

ABSTRAK

Latar belakang : Asam urat merupakan penyakit metabolisme, akibat akumulasi purin menjadi kristal urat monohidrat monosodium. Upaya mengurangi kadar asam urat dilakukan tindakan farmakologis diberikan anti asam urat. Namun, obat anti asam urat yang dikonsumsi dalam jangka panjang akan menimbulkan efek samping, sehingga diperlukan alternatif lain.

Tujuan : Untuk mengetahui pengaruh seduhan daun kelor terhadap kadar asam urat penderita di Desa Pematang Kuala.

Metode : Penelitian ini menggunakan metode *Quasy Experimental* dengan pendekatan *One Group Pretest- Posttest Design*. Teknik sampel *Accidental Sampling* sejumlah 25 responden. Analisa data menggunakan uji *Wilcoxon*.

Hasil : Responden mayoritas berusia 47-53 tahun dengan 8 orang (32%), perempuan 17 orang (68%). Adanya besar penurunan kadar asam urat sebelum dan sesudah seduhan 17,66 %. Kadar asam urat yang tinggi berdasarkan usia ada pada rentang 61-67 tahun, dan kadar asam urat yang tinggi berdasarkan jenis kelamin, ada pada responden berjenis kelamin Laki laki. Terdapat perbedaan kadar asam urat sebelum dan sesudah seduhan, $p < 0.001$ ($p < 0.05$).

Kesimpulan : Seduhan daun kelor berpengaruh terhadap kadar asam urat penderita di Desa Pematang Kuala.

Kata Kunci : Asam Urat, Daun Kelor

ABSTRACT

Background : *Gout is a metabolic disease, due to the accumulation of purines into monosodium urate monohydrate crystals. Efforts to reduce uric acid levels are carried out pharmacological measures given anti-gout. However, anti-gout drugs consumed in the long term will cause side effects, so other alternatives are needed.*

Objective : *To determine the effect of moringa leaf steeping on uric acid levels of patients in Pematang Kuala Village.*

Method : *This research uses the Quasy Experimental method with the One Group Pretest- Posttest Design approach. Accidental sampling technique totaling 25 respondents. Data analysis using the Wilcoxon test.*

Result : *The majority of respondents aged 47-53 years with 8 people (32%), 17 women (68%). There is a large decrease in uric acid levels before and after steeping 17.66%. High uric acid levels based on age are in the range of 61-67 years, and high uric acid levels based on gender, there are male respondents. There is a difference in uric acid levels before and after steeping, $p < 0.001$ ($p < 0.05$).*

Conclusion : *Moringa leaf tea has an effect on uric acid levels in Pematang Kuala Village.*

Keywords : *Uric Acid, Moringa Leaf*