

The Practice of Transdisciplinary Approach in Medicine (Character Study dr. Syamsul Bahri Siregar, Sp.An)

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ABSTRACT

Today's transdisciplinary approach absolutely must be practiced in responding to various problems to find the best solution. Using one perspective in finding solutions to the problems faced is no longer relevant and will not provide optimal solutions. In this research, the figure of Dr. Syamsul Bahri Siregar as a research figure who has practiced a transdisciplinary approach in medical science with religious, educational, social and economic sciences to answer various problems so as to find the best solutions and significant changes. This research is a character study (individual life history) research using a qualitative approach method. There are two purposes of this research. First, to get to know the figure of dr. Syamsul Bahri Siregar who practices a transdisciplinary approach in medicine. Second, to motivate people to practice the transdisciplinary approach in their daily lives.

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1. INTRODUCTION

Without realizing it, almost everyone has implemented a transdisciplinary approach in everyday life. Although not everyone knows in theory, but in practice has implemented. The transdisciplinary approach was introduced by UNESCO at the First World Congress of Transdisciplinary 2-7 November 1994 in Arrabida-Portugal. Then responded by the Decree of the Director General of Islamic Religious Education Number 102 of 2019 concerning Religious Standards for Islamic Higher Education. The transdisciplinary approach is an approach in the study or study and research of a problem by using various disciplinary perspectives to solve problems, from the beginning of the study to the conclusion of problem solving. (Syahrin Harahap, 2019).

Ms. Jacqueline Russel said “Transdisciplinary is a process whereby culturally constructed boundaries of single disciplines are transcended in order to address problems from multiple perspectives to generate emergent knowledge” (UNESCO, 1998). William Newell said “Transdisciplinary is transforming and integrating knowledge from all interested perspectives to define and address complex problems” (UNESCO, 1998). Gavan McDonnell said “Transdisciplinarity is integrating and transforming fields of knowledge from multiple perspectives to enhance understanding of problems to be addressed, in order to improve future choices” (UNESCO, 1998). It can be concluded that transdisciplinary is a way of looking at solving problems using various scientific perspectives. Therefore, in solving problems a transdisciplinary approach is very important to use.

Dr. Syamsul Bahri Siregar, Sp.An is a North Sumatra anesthesia specialist who applies transdisciplinarity in his activities as a doctor who combines health sciences with religion and other sciences. Transdisciplinarity in medical science has actually been carried out by the predecessors of medical science such as Ar-Rāzī (251-313 H/865-925 M), Ibn Sīnā (370-428 H/980-1037 M), Ibn Rusyd (520-594 H/1126-1198 M), and Az-Zahrāwī (936 M-1013 M). These Muslim scientists were able to integrate medical treatment with a religious science approach. In fact, they have various health theories. One of them is Ibn Sīnā who has two triangular theories of medicine. First, the triangular theory of Islamic medicine, which states the relationship between God, humans and medicine. Second, the theory of the relationship between body, mind and spirit to human health (Siregar, 2023).

A transdisciplinary approach should be applied in various scientific disciplines and especially in medical science to find solutions to various existing problems. Medical science is a noble science in Islam. Allah gives it a very high appreciation. One of the other names of the Qur’ān is ash-Shifā (medicine). Allah said “And We send down of the Qur’ān that which is a medicine/healing (17:82). Muḥammad ibn Idrīs ash-Shāfi’ī praised medical science and said:

إن العلم علمان علم الدين وعلم الدنيا. فالعلم الذي للدين فهو الفقه، والعلم الذي للدنيا فهو الطب. لا أعلم علماً بعد الحلال والحرام أنبل من الطب إلا أن أهل الكتاب قد غلبونا عليه.

There are two parts to knowledge: religious knowledge and world knowledge. Religious knowledge is fiqh and world knowledge is medicine (Ar-Rāzī, 2003).

لا أعلم علماً بعد الحلال والحرام أنبل من الطب إلا أن أهل الكتاب قد غلبونا عليه.

