



INTISARI

Sendi temporomandibular merupakan sendi kompleks yang menghubungkan mandibula dan basis kranium. Gangguan sendi temporomandibular terjadi akibat ketidakharmonisan pada komponen sendi oleh berbagai macam faktor penyebab. Gangguan tersebut menimbulkan rasa nyeri yang dapat memengaruhi kondisi kesehatan umum penderita sehingga dibutuhkan perawatan khusus. Salah satu perawatan gangguan sendi temporomandibular adalah dengan injeksi asam hialuronat. Tujuan dari *narrative review* ini adalah untuk melakukan kajian literatur mengenai penggunaan, efektivitas dan potensi injeksi asam hialuronat pada perawatan gangguan sendi temporomandibular.

Literatur yang digunakan dalam penulisan *narrative review* ini diperoleh dari *database* PubMed, ScienceDirect dan SpringerLink. Kata kunci yang digunakan dalam pencarian literatur yaitu “*temporomandibular joint*”, “*temporomandibular joint disorder*”, “*pain management*”, “*hyaluronic acid*” dan “*intra-articular injection*”. Dari hasil pencarian literatur didapatkan 68 jurnal yang dijadikan sumber pustaka dalam *narrative review* ini.

Hasil *review* artikel menunjukkan bahwa injeksi asam hialuronat dapat menurunkan rasa nyeri (berdasarkan VAS) dan menambah pembukaan mulut maksimal (berdasarkan MMO). Injeksi asam hialuronat dapat digunakan sebagai terapi tunggal, suportif maupun kombinasi. Injeksi asam hialuronat memiliki keunggulan viskoelastisitas, biodegradabilitas dan biokompatibilitas yang baik sehingga berpotensi sebagai metode terapi pada perawatan invasif minimal gangguan sendi temporomandibular. Direkomendasikan bagi peneliti untuk menambah jumlah penelitian dan publikasi terkait uji klinis injeksi asam hialuronat pada perawatan gangguan sendi temporomandibular pada populasi di Indonesia.

Kata kunci: sendi temporomandibular, gangguan sendi temporomandibular, perawatan gangguan sendi temporomandibular, injeksi asam hialuronat.



ABSTRACT

Temporomandibular joint is a complex joint that connects mandible and the base of the skull. Temporomandibular joint disorder is caused by a lot of factors that disrupt the harmony of the joint. Temporomandibular joint may generate pain and will affect patient's general health condition thus needing a special treatment. One of many temporomandibular joint disorder's treatments is hyaluronic acid injection. The purpose of this narrative review is to research about the application, effectivity, and potency of hyaluronic acid injection to treat temporomandibular joint disorder.

The literature used in this narrative review was obtained from databases such as PubMed, ScienceDirect and SpringerLink. The keywords used in searching the literature were "temporomandibular joint", "temporomandibular joint disorder", "pain management", "hyaluronic acid", and "intra-articular injection". The search resulted in 68 literatures and were used as the references in making this narrative review.

The result of this literature review shows that hyaluronic acid injection can decrease pain (based on VAS) and increase maximum mouth opening (based on MMO). Hyaluronic acid injection may be used as a single therapy, supportive and combined. Hyaluronic acid injection has a remarkable characteristic such as good viscoelasticity, biodegradability, and biocompatibility, hence this treatment has the potency to be a therapy method of temporomandibular joint disorder that is minimally invasive. It is recommended for researchers to increase the number of research and literatures related to clinical trials of hyaluronic acid injection as a treatment of temporomandibular joint disorder in populations of Indonesia.

Keywords: temporomandibular joint, temporomandibular joint disorder, treatments for temporomandibular disorder, hyaluronic acid injection.