

**Pengaruh Pemberian Sari Buah Jambu Biji Kristal (*Psidium guajava* L.) Terhadap Penurunan Kadar Asam Urat Pada Tikus Putih Wistar (*Rattus norvegicus*) Hiperurisemia**

***The Effect of Giving the Steeped Crystal Guava Juice (*Psidium guajava* L.) Towards The Amount of Uric Acid in Hyperuricemia White Wistar Rat (*Rattus norvegicus*).***

**Raudhatul Meilisa**  
**Study Program of Clinical Nutrition**  
**Majoring of Health**  
Program Studi Gizi Klinik  
Jurusan Kesehatan

**ABSTRACT**

*The prevalence of joint disease in Indonesia based on never diagnosed health workers 11,9% and based on diagnosis or symptom 24,7%. Uric acid is the result of production by the body so it can be normal in the blood and urine. Human blood is able to store uric acid in certain levels. However, if uric acid levels exceed the normal limit it will cause hyperuricemia. The content of vitamin C in crystal guava fruit is estimated to reduce the levels of uric acid in the blood, so the formation of the number of uric crystals will be reduced. The purpose of this research is to know the effect of juice of crystal guava (*Psidium guajava* L.) to the decrease of uric acid level in wistar white rat (*Rattus norvegicus*) hyperuricemia. The research design used Pretest-Posttest design with Control Group. This study used 24 male white rats weighing between 100-200 grams of 2-3 months old. Rats were divided into four groups (positive control, negative control, treatment I 12.4 mL and treatment II 24.8 mL). Levels of uric acid are examined by Enzymatic End Point method. Data were analyzed by Paired T-Test, followed by One Way Anova test if normal distributed data was continued Duncan Test. Crystal guava juice can reduce uric acid levels of white rats in the treatment of dose I ( $p = 0,000$ ;  $p < \alpha$ ) and the treatment of dose II ( $p = 0,000$ ;  $p < \alpha$ ). The decrease in the treatment group occurred due to the administration of crystal guava juice and uricase enzyme found in mice so as to reduce uric acid levels.*

**Keyword:** Crystal guava juice (*Psidium guajava* L.), Hyperuricemia, Uric Acid  
Vitamin C