I do not know of any science that is more noble after the science of halal and haram than medicine. It's just that the *Ahl al-Kitāb* have defeated us in this science (Az-Zahabī, 1982).

Imam Az-Zarnūjī quotes a poem about the importance and glory of medical science in his book:

ان المعلم والطبيب كلاهما لا ينصحان اذا هما لم يكرما
فاصبر لدائك ان جفوت طبييها واقنع بجهلك ان جفوت معلما

Indeed, teachers and doctors will not give advice and diagnoses if they are not respected. So endure the pain if you underestimate the doctor and be ready to be foolish if you underestimate the teacher.(Az-Zarnūjī).

Transdisciplinary approach in medical science will facilitate various matters in medical treatment. Treatment using only medical science is not always able to work well. Sometimes a person experiences pain not because of physical factors, but rather because of psychic problems. For that, a doctor must be able to provide solutions to patients with religious approaches such as Islamic counseling to provide advice to give spirit. Usually the patient will feel recovered when the doctor can interact with the patient intensively, even though scientific treatment has not been carried out medically. That is because, psychic factors greatly affect the health of the patient. dr. Syamsul Bahri Siregar quoted the opinion that according to the doctor's agreement 80 percent of physical illnesses are caused by psychic problems (Siregar, 2023).

dr. Syamsul Bahri Siregar's transdisciplinary approach is an effort to practice Islamic teachings in medical science. According to him, all diseases and cures come from Allah as the Creator of life. He said, "The drugs that are drinking cannot heal without the permission of the Most Healing God. Doctors who treat, also can not cure, let alone bring the near-death to life. All Healing comes from the Most Merciful God (Siregar, 2023). The transdisciplinary approach practiced by Dr. Syamsul Bahri Siiregar is not only in the religious aspect, but also in the educational, social and economic aspects.

Based on the descriptions above, the author will explain about the transdisciplinary practice of dr. Syamsul Bahri Siregar in medicine. There are two purposes of this research. First, to get to know the figure of dr. Syamsul Bahri Siregar who practices a transdisciplinary approach in medicine. Second, to motivate people to practice the transdisciplinary approach in their daily lives.

2. METHODS

This research is a character study with a qualitative approach, namely by conducting interviews, observations, documentation and notes on the character's life journey (Harahap, 2017). To obtain valid and representative data, researchers use primary data sources from a book written by dr. Syamsul Bahri Siregar entitled "Doktor Berlobe" published by CV Manhaji in 2023. I collected various data related to the problems faced by dr. Syamsul Bahri Siregar and then resolved them using a transdisciplinary approach of medical science with religious, educational, social and

economic sciences. From the data collected then conducted data analysis to draw conclusions.

3. FINDINGS AND DISCUSSION

a. Profile dr. Syamsul Bahri Siregar

dr. Syamsul Bahri Siregar, Sp. An. is an anesthesia specialist in various Medan City hospitals. He was born in Dolok Sinumbah Palm Plantation, Simalungun Regency, North Sumatra Province on September 14, 1950. His father was Darajat Siregar, a plantation worker and his mother was Safiyatun Pane, a housewife and farmer. (Siregar, 2023).

dr. Syamsul Bahri Siregar enjoyed childhood at his birthplace estate. He attended primary education (folk school) in 1957 and junior high in 1963. Initially, dr. Syamsul Bahri Siregar aspires to be an agricultural engineer while still junior high. The reason he loves farming is because his parents work on a plantation and live off the produce. However, his dream changed to become a doctor.

In 1966, dr. Syamsul Bahri Siregar moved to Medan to continue his high school education at GB Josua High School. After finishing high school, he continued his studies to realize his dream of studying medicine at the Islamic University of North Sumatra (UISU) in 1970. At UISU he studied for only five years and did not graduate because he moved to the Surakarta Joint University (UGS) in Solo. At UGS, Dr. Syamsul Bahri Siregar completed his general practitioner for five years and was inaugurated in 1981. After officially becoming a general practitioner, he then applied for work to the Central Department of Health through the Central Java Regional Office, Semarang. He was accepted and placed in Riau, precisely in Tembilahan, one of the sub-districts in Indragiri Hilir Regency (Siregar, 2023).

