The Effect of Ginger, Lemon, and Honey Infusion on Uric Acid Levels in Hyperuricemic Elderly Patients at the Jember Social Services Unit
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ABSTRACT

Hyperuricemia is a condition where uric acid levels in the blood increase beyond the normal limit, which is more than 7.0 mg/dl in men and more than 6.0 mg/dl in women. One non-pharmacological effort to reduce uric acid levels is by changing lifestyle. A diet rich in flavonoids and other antioxidants is one way to change lifestyle. Flavonoids are found in several natural ingredients such as white ginger, lemon, and honey. The purpose of this study was to determine the effect of giving ginger, lemon, and honey infusions on uric acid levels in elderly people with hyperuricemia. This study used a Quasi-Experimental design with a Pretest Posttest Non-Equivalent Control Group design. There were 32 subjects divided into two groups, the control group was given mineral water, while the treatment group was given 262 ml of ginger, lemon, and honey infusions. The Shapiro-Wilk, Mann-Whitney, and Wilcoxon normality tests were used to analyze the data. The results of the data test before the intervention showed no significant differences between groups. There were significant differences between groups after the intervention (p = 0.04). The results of the pre- and post-intervention data test showed no significant differences in the control group. In the treatment group, there was a significant difference before and after the intervention (p=0.001). The difference test showed a difference in uric acid levels before and after the intervention between groups (p=0.009). Elderly people with hyperuricemia can experience a decrease in uric acid levels by administering a 262 ml infusion of ginger, lemon, and honey for 7 days.

Keywords**:** *Hyperuricemia, Uric acid levels, Ginger lemon honey infusion, Elderly*