

## Pengaruh ekstrak jahe (*zingiber officiale*) terhadap tanda dan gejala osteorritis pada pasien rawat jalan di puskesmas pandanwangi kota malang

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### Abstrak

Jahe diyakini memiliki efek antiinflamasi dan antirematik. Namun bukti-bukti ilmiah masih sedikit dan kontradiktif. Penelitian ini bertujuan mengetahui pengaruh ekstrak jahe terhadap tanda dan gejala osteoarthritis. Penelitian menggunakan desain Randomised Control Clinical Trials. Penelitian dilakukan dari tanggal 12 April hingga 28 Mei 2010 di puskesmas Pandanwangi kota Malang. Sampel berjumlah 24 responden. Data dikaji dengan Indeks Womac.

Hasil penelitian menunjukkan ada pengaruh ekstrak jahe terhadap rasa nyeri osteoarthritis (p-value 0,013), namun tidak terhadap kekakuan sendi (p-value 0,477) dan gangguan fungsi (p-value 0,835). Maka, jahe dapat digunakan sebagai salah satu terapi alternatif dan komplementer melengkapi pengobatan standart untuk meredakan nyeri osteoarthritis.

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Ginger is believed to have anti inflammatory and anti rheumatic effects. However, scientific evidences are still less and contradictory. This study aimed to investigate the effects of ginger extract on the signs and symptoms of osteoarthritis. It used Randomized Control Clinical Trials design. It was conducted from April 12 until May 28, 2010 in Pandanwangi Public Health Center, Malang city. The samples consisted of 24 respondents. The data were collected by WOMAC Index.

The results showed that there was the effect of ginger extract on pain relief in patients with osteoarthritis (p-value 0,013), but none on joint stiffness (p-value 0,477) and dysfunction (p-value 0,835). Thus, ginger can be used as an alternative and complementary therapy to standard medication to relieve the pain of osteoarthritis.