After completing seven years of service in Tembilahan, dr. Syamsul Bahri Siregar continued his studies to take an anesthesia specialist at Diponegoro University (UNDIP) Semarang in 1989 and completed his specialization in 1995 with the title of anesthesia specialist (Sp.An). After specializing, dr. Syamsul Bahri Siregar was asked to serve in East Timor, but he refused because he considered it unsafe there and what made it even harder for him to accept the request was that the local people hated women hijab. Finally, he refused the request three times. He was worried that his wife would be harassed and even asked to remove her hijab (Siregar, 2023).

In the end, Dr. Syamsul Bahri Siregar did his service in West Kalimantan at the suggestion of Dr. Purwoko. He was then placed in the Singkawang area from 1997 to 1999. When the service was over, in the same year he and his wife chose

Medan as the place to stay until now. In Medan, he served as a civil servant at Dr. Pirngadi Hospital and retired in 2015. At Pirngadi, he served as the Head of Functional Medical Staff (SMF). Apart from serving at Pirngadi, he has also served in various hospitals in Medan City such as Martha Friska Brayan Hospital, Materna Hospital, Methodis Hospital, Mitra Medika Hospital, PTPN II Putri Hijau Hospital, Badrul Aini Hospital, Stella Maris Hospital, Deli Hospital, Delima Hospital, Permata Bunda Hospital, Sufina Aziz Hospital and Sundari Hospital. Apart from working in hospitals, he also actively teaches as a medical lecturer at Pirngadi Hospital.

His profession as a doctor makes him rarely at home and even rarely sleeps. Nevertheless, dr. Syamsul Bahri Siregar remains enthusiastic about religious activities and is active in campaigning for a Quranic-based treatment method known as Holistic Spritual Qurani (HSQ) and always attends recitations to gain insight into Islam. One of the recitations that he participates in and even becomes an advisor is the Darul Imam asy-Syafii (MADIS).

MADIS is a yellow book (*turas*) based study program held Monday to Saturday after Fajr. MADIS studies various scientific fields such as tawhid, fiqh, tasawwuf, tafsir, hadith, sirah and contemporary issues. The teacher of MADIS is Irvan Mangunsong who teaches all fields of knowledge with the guidance of scholarly books such as tawhid (*Fath al-Majid* and *'Aqidah at-Tahawiyyah*), fiqh (*at-Taqrirat as-Sadidah*), tasawwuf (*Ayyuhā al-Walad* and *Minhāj al-'Ābidīn*), tafsir (*al-Jalālain*), hadith (*Matn al-Arba'in an-Nawawiyyah*, *al-Azkār* and *Riyāḍ as-Ṣāliḥīn*), sirah nabawiyah (paper), thought (paper) and contemporary (paper). MADIS has published several books, namely *Islam Mengaji: Tauhid, Fikih, Tasawuf & Kontemporer*; *Mengenal Iman dan Islam*; *Bahagia!*; *Kamu Wanita Mulia*; *Salat Musafir*; *Pendidikan Karakter* and *Salawatlah!*. All of these books are written by Irvan Mangunsong. MADIS was established on December 12, 2019 and is still ongoing to this day (Mangunsong, 2019). Not only that, dr. Syamsul Bahri Siregar also actively participates in Sufism studies in Basilam with Mr. Zikmal Fuad.

b. Transdisciplinary Practice dr. Syamsul Bahri Siregar in Medicine

This research character is a doctor who is sometimes called *kyai*, *mr. hajj*, *ustaz*, *tuan guru*, *syaiikh* and other. Usually in a hospital a doctor will be called doctor, but one night when the author and dr. Syamsul Bahri Siregar came to RSIA Stella Maris, the security guard called him Mr. Hajj. Of course all these calls have a deep meaning and are not born out of thin air. Indeed, dr. Syamsul Bahri Siregar is a unique doctor and has special characteristics so that when writing a book many suggested that the book be titled "Doktor Berlobe".

