

The Effect of Giving Rosella and Honey Stew on Uric Acid Levels in Hyperuricemia Patients at the Asembagus Health Center Situbondo

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ABSTRACT

Hyperuricemia is a condition where uric acid levels are above the normal limit, namely >7.0 mg/dl for men and >5.7 mg/dl for women. One of the plants that has the potential to reduce uric acid levels is roselle and honey which are sources of bioactive molecules with antioxidant activity rich in anthocyanins, polyphenols and flavonoids which can inhibit the enzyme xanthine oxidase which functions to convert purines into uric acid. The results of a preliminary study at the Situbondo Health Office, found that cases have increased in 2021 totaling 1655 people from 20 puskesmas and the highest cases are in the age range > 45 years with a total of 352 people (66%). This study aims to determine the effect of steeping roselle and honey on uric acid levels in hyperuricemia patients at the Asembagus Health Center Situbondo. The subjects of this study were hyperuricemia patients with an age range of >45 years. This research method uses an experimental research design with Quasi Experiment Design. The size of the subjects needed in this study were 44 people consisting of 22 subjects in the control group and 22 subjects in the treatment group. The dose of rosella and honey infusion given to the treatment group was 74 ml. The results of the data analysis of the Mann Whitney pre- and post-test different test obtained a p-value of $0.031 < 0.05$ for the control group and $0.00 < 0.05$ for the treatment group, meaning that changes in uric acid levels were affected by the administration of roselle and honey infusion and pre-test uric acid levels. This is reinforced by the results of ancova analysis with a p value of $0.001 < 0.05$.

Keywords: Secondary Hyperuricemia, Infusion of Roselle and Honey, Uric Acid Levels