestnut (*Mesua ferrea*) mixed with a powder made of seeds, bark and flowers of the plant to create a cosmetic that is given to the bride.

### 5. Hari pengambilan/nganten

The bride is transferred to the groom's house. This ceremony is held with *canang wangi*, *canang pemendak*, *dakshina* ceremony while the bride doning a yellow veil (*kerudung kuning*). The *Banten dakshina* is performed as a praise for the Gods with the purpose of announcing the transfer day. Many species of fruits are used for the *banten dakshina* such as coconut (*Cocos nucifera*), candlenut (*Aleurites moluccana*), butter bean (*Phaseolus lunatus*), lablab (*Dolichos lablab*), Goa bean (*Psophocarpus tetragonolobus*), rice (*Oryza sativa*) and glutinous rice (*Oryza sativa var. glutinosa*). Approximately 21 different fruits species are used for the five consecutive parts of the engagement ceremony (see Table 1).

#### Wedding ceremony

The *Medengen-dengen* or *mekalah-kalahan* ceremony is one of the most important of the Balinese wedding ceremony (Agastia, 1995). A ceremony is undertaken in a yard near to the most sacred *Hyang Gni*, or in a temple with the purpose of eliminating potential objections to the wedding. Family members of the groom and the bride, along with community members, religious leaders and government officials appear as witnesses. Leaves, flowers, stems and fruits from a variety of plant species are used for this ceremony and often joined together as *banten*. The different kinds of *banten* in the wedding ceremony include: offerings and tributes (*suci*, *sesayut nganten*, *tebasan*, *prasista*, *pengambea*, *pulagembal*, *pejati*), soul purifying (*biakaon*), fruit decoration (*pajegan*, *raka-rakaan*), offering tools (*caru patemon*, *kuangen*, *tegen-tegenan*), vegetables *potpourri* (*janganan*), food offerings (*ajuman*), rice boiling tool (*tipat kelanan*) and traditional baskets for carrying offerings (*sok pedagangan*).

Balinese *banten suci* is a praise for the God and very important. The ritual it is very complex, because it consists of many kinds and parts of plant materials e.g. fruits, leaves, flower, tuber and even animal derivatives. In addition, the various offerings and trinkets are traditionally placed in containers made of palm leaves and known as *tamas*. Each offering is placed in a special type of *tamas* specifically made for it. Fruits involved in *banten suci* are:

1) Plants and derivatives such as butter bean (*Phaseolus lunatus*), eggplant (*Solanum nelsoniana*), Goa bean (*Psophocarpus tetragonolobus*), Hyacinth bean

(*Dolichos lablab*), bitter gourd (*Momordica charantia*) and papaya (*Carica papaya*) are put in *tamas lampadan*.

2) Bananas (*Musa paradisiaca*) are placed in *tamas tetamper*.

3) Tamarind (seed of *Tamarindus indica*) is placed in *tamas sajen*.

4) Cucumber (*Cucumis sativus*), salak (*Salacca edulis*), jackfruit (*Artocarpus heterophyllus*), Indian mango (*Mangifera indica*) and banana (*Musa paradisiaca*) are placed in *tamas sancak*.

5) Noni (*Morinda citrifolia*) and sugar palm (*Borassus flabellifer*) are placed in *tamas madu kalpa*.

In addition, many kinds rice, for example, (*Oryza sativa*), glutinous rice (*Oryza sativa var. glutinosa*) and black rice (*Oryza sativa var. nigra*) form the ingredients of cakes in *banten suci*.

Among 103 plant species used in a Balinese wedding ceremony, some have a special purpose such as noni (*Morinda citrifolia*), Indian rose chestnut (*Mesua ferrea*), tamarind (*Tamarindus indicus*), banana (*Musa paradisiaca*), and sugar palm (*Borassus flabellifer*). Some fruits are used in both the engagement and wedding ceremonies, either processed further into different kinds of snacks or mixed with other fruits. Lontar Widisastra (1928) describes that the shells of coconuts (*Cocos nucifera*) are carved into a Lingga Yoni symbolising the groom and bride in the ceremony. Twenty two species of fruits used in the Balinese

wedding ceremony come from outside the Indo-Malay region, three species are of unknown origin and 48 species are native to the Indo-Malay region. Many of these (36) are grown for cultural conservation purposes in Bali Botanical Garden.