The book *Dokter Berlobe* is a written work about the biography, experiences and thoughts of dr. Syamsul Bahri Siregar as a doctor. The work shows the flow of thought of dr. Syamsul Bahri Siregar which is full of transdisciplinary approaches in carrying out various daily activities. Although dr. Syamsul Bahri Siregar's profession is as a doctor in medical treatment, his contributions are felt by various groups in terms of religion, education, social, economic and others. Here are some of dr. Syamsul Bahri Siregar's transdisciplinary practices:

1) Transdisciplinary Approach of Religion

As a doctor, dr. Syamsul Bahri Siregar has handled patients with various complaints and problems. Various kinds of behavior of patients and patients' families. It got to the point that a patient's family asked him to bring in a professor of "continue life". Hearing the request, dr. Syamsul Bahri Siregar just silent contemplating and prejudiced well that it was just an expression of the family grief left behind by loved ones. But it made him ponder and wonder "Have people been thinking that doctors can heal the sick or bring the dead back to life? Or do doctors think that they can heal the sick and bring the dying back to life? Then in his book he affirmed "The pain and health, life and death, everything is determined by the Creator of the universe" (Siregar, 2023).

The above case is one of many cases that have occurred. dr. Syamsul Bahri Siregar has done many medical treatments with a transdisciplinary approach to religion. In his book, several cases have been treated medically, but have not resulted in significant changes. While treating patients medically, dr. Syamsul Bahri Siregar tries to overcome with a religious approach such as the practice of reading the Qur'an. This was done because of his belief that one of the functions of the Qur'an is as a healing medicine.

The first case, a construction man was crushed by a 500 KG wall. Patient was treated in the ICU and was in a coma for 5 days. Surgery could not be performed because the patient's Glasgow coma scale (GCS) did not meet the standards for surgery. The normal GCS is 15 and at least 8 in order to perform surgery, but the patient's GCS is only 3. Seeing this situation, Dr. Syamsul Bahri Siregar gave a *sajadah* and Qur'an to the patient's wife to pray and read the Qur'an with the Holistic Spritual Qurani (HSQ) method guided directly by dr. Syamsul Bahri Siregar. The next day after the wife reads the Qur'an for her husband, the patient's legs moved after being stimulated. The second day the patient's hand moved. The third day the patient could open his eyes. Seeing the significant changes, Dr. Syamsul Bahri Siregar asked the patient's

wife to recite the Qur'an. Medically, the possibility of recovery and normalcy is difficult if the patient's GCS is only 3 (Siregar, 2023).

The Second case, a 70-year-old grandmother went into a coma for a week. After scanning the head, it turns out that the patient has Brain Atrophy. That is, medical conditions in the form of brain shrinkage caused by several trigger factors such as aging process, Alzheimer disease, stroke and infection. This patient is due to aging. Seeing this condition, dr. Syamsul Bahri Siregar asked the patient's husband to read Qur'an juz 1 using the HSQ method. The next day after reading the Qur'an, the patient woke up and regained consciousness. Not only that, the patient was able to remember past events very well. It is medically impossible for a patient with such a diagnosis to recover quickly and be able to remember past memories (Siregar, 2023).

The third case, a 1 month old boy has a brain bleeding due to a deficiency of Vitamin K Deficiency Bleeding (VKDB). Hemoglobin (HB) was only 6 gram percent, unconscious and convulsing. The baby was diagnosed with "Left fronto-temporo-parietal subdural hemorrhage and left parietal epidural hemorrhage with extensive perifocal edema accompanied by subfalcine and obstructive hydrocephalus + subarachnoid hemorrhage". With various medical considerations, the patient was operated on in an unconscious state. General anesthesia was performed with a spontaneous breathing system. The operation lasted for 4.5 hours. Post-operative patients are treated in the child's ICU with breathing aids with SIMV ventilator mode.

