

INTISARI

MODALITAS TERAPI ANTIINFLAMASI TERHADAP KADAR CRP PASIEN CORONAVIRUS DISEASE-19 (COVID-19) DERAJAT SEDANG DI RSUP DR. SARDJITO YOGYAKARTA

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Latar Belakang

Physalis angulata mengandung zat-zat anti-inflamasi serta memiliki aktifitas antivirus dan *Curcuma xanthorrhiza* memiliki kandungan *curcumin* yang berfungsi sebagai anti virus dan anti-inflamasi. Belum banyak diketahui dampak antiinflamasi kombinasi ekstrak *physalis* dan *curcuma* terhadap kadar CRP pasien covid 19 derajat sedang.

Metode Penelitian

Penelitian dilakukan secara retrospektif, melibatkan 44 pasien yang terdiagnosa tahun 2020-2021 di RSUP Dr. Sardjito. Kombinasi ekstrak *physalis* dan *curcuma* diberikan per oral 3 kali sehari. Analisis statistik menggunakan uji univariat *chi square*, *fisher exact*, *independent T-test*. Hasil dinyatakan bermakna secara statistik bila nilai $p < 0,05$.

Hasil Penelitian

Pasien mendapat ekstrak *physalis* dan *curcuma* sebanyak 53,7% dengan usia <60 tahun, rerata usia $50 \pm 14,17$ tahun. Sebanyak 68,3% subjek berjenis kelamin laki-laki, 26,8% subjek memiliki DM, 7,3% subjek memiliki penyakit jantung, 24,4% subjek memiliki hipertensi, 7,3% subjek memiliki obesitas, 4,9% memiliki keganasan. Sebanyak 46,3% subjek mendapatkan terapi kortikosteroid. Kadar CRP pre-terapi dalam batas normal sebanyak 13,64% subjek, sedangkan dengan kadar CRP pasca-terapi dalam batas normal sebanyak 77,27% subjek. Hasil subanalisis menunjukkan ekstrak *curcuma* dan *physalis* tanpa kortikosteroid dibandingkan tanpa ekstrak *curcuma* dan *physalis* tanpa kortikosteroid terhadap kadar normalisasi CRP adalah $p: 0.074$. Sedangkan ekstrak *curcuma* dan *physalis* dengan kortikosteroid dibandingkan tanpa ekstrak *curcuma* dan *physalis* dengan kortikosteroid terhadap kadar normalisasi CRP adalah $p: 0.057$. Ekstrak *curcuma* dan *physalis* dengan kortikosteroid dibandingkan terapi tanpa Ekstrak *curcuma* dan *physalis* tanpa kortikosteroid terhadap kadar normalisasi CRP adalah $p: 0.173$.

Kesimpulan

Kombinasi ekstrak *curcuma* dan *physalis* serta kortikosteroid tidak terdapat hubungan yang bermakna terhadap normalisasi kadar CRP pada pasien covid 19 di RS Sardjito.

Kata Kunci: *curcuma*, *physalis*, CRP, kortikosteroid

ABSTRACT

ANTI-INFLAMMATORY THERAPY MODALITIES ON CRP LEVELS OF MODERATE CORONAVIRUS DISEASE-19 (COVID-19) PATIENTS AT RSUP DR. SARDJITO YOGYAKARTA

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Background

Physalis angulata contains anti-inflammatory substances and has antiviral activity and *Curcuma xanthorrhiza* contains curcumin which functions as an anti-virus and anti-inflammatory. Not much is known about the anti-inflammatory impact of the combination of *physalis* and *curcuma* extracts on CRP levels of moderate degree 19 covid patients.

Research Methods

The study was conducted retrospectively, involving 44 patients diagnosed in 2020-2021 at Dr. Sardjito Hospital. The combination of *physalis* and *curcuma* extracts was given orally 3 times a day. Statistical analysis using univariate chi square test, Fisher exact, independent T-test. Results were declared statistically significant if the p value was <0.05.

Results

Patients received *physalis* and *curcuma* extracts as much as 53.7% with age <60 years, mean age 50 ± 14.17 years. A total of 68.3% of subjects were male, 26.8% of subjects had DM, 7.3% of subjects had heart disease, 24.4% of subjects had hypertension, 7.3% of subjects had obesity, 4.9% had malignancy. A total of 46.3% of subjects received corticosteroid therapy. Pre-therapy CRP levels within normal limits were 13.64% of subjects, while with post-therapy CRP levels within normal limits were 77.27% of subjects. Subanalysis results showed *curcuma* and *physalis* extracts without corticosteroids compared to no *curcuma* and *physalis* extracts without corticosteroids on CRP normalization levels were $p: 0.074$. While *curcuma* and *physalis* extracts with corticosteroids compared without *curcuma* and *physalis* extracts with corticosteroids on CRP normalization levels were $p: 0.057$. Therapy without *curcuma* and *physalis* extracts with corticosteroids compared to therapy without *curcuma* and *physalis* extracts without corticosteroids on normalizing CRP levels was $p: 0.173$.

Conclusion

The combination of curcuma and physalis extracts and corticosteroids has no significant relationship to the normalization of CRP levels in covid 19 patients at Sardjito Hospital.

Keywords: curcuma, physalis, CRP, corticosteroids