

ABSTRAK
PENGARUH PEMBERIAN REBUSAN DAUN SALAM TERHADAP
KADAR ASAM URAT : LITERATUR RIVIEW

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Penyakit asam urat atau biasa dikenal sebagai gout arthritis merupakan kondisi yang bisa menyebabkan gejala nyeri yang tak tertahankan, pembengkakan serta adanya rasa panas di area persendian. Penanganan yang kurang tepat dapat menyebabkan bahaya yang lebih besar, sehingga dibutuhkan penatalaksanaan farmakologi maupun non farmakologi. Obat tradisional seperti rebusan daun salam merupakan alternative pilihan yang dinilai lebih aman dibandingkan obat modern terutama dikonsumsi oleh lansia. Tujuan dari penelitian ini menganalisis jurnal-jurnal sebelumnya baik nasional maupun internasional mengenai pengaruh pemberian rebusan daun salam terhadap kadar asam urat. Metode penelitian ini adalah menggunakan literature review dengan melakukan pencarian melalui *search engine pubmed, google scholar* dan *proquest* sehingga diperoleh hasil akhir 12 jurnal yang bisa di analisis sesuai dengan kriteria inklusi. Hasil literatur review ini menunjukkan bahwa dari 12 jurnal menemukan kadar asam urat pada penderita artritis diatas normal. Kemudian setelah diberikan rebusan daun salam sebanyak 4 jurnal. Sebanyak 9 jurnal yang menyebutkan cara konsumsi rebusan daun salam seperti di konsumsi sebanyak 2-3 kali dalam sehari selama 7 hari. kemudian dilakukan pengecekan ulang terhadap kadar asam urat. Dari 12 literatur yang di review didapatkan hasil yaitu adanya penurunan kadar asam urat yang signifikan dari yang awalnya tinggi menjadi normal kembali, atau mengalami kadasar asam urat yang normal. Sebanyak 3 jurnal menyebutkan bahwa penderita artritis urat yang tetap mengalami kenaikan kadar asam urat karena pola makan dan factor lain. Seluruh jurnal yakni 12 artikel menyimpulkan bahwa pemberian rebusan daun salam efektif terhadap kadar asam urat pada penderita artritis *gout*.

Kata kunci : rebusan daun salam” dan “kadar asam urat” dan “arthritis *gout*

References: 25 (2014-2023)

ABSTRACT

THE EFFECT OF SALAM BOILED WATER (SYZYGIUM POLYANTHUM) ON URIC ACID LEVELS: LITERATURE REVIEW

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Gout or commonly known as gouty arthritis is a condition that can cause symptoms of persistent pain, swelling and a burning sensation in the joint area. Inappropriate treatment can cause greater harm, so pharmacological and non-pharmacological management is needed. Traditional medicine such as boiled bay leaves is an alternative choice that is considered safer than modern medicine, especially consumed by the elderly. The aim of this research is to analyze previous journals, both national and international, regarding the effect of giving boiled bay leaves on uric acid levels. This research method is to use a literature review by searching through the search engines Pubmed, Google Scholar and Proquest to obtain final results of 12 journals that can be analyzed according to the inclusion criteria. The results of this literature review show that 12 journals found uric acid levels in arthritis sufferers above normal. Then after being given boiled bay leaves, 4 journals were given. A total of 9 journals stated how to consume boiled bay leaves, such as consuming it 2-3 times a day for 7 days. then re-check the uric acid levels. From the 12 pieces of literature reviewed, the results obtained were that there was a significant decrease in uric acid levels from initially high to normal again, or experiencing normal uric acid levels. A total of 3 journals stated that uric acid sufferers continued to experience increased uric acid levels due to diet and other factors. All journals, namely 12 articles, concluded that giving bay leaf decoction was effective for uric acid levels in gouty arthritis sufferers.

Key words: bay leaf decoction” and “uric acid levels” and “gouty arthritis

References: 25 (2014-2023)