As in the two cases above, dr. Syamsul Bahri Siregar asked the patient's parents to read Qur'an juz 1 using the HSQ method. On the second post-operative day there was a significant change in the patient, dr. Syamsul Bahri Siregar stopped the ventilator and removed the tube sign. Seeing such a change, the surgeon was surprised because generally with such a diagnosis the patient would be in a coma for a long time and remain with the help of machines. Because of this miracle, the patient became headline news at RSIA Stella Maris Medan (Siregar, 2023).

The three cases above are actions with a transdisciplinary approach taken by dr. Syamsul Bahri Siregar. Not only relying on medical science alone, dr. Syamsul Bahri Siregar sought a solution by approaching the practice of the Qur'an which is a healing medicine, namely *ash-Shifā'*.

Interestingly, dr. Syamsul Bahri Siregar does not only perform such actions on Muslim patients. He also does this for non-Muslim patients, by praying for the patient's recovery. For him, all patients are the same. He said, "As a Muslim doctor, I do not discriminate between patients who are Muslim

or not. For me, they are all the same in the sense that they are both patients who need medical treatment (Siregar, 2023).

2) Transdisciplinary Approach of Education

Besides working as a doctor, dr. Syamsul Bahri Siregar also works as a medical lecturer at Pirngadi Hospital in Medan until now. In giving lessons, dr. Syamsul Bahri Siregar not only delivered material about medical science, but also provided religious knowledge to provide awareness to students about the importance of belief in the nature of life and the nature of health that comes from the Allah. dr. Syamsul Bahri Siregar in his activities as an educator often provides direction and guidance to students. He also often gives books and papers to students.

dr. Syamsul Bahri Siregar makes himself not only a teacher but also a parent who understands the psychology of students. This can be seen from his attitude of making it easy for one of his students who could not take the exam on Saturday because his parents were sick in his hometown - Sidempuan– North Sumatra. The student wants to go home, but was afraid because the exam would take place the next day. He then called the employee, dr. Syamsul Bahri Siregar. Knowing this, dr. Syamsul Bahri Siregar told the student to go home to take care of his parents and not try to think about the exam. When the student arrived in Sidempuan, it turned out that his parents had been taken to the Bukittinggi National Stroke Hospital.

On the next Friday, the student returned to Medan and met dr. Syamsul Bahri Siregar for a follow-up exam. However, dr. Syamsul Bahri Siregar gave another exam to the student to explain how he took care of his sick parents from start to finish. The student explained that he read the Qur'an juz 1 as recommended by dr. Syamsul Bahri Siregar along with his mother and grandmother. Then he also told about his role as a coas helping the medical staff at the hospital. This means that he practiced his medical knowledge when caring for his sick father. Hearing all these stories, dr. Syamsul Bahri Siregar said "Your exam is finished".

The above case is an action that can only be done with a transdisciplinary approach. A teacher can understand the psychic state of a student. Education does not have to be monotonous, there should be variety as long as it does not contradict educational norms. dr. Syamsul Bahri Siregar understands the psychic condition of students whose parents are sick, of course to think of sheets of questions will add to the burden of his mind. Even if seen from the

case above, the student has successfully passed the exam by directly practicing the knowledge he got from dr. Syamsul Bahri Siregar.

3) Transdisciplinary Approach of Social

Dedication to the community is a step towards empowering social communities. Dedication to the community in transdisciplinary perspective includes three meanings, namely (1) dedication as an activity to gain knowledge based on interaction with the community, (2) dedication as learning through experience, and (3) dedication as an activity to implement knowledge to advance and solve community problems (Syahrin Harahap, 2019).

dr. Syamsul Bahri Siregar conducted dedication to the community with a transdisciplinary approach. Several practices were carried out to solve problems faced by the community in Tempuling Sub-district, Sungai Salak Village, Indragiri Hilir Regency, Riau Province. About dedication to the community, dr. Syamsul Bahri Siregar said "Dedication is not just to provide health services. I realized that serving in the village must actively participate in various community activities and care about the welfare of the community, especially in the fields of health and education" (Siregar, 2023).