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**Table 1.** A list of plants used in the five parts of a traditional Balinese engagement ceremony (E) and wedding ceremony (W). 36 species are currently grown at the Bali Botanical Garden.

No	Latin Name	Local Name	Family	Uses	Origin
1	<i>Aegle marmelos</i> (L.) Corrêa	Bila	Rutaceae	W	Indonesia
2	<i>Aleurites moluccanus</i> (L.) Willd.	Tingkih	Euphorbiaceae	E, W	Indonesia
3	<i>Ananas comosus</i> (L.) Merr.	Manas	Bromeliaceae	W	Latin America
4	<i>Annona muricata</i> L.	Srikaya	Annonaceae	W	Tropical America
5	<i>Annona squamosa</i> L.	Silik	Annonoaceae	W	Tropical America
6	<i>Antidesma bunius</i> (L.) Spreng.	Buni	Phyllanthaceae	W	South East Asia
7	<i>Areca catechu</i> L.	Buah	Arecaceae	E, W	Indonesia
8	<i>Arenga pinnata</i> (Wurmb) Merr.	Jaka	Arecaceae	W	Indonesia
9	<i>Artocarpus altilis</i> (Parkinson ex F.A.Zorn) Fosberg	Timbul, Sukun	Moraceae	W	South East Asia
10	<i>Artocarpus heterophyllus</i> Lam.	Nangka	Moraceae	W	Malaysia
11	<i>Averrhoa carambola</i> L.	Blimbing besi	Oxalidaceae	W	South East Asia
12	<i>Baccaurea racemosa</i> (Reinw. ex Blume)	Kepundung	Phyllanthaceae	E, W	Indonesia
13	<i>Borassus flabellifer</i> L.	Ental	Arecaceae	W	India, Indonesia
14	<i>Capsicum annuum</i> L.	Tabia, Cabai	Solanaceae	W	Tropical America
15	<i>Carica papaya</i> L.	Gedang	Caricaceae	W	America
16	<i>Citrullus lanatus</i> (Thunb.) Matsum. & Nakai	Semangka	Cucurbitaceae	W	South Africa
17	<i>Citrus aurantiifolia</i> (Christm.) Swingle	Juwuk lengis	Rutaceae	W	Asia
18	<i>Citrus × aurantium</i> L.	Juwuk peres	Rutaceae	W	China
19	<i>Citrus amblycarpa</i> (Hassk.) Ochse	Limo	Rutaceae	W	Indonesia
20	<i>Citrus limon</i> (L.) Osbeck	Juwuk purut	Rutaceae	W	Asia
21	<i>Citrus maxima</i> (Burm.) Merr.	Juwuk bali	Rutaceae	W	South East Asia
22	<i>Citrus nobilis</i> Lour.	Sumaga	Rutaceae	W	Asia
23	<i>Citrus sinensis</i> (L.) Osbeck	Juwuk manis	Rutaceae	W	Asia
24	<i>Cocos nucifera</i> L.	Nyuh, Kelapa	Arecaceae	E, W	South East Asia
25	<i>Coffea arabica</i> L.	Kopi bali	Rubiaceae	W	Ethiopia
26	<i>Coriandrum sativum</i> L.	Ketumbah	Apiaceae	W	Central Asia
27	<i>Cucumis melo</i> L.	Melon	Cucurbitaceae	W	Middle East
28	<i>Cucumis sativus</i> L.	Ketimun	Cucurbitaceae	W	Unknown
29	<i>Cucurbita moschata</i> Duchesne	Waluh	Cucurbitaceae	W	Unknown
30	<i>Durio zibethinus</i> L.	Duren	Malvaceae	E,W	Indonesia
31	<i>Dimocarpus longan</i> Lour.	Longan	Sapindaceae	W	Thailand, China
32	<i>Garcinia dulcis</i> (Roxb.) Kurz	Mundeh	Clusiaceae	W	Indonesia
33	<i>Garcinia parvifolia</i> (Miq.) Miq.	Badung	Clusiaceae	W	Indonesia
34	<i>Garcinia × mangostana</i> L.	Manggis	Clusiaceae	E, W	Indonesia, Malaysia
35	<i>Gossypium herbaceum</i> L.	Kapas	Malvaceae	W	Indonesia
36	<i>Lablab purpureus</i> (L.) Sweet	Komak	Fabaceae	E, W	Unknown
37	<i>Lansium parasiticum</i> (Osbeck) K.C.Sahni & Bennet	Ceroring, Langsat	Meliaceae	E, W	South East Asia
38	<i>Litchi chinensis</i> Sonn.	Leci	Sapindaceae	W	China
39	<i>Malus domestica</i> Borkh.	Apel	Rosaceae	E, W	Indonesia
40	<i>Mangifera caesia</i> Jack	Wani	Anacardiaceae	E, W	Indonesia

