

ABSTRAK

Penyakit ginjal kronik (PGK) merupakan kerusakan fungsi ginjal atau laju filtrasi glomerulus (GFR) <60 mL/menit selama lebih dari 3 bulan akibat kelainan structural atau fungsional ginjal. Banyak cara untuk menangani PGK seperti edukasi dan pengobatan konvensional. Disamping itu, penggunaan pengobatan alternatif-komplementer frekuensinya terus meningkat dan telah menjadi tradisi masyarakat dalam mempertahankan kesehatan. Penelitian ini dilakukan untuk mengetahui penggunaan pengobatan alternatif-komplementer pada pasien penyakit ginjal kronik serta efektifitas penggunaan terapi yang sesuai dengan *evidence* terkini.

Penelitian ini merupakan *literature review* dengan metode *narrative*. Pencarian artikel menggunakan *database* PMC, PubMed, ScienceDirect, Cochrane, ClinicalKey dan google scholar dan diskriminasi menggunakan diagram alur PRISMA. Hasil penelitian terpilih 10 artikel yang sesuai. Satu artikel menggunakan intervensi *mind body therapies* meliputi *pilates exercise*, 6 artikel menggunakan intervensi *biologically based therapies* meliputi: ramuan *qi gui yi shen*, ramuan *fu zheng qu zhuo*, ramuan herbal *granules*, ramuan *nioduqing*, *camel milk & tarangabin* dan suplemen herbal. 2 artikel menggunakan intervensi *alternative medicine system* meliputi: akupunktur dan ayurveda. Satu artikel menggunakan intervensi *manipulative and body-based therapies* meliputi: *moxibustion*. pengobatan alternatif komplementer dapat membantu meningkatkan kualitas hidup, meningkatkan fungsi ginjal dan memperlambat perkembangan penyakit ginjal serta mengurangi inflamasi.

Kata kunci: pengobatan alternatif-komplementer, penyakit ginjal kronik

ABSTRACT

Chronic kidney disease (CKD) is damage to kidney function or glomerular filtration rate (GFR) <60 mL/min for more than 3 month caused by structural or functional abnormalities of kidney. There are many ways to control CKD such as education and conventional medicine. In addition, the frequency of use alternative-complementary medicine continues to increased and has become a community tradition in maintaining health. This study was conducted to determine the use of alternative-complementary medicine in patient with chronic kidney disease and the effectiveness of the use of therapy in according the latest evidence

This study was a literature review with a narrative method. Article searches were conducted on PMC, PubMed, ScienceDirect, Cochrane, ClinicalKey dan google scholar databases and screened using PRISMA flowchart.

The result, 10 articles were selected of this study. One article using mind body therapies intervention included pilates exercise, 6 articles using biologically based therapies interventions included: qi gui yi shen herb, fu zheng qu zhuo herb, herbal granules herb, nioduqing herb, camel milk & tarangabin and herbal supplements. 2 articles using alternative medicine system intervention included: acupuncture and ayurveda. 1 article using manipulative medicine system intervention included: moxibustion. Complementary alternative medicine can improved quality of life, kidney function and slow the progression of kidney disease and reduced inflammation.

Keywords: alternative-complementary medicine, chronic kidney disease