dr. Syamsul Bahri Siregar's transdisciplinary approach to dedication to the community has brought about many changes. One of these activities is building road access. In 1981 the village had no road access for ambulances to enter the village and children found it difficult to travel to school. Road access is a big problem in the progress of a region. dr. Syamsul Bahri Siregar realized this and took the initiative to be able to build access roads. As a profession, the task of building roads is not the responsibility of dr. Syamsul Bahri Siregar. However, as someone who has a spirit of dedication, dr. Syamsul Bahri Siregar strives to provide guidance and direction to the community regarding the importance of building road access.

By fostering community awareness, dr. Syamsul Bahri Siregar was able to invite the community to cooperate. dr. Syamsul Bahri Siregar also took part in working together with the community. Regarding this, dr. Syamsul Bahri Siregar said, "I am the one who invites, so I must also do. I don't want to be known as someone who only knows how to say, but doesn't know how to do" (Siregar, 2023).

The case above is the practice of dr. Syamsul Bahri Siregar in doing dedication with a transdisciplinary approach. The efforts made by dr. Syamsul Bahri Siregar provided changes for the progress of the area. Even the

awareness to make changes is not only the local community, but also people from other neighborhoods (RW in Indonesian). They felt the importance of making road access and asked dr. Syamsul Bahri Siregar to take part in the road building program. In the end, the road from RW 1 to RW 12 can be used by ambulances and children can go to school without difficulty (Siregar, 2023). All road repairs were carried out in mutual cooperation and assisted by several members of the social service.

4) Transdisciplinary Approach of Economic

Going to the hospital is a major problem for patients who do not have money. Moreover, the pain suffered must be carried out surgery so that it requires a lot of money. This was experienced by my friend whose initials are AR. He had an infection in the center and had to be operated on immediately. The costs required are quite large. Moreover, the incident occurred during covid-19, where the cost of surgery in the hospital was more expensive than normal conditions. As a student and caretaker of the mosque, he could only resign himself to the disease because he could not afford medical treatment.

Seeing the condition of AR like that, I consulted dr. Syamsul Bahri Siregar. I told dr. Syamsul Bahri Siregar everything and included the costs that could not be paid if surgery was carried out. Hearing this, dr. Syamsul Bahri Siregar asked to be reunited with AR. Then dr. Syamsul Bahri Siregar and I went to AR's residence and checked her condition. dr. Syamsul Bahri Siregar asked me to let AR temporarily stay with me so that it would be easier for treatment because it was close to dr. Syamsul Bahri Siregar's house. According to dr. Syamsul Bahri Siregar, the AR center did not need surgery, it only needed to be slightly dissected to remove the blood fluid. All medical actions were carried out by dr. Syamsul Bahri Siregar himself. Not only that, for a week AR was treated by dr. Syamsul Bahri Siregar without spending any money and including the cost of medicines.

The above case is one of dr. Syamsul Bahri Siregar's transdisciplinary practices in solving the problem of AR who has a central infection and cannot afford to go to the hospital. By using a transdisciplinary approach, dr. Syamsul Bahri Siregar voluntarily took care of and paid for AR's medical expenses.

4. CONCLUSION

dr. Syamsul Bahri Siregar is an anesthesiologist in North Sumatra. He successfully applies a transdisciplinary approach to medical science with religious, educational,

social and economic sciences. The practice of a transdisciplinary approach in religion is to combine medical treatment and HSQ therapy with reading the Qur'an. The practice of a transdisciplinary approach in education is to make it easier for students to take exams. The practice of a transdisciplinary approach in social affairs is to drive road construction in 12 RW. The practice of a transdisciplinary approach in the economy is to provide free medical treatment. Based on all of the above, dr. Syamsul Bahri Siregar deserves to be motivated to apply the transdisciplinary approach in medicine and in everyday life.

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