41	<i>Mangifera indica</i> L.	Poh, Mangga	Anacardiaceae	E, W	South East Asia
42	<i>Mangifera odorata</i> Griff.	Poh pakel	Anacardiaceae	W	Indonesia
43	<i>Manilkara zapota</i> (L.) P.Royen	Sabo	Sapotaceae	W	Central America
44	<i>Mesua ferrea</i> L.	Nagasari	Calophyllaceae	E,W	South East Asia
45	<i>Momordica charantia</i> L.	Paya	Cucurbitaceae	W	Indonesia
46	<i>Musa × paradisiaca</i> L.	Biu, Pisang	Musaceae	E, W	South East Asia
47	<i>Nephelium lappaceum</i> L.	Buluang, Rambutan	Sapindaceae	E, W	South East Asia
48	<i>Oryza sativa</i> L.	Padi	Poaceae	E, W	Indonesia
49	<i>Oryza sativa</i> var. <i>glutinosa</i>	Ketan	Poaceae	E, W	Indonesia
50	<i>Pangium edule</i> Reinw.	Pangi	Achariaceae	W	Indonesia
51	<i>Parartocarpus venenosa</i> Becc.	Utu	Moraceae	W	Indonesia
52	<i>Passiflora ligularis</i> Juss.	Anggur bogor	Passifloraceae	W	South America
53	<i>Phaseolus lunatus</i> L.	Kacang barak	Leguminosae	E	America
54	<i>Phaseolus vulgaris</i> L.	Kacang lilit	Leguminosae	E,W	America
55	<i>Piper betle</i> L.	Base	Piperaceae	E, W	Indonesia
56	<i>Piper nigrum</i> L.	Mica	Piperaceae	W	India
57	<i>Piper retrofractum</i> Vahl	Tabia bun	Piperaceae	W	Indonesia
58	<i>Psidium guajava</i> L.	Sotong	Myrtaceae	W	Tropical America
59	<i>Punica granatum</i> L.	Delima	Lythraceae	W	Persia
60	<i>Pyrus pyrifolia</i> (Burm.f.) Nakai	Pir	Rosaceae	E, W	China
61	<i>Salacca zalacca</i> (Gaertn.) Voss	Salak	Arecaceae	E, W	Indonesia
62	<i>Schleichera oleosa</i> (Lour.) Merr.	Kesambi	Sapindaceae	W	Indonesia
63	<i>Solanum melongena</i> L.	Tuwung kanji	Solanaceae	W	Indonesia
64	<i>Sorghum bicolor</i> (L.) Moench	Jagung gembal	Poaceae	W	Indonesia
65	<i>Spondias pinnata</i> (L. f.) Kurz	Kedondong	Anacardiaceae	W	Indonesia
66	<i>Syzygium aqueum</i> (Burm.f.) Alston	Nyambu	Myrtaceae	W	Indonesia
67	<i>Syzygium cumini</i> (L.) Skeels	Juwet	Myrtaceae	W	Indonesia
68	<i>Syzygium polycephalum</i> (Miq.) Merr. & L.M.Perry	Kaliasem	Myrtaceae	W	Indonesia
69	<i>Syzygium racemosum</i> (Blume) DC.	Nyambu bol	Myrtaceae	W	Indonesia
70	<i>Syzygium samarangense</i> (Blume) Merr. & L.M.Perry	Nyambu semarang	Myrtaceae	W	South East Asia
71	<i>Tamarindus indica</i> L.	Asem, Celagi	Fabaceae	W	India
72	<i>Vigna radiata</i> (L.) R.Wilczek	Kacang ijo	Leguminosae	W	Indonesia
73	<i>Vitis vinifera</i> L.	Anggur	Vitaceae	E, W	West Asia
74	<i>Zea mays</i> L.	Jagung	Poaceae	W	Central America