

INTISARI

Latar belakang. Skabies merupakan penyakit kulit menular yang disebabkan oleh tungau *Sarcoptes scabiei var. hominis*, dengan prevalensi cukup tinggi terutama di lingkungan pondok pesantren. *Permethrin* 5% dalam bentuk krim saat ini menjadi terapi standar pengobatan skabies. Beberapa tanaman seperti brotowali (*Tinospora cordifolia*) dan mimba (*Azadirachta indica*) merupakan tanaman obat tradisional yang banyak dijumpai di Indonesia memiliki kandungan zat *berberine* (dalam brotowali) dan *azadirachtin* (dalam mimba) dipercaya memiliki aktivitas skabisidal yang belum pernah dibuktikan.

Tujuan. Membandingkan efikasi krim ekstrak batang brotowali 10%, krim ekstrak daun mimba 10%, kombinasi krim ekstrak brotowali dan mimba, dengan krim *permethrin* 5% pada pengobatan skabies.

Metode. Penelitian menggunakan uji klinis randomisasi buta tunggal. Subyek penelitian adalah santri pondok pesantren An Nur Ngrukem Bantul, dengan diagnosis skabies secara klinis sesuai kriteria IACS tahun 2018. Penelitian dilakukan Maret-April 2018. Sebanyak 113 orang subyek dibagi menjadi 4 kelompok yaitu kelompok krim ekstrak batang brotowali, kelompok krim ekstrak daun mimba, kelompok krim ekstrak kombinasi brotowali dan mimba, dan sebagai kontrolnya adalah kelompok *permethrin* 5%. Aplikasi krim sehari sekali dibiarkan 8-10 jam tidak terkena air selama 3 hari berturut-turut dalam 1 minggu pertama, diulang lagi pada minggu kedua. Evaluasi efikasi dilakukan dengan mengukur angka kesembuhan pada pengamatan akhir minggu I dan akhir minggu II meliputi tidak munculnya lesi baru dan seluruh lesi aktif telah hilang serta penurunan derajat gatal yang diukur dengan VAS.

Hasil. Angka kesembuhan di akhir minggu I didapatkan pada kelompok brotowali 17/22 (77,3%), kelompok mimba 26/29 (89,7%), kelompok brotowali+mimba 26/30 (86,7%) dan kelompok *permethrin* 28/32 (87,5%). Perbedaan angka kesembuhan di akhir minggu I diantara 4 kelompok perlakuan secara statistik tidak berbeda bermakna ($p>0,05$). Sedangkan angka kesembuhan di akhir minggu II pada kelompok brotowali 19/22 (86,4%), kelompok mimba 27/29 (93,1%), kelompok brotowali+mimba 27/30 (90%) dan kelompok *permethrin* 32/32 (100%). Perbedaan angka kesembuhan di akhir minggu II diantara 4 kelompok perlakuan secara statistik juga tidak berbeda bermakna ($p>0,05$).

Kesimpulan. Krim ekstrak batang brotowali 10%, krim ekstrak daun mimba 10%, dan krim ekstrak kombinasi brotowali dan mimba memiliki efikasi yang sebanding dengan krim *permethrin* 5% dalam pengobatan skabies selama periode pengamatan 2 minggu. Kejadian efek samping obat pada masing-masing kelompok perlakuan tidak bermakna.

Kata kunci : skabies, *permethrin*, brotowali, mimba

ABSTRACT

Background. Scabies is an infection skin disease caused by *Sarcoptes scabiei var. hominis* with high prevalence mostly in crowded living situations. Permethrin 5% cream is a current standard therapy for scabies. Brotowali (*Tinospora cordifolia*) and mimba (*Azadirachta indica*) are traditional medicinal plants of Indonesia which have active compounds such as *berberine* (in brotowali) and *azadirachtin* (in mimba) are assumed to have scabiscidal activity.

Objectives. To compare the efficacy of brotowali cream stem extract, mimba cream leaf extract, their combination cream extract with permethrin 5% cream in the treatment of scabies.

Methods. The study used single blind randomized clinical trial. Subjects were students of An Nur Boarding School in Ngrukem, Bantul Special Region of Yogyakarta. Students were clinically diagnosed with scabies according to IACS 2018 criteria. The research was conducted from March to April 2018. The number of subjects were 113 people divided into 4 groups, namely Brotowali extract cream group, Mimba extract cream group, Brotowali-Mimba combination cream extract and permethrin 5% cream as a control group. The creams were applied on whole body once daily and left for 8-10 hours, not exposed to water for three consecutive days in the first week and repeated in the second week. Efficacy evaluation was measured by evaluating the cure rate at the end of week 1 and by the end of week 2. The cure was defined by no new lesions and all active lesions had disappeared with a significant decreased of itching measured by VAS.

Results. Cure rate by the end of week 1 in brotowali group was 17/22 (77.3%), mimba group was 26/29 (89.7%), brotowali+mimba group was 26/30 (86.7%) and permethrin group was 28/32 (87.5%). The cure rate differences by the end of week 1 were not statistically significant between the four treatment groups ($p > 0.05$). Cure rate by the end of week 2 in brotowali group was 19/22 (86.4%), mimba group was 27/29 (93.1%), brotowali+mimba group was 27/30 (90%) and permethrin group was 32/32 (100%). The cure rate differences by the end of week 2 were also not statistically significant ($p > 0.05$).

Conclusion. Brotowali stem extract 10% cream, mimba leaf extract 10% cream, and their combination extract cream demonstrate comparable efficacy with permethrin 5% cream in the treatment of scabies by two weeks observation period. The drugs show no significant side effects in each treatment groups.

Keywords: scabies, permethrin, brotowali, mimba