

Intisari

Osteoarthritis merupakan penyakit sendi degeneratif yang progresif dimana tulang rawan (kartilago) yang melindungi ujung tulang mulai rusak, disertai perubahan reaktif pada tepi sendi dan tulang subkhondral yang menimbulkan rasa sakit dan hilangnya kemampuan gerak. Insidensi dan prevalensi osteoarthritis berbeda-beda antar negara. Penyakit ini merupakan jenis arthritis yang paling sering terjadi yang mengenai mereka di usia lanjut atau usia dewasa. Tujuan penelitian ini yaitu mendapatkan informasi perbedaan efektivitas kombinasi ekstrak temulawak, jahe, kedelai dan kulit udang dalam mengurangi nyeri sendi, kekakuan dan disabilitas fisik dibandingkan dengan meloksikam pada pasien osteoarthritis lutut dengan nilai *Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC)*.

Penelitian dilakukan dengan menggunakan uji klinik dengan rancangan kuasi eksperimental. Empat puluh enam pasien yang terlibat dalam penelitian dibagi menjadi 22 pasien kelompok kombinasi ekstrak dan 24 pasien kelompok meloksikam. Kelompok uji diberikan terapi kombinasi 50 mg ekstrak temulawak, 100 mg jahe, 50 mg kedelai, dan 100 mg kulit udang dikonsumsi tiga kali sehari 2 kapsul selama 14 hari, sedangkan kelompok kontrol diberikan meloksikam diberikan tablet 15 mg satu kali sehari 1 tablet selama 14 hari. Penilaian kuesioner *Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC)* dilakukan sebelum dan sesudah 14 hari terapi.

Hasil penelitian ini didapat kesimpulan bahwa kombinasi ekstrak memberikan hasil yang signifikan menurunkan nilai *Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC)* ($p=0,000$) dan tidak menunjukkan perbedaan yang signifikan dibandingkan dengan meloksikam ($p=0,930$). Hal ini membuktikan bahwa kombinasi ekstrak dapat menjadi pertimbangan sebagai pengobatan alternatif pada pasien osteoarthritis lutut.

Kata kunci : Osteoarthritis, kombinasi ekstrak temulawak, jahe, kedelai dan kulit udang, meloksikam, *Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC)*

Abstract

Osteoarthritis is a progressive degenerative joint disease in which the cartilage that protects the end of the bone begins to break, accompanied by reactive changes in the joints of the joints and subkhondral bone that cause pain and loss of motion. The incidence and prevalence of osteoarthritis vary by country. This disease is the most common type of arthritis that affects them in old age or adulthood. The purpose of this research is to get information on differences in the effectiveness of a combination of temulawak extract, ginger, soybean and shrimp shell in reduce joint pain, stiffness and physical disability compared with meloxicam in knee osteoarthritis patients with Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) value.

The study was conducted using a clinical trial with an experimental quasi-design. Forty-six patients involved in this study were divided into 22 patients of the combination extract group and 24 patients of the meloxicam group. The trial group were treated by the combination of 50 mg temulawak extract, 100 mg ginger, 50 mg soybean and 100 mg shrimp shell, three times a daily 2 capsules for 14 days, while the control group were given 15 mg of meloxicam tablets once a day 1 tablet for 14 days. Assessment of the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) questionnaire was performed before and after 14 days of therapy.

The results of this study concluded that the combination of extracts resulted in a significant decrease in Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) value ($p=0,000$) and not show significant differences compared with meloxicam ($p=0,930$). This proves that the combination of extracts can be considered as an alternative treatment in patients with knee osteoarthritis.

Keywords: *Osteoarthritis, combination of temulawak extract, ginger, soybean and shrimp shell, meloxicam, Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC)*