

**EFEKTIVITAS MADU MANUKA DAN MADU LOKAL INDONESIA
TERHADAP WOUND DEBRIDEMENT PADA PASIEN ULKUS
DIABETIK: A LITERATURE REVIEW**

Pebri Dais Sahrul Salam¹ Siti Rohimah² Gita Cahyani³

Fakultas Ilmu Kesehatan Universitas Galuh

Email : pebridaissahrulsalam@gmail.com

ABSTRAK

Latar Belakang: Ulkus kaki diabetik (*Diabetic Foot Ulcer/DFU*) sering mengalami stagnasi fase inflamasi akibat penumpukan jaringan nekrotik (*slough/eschar*) dan biofilm bakteri. Balutan madu (*honey dressing*), baik Madu Manuka (*medical-grade*) maupun madu lokal Indonesia, merupakan terapi komplementer berbasis *Evidence-Based Practice* (EBP) untuk memfasilitasi pembersihan luka secara alami melalui *autolytic debridement*. **Tujuan:** Menganalisis efektivitas klinis Madu Manuka dan madu lokal Indonesia terhadap proses *wound debridement* pada pasien ulkus diabetik berdasarkan literatur terkini. **Metode:** *Integrative Literature Review* dengan penapisan sistematis berdasarkan komponen PICOS Framework pada artikel terbitan tahun 2018–2026 dari database PubMed dan Google Scholar. Seleksi artikel menggunakan diagram alur PRISMA menghasilkan 10 artikel final yang memenuhi kriteria inklusi karakteristik klinis DFU kronis. **Hasil:** Rata-rata hasil dari artikel yang dianalisis menunjukkan bahwa intervensi balutan madu mampu menurunkan skor keparahan luka (BWAT/PUSH) secara signifikan ($p < 0,05$) dan mempercepat waktu debridemen dasar luka dalam rentang rata-rata 2 hingga 4 minggu. Madu Manuka unggul dalam stabilitas antibakteri non-peroksida (*Methylglyoxal/MGO*) untuk mengatasi infeksi biofilm kronis berat. Sementara itu, madu lokal Indonesia (seperti varietas Trigona dan Papua) adekuat melalui aktivitas osmotik dan enzimatis hidrogen peroksida (H_2O_2), serta dilaporkan mendukung pembentukan jaringan granulasi pada studi tertentu hingga tahap terlihat tulang (*exposed bone*). **Kesimpulan:** Kedua jenis madu efektif mendukung *autolytic debridement* dengan prinsip *moist wound healing*. Madu Lokal Indonesia memiliki keunggulan mutlak dari aspek *cost-effectiveness* dan aksesibilitas, sehingga sangat direkomendasikan untuk perawatan luka kronis jangka panjang berbasis komunitas (*home care*).

Kata Kunci: Ulkus Diabetik, *Wound Debridement*, Madu Manuka, Madu Lokal Indonesia, *Integrative Literature Review*.

**THE EFFECTIVENESS OF MANUKA HONEY AND INDONESIAN LOCAL HONEY ON WOUND DEBRIDEMENT IN DIABETIC ULCER PATIENTS:
A LITERATURE REVIEW**

Pebri Dais Sahrul Salam¹ Siti Rohimah² Gita Cahyani³

Faculty of Health Sciences, Galuh University

Email : pebridaissahrulsalam@gmail.com

ABSTRACT

Background: Diabetic Foot Ulcers (DFUs) frequently experience prolonged inflammatory stagnation due to the accumulation of necrotic tissue (slough/eschar) and bacterial biofilms. Honey dressings, including medical-grade Manuka honey and Indonesian local honey, serve as Evidence-Based Practice (EBP) complementary therapies to facilitate natural wound cleansing via autolytic debridement. **Objective:** To analyze the clinical efficacy of Manuka honey and Indonesian local honey on the wound debridement process in patients with diabetic foot ulcers based on current literature. **Method:** An integrative literature review was conducted with systematic screening using the PICOS framework on articles published between 2018 and 2026 from the PubMed and Google Scholar databases. Article selection utilizing the PRISMA flow diagram yielded 10 final articles meeting the inclusion criteria for chronic DFU clinical characteristics. **Results:** The synthesis of analyzed articles demonstrated that honey dressing interventions significantly reduced wound severity scores (BWAT/PUSH) ($p < 0.05$) and accelerated bed debridement time within an average range of 2 to 4 weeks. Manuka honey excelled in non-peroxide antibacterial stability (Methylglyoxal/MGO) to eradicate severe chronic biofilm infections. Meanwhile, Indonesian local honey (such as Trigona and Papua varieties) provided adequate efficacy through osmotic activity and enzymatic hydrogen peroxide (H_2O_2), and was reported to support granulation tissue formation in specific studies up to the exposed bone stage. **Conclusion:** Both types of honey are effective in supporting autolytic debridement under the principle of moist wound healing. Indonesian local honey offers a distinct advantage in terms of cost-effectiveness and accessibility, making it highly recommended for long-term chronic wound care in community-based settings (home care).

Keywords: Diabetic Foot Ulcer, Wound Debridement, Manuka Honey, Indonesian Local Honey, Integrative Literature Review.