

## KEAMANAN RAMUAN PENURUN ASAM URAT DARAH TERHADAP FUNGSI HATI DI RUMAH RISET JAMU TAWANGMANGU

Agus Triyono<sup>1</sup>, Fajar NoviantoPenulis<sup>1</sup>

<sup>1</sup>Balai Besar Litbang Tanaman Obat dan Obat Tradisional Tawangmangu)

Email: [agustriyono\\_21@yahoo.com](mailto:agustriyono_21@yahoo.com)

### Abstrak

Asam urat merupakan hasil metabolisme akhir dari purin. Kadar asam urat dalam darah yang meningkat lebih dari nilai normal disebut hiperurisemia. Prevalensi hiperurisemia tinggi dan memerlukan pengobatan jangka panjang. Telah dilakukan penelitian keamanan ekstrak ramuan penurun asam urat darah terhadap fungsi hati pada subjek penelitian. Penelitian bertujuan mengetahui keamanan pemanfaatan ekstrak ramuan penurun asam urat terhadap fungsi hati (Serum Glutamic Oxaloacetic Transaminase (SGOT) dan Serum Glutamic Pyruvic Transaminase (SGPT)). Penelitian dilakukan dengan *pre-post test* desain pada subjek penelitian yang memenuhi kriteria inklusi dan eksklusi. Subjek penelitian minum ekstrak ramuan penurun asam urat darah 3x2 tablet per hari selama 28 hari. Kadar SGOT dan SGPT diperiksa sebelum perlakuan (H0) dan setelah perlakuan (H28). Hasil pemeriksaan menunjukkan nilai rerata fungsi hati sebelum perlakuan (SGOT 23,21 U/L, SGPT 26,96 U/L) dan setelah perlakuan (SGOT 23,32 U/L, SGPT 26,70 U/L) masih dalam batas normal. Analisa uji t berpasangan menunjukkan tidak berbeda bermakna ( $t > 0.05$ ) antara nilai SGOT dan SGPT sebelum perlakuan (H0) dan sesudah perlakuan (H28). Hasil penelitian menunjukkan bahwa penggunaan ramuan jamu penurun asam urat darah selama 28 hari tidak mengganggu fungsi hati.

**Kata kunci:** keamanan, ramuan ekstrak hiperurisemia, fungsi hati

### Abstract

Uric acid is the end result of purine metabolism. More than normal blood uric acid levels are called hyperuricemia. The prevalence of hyperuricemia is high and requires long-term treatment. Research has been carried out on the effect of blood uric acid-lowering extract on liver function. The study aimed to assess the effect of blood uric acid-lowering extract on liver function (Serum Glutamic Oxaloacetic Transaminase (SGOT) and Serum Glutamic Pyruvic Transaminase (SGPT)). The research was conducted by pre-post test design on subjects who met the inclusion and exclusion criteria. Subjects drank 3x2 tablets per day of uric acid-lowering extract for 28 days. SGOT and SGPT levels were examined before treatment (H0) and after treatment (H28). The results showed that the mean liver function before treatment (SGOT 23.21 U/L, SGPT 26.96 U/L) and after treatment (SGOT 23.32 U/L, SGPT 26.70 U/L) were still within normal limits. Analysis of paired t test showed no significant difference ( $t > 0.05$ ) between SGOT and SGPT values before treatment (H0) and after treatment (H28). The results showed that the use of extracts of blood uric acid-lowering herbs for 28 days did not interfere liver function.

**Keywords:** safety, hyperuricemia herb extracts, liver function