

Peran suplementasi ekstrak Sambiloto pada pasien Tuberkulosis Paru kasus baru yang mendapat terapi standar terhadap gejala klinis dan konversi Bakteri Tahan Asam = Clinical improvement Acid fast Bacteria conversion in new cases of Pulmonary Tuberculosis who receive standard therapy and Andrographis Paniculata extract supplementation

Riswahyuni Widhawati, author

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Abstrak

Tuberkulosis (TB) merupakan salah satu penyebab utama kesakitan dan kematian di dunia, dan Indonesia menempati peringkat ke-3 di dunia.

Sambiloto (*Andrographis paniculata* Nees) merupakan salah satu tanaman yang terbukti dapat digunakan pada infeksi saluran nafas ringan, namun perannya pada pengobatan TB masih perlu diteliti. Penelitian ini dilakukan untuk membuktikan peran penambahan ekstrak sambiloto pada pasien TB paru kasus baru yang mendapat terapi standar.

Penelitian ini merupakan uji klinis acak tersamar ganda (randomized double blind placebocontrolled clinical trial) terhadap 48 pasien TB paru kasus baru yang mendapat terapi standar Obat Anti Tuberkulosis (OAT). Pasien dibagi menjadi dua kelompok yang sama banyak, 24 pasien pada kelompok perlakuan mendapat ekstrak sambiloto 1x500mg perhari dan 24 pasien pada kelompok kontrol mendapat plasebo dan dinilai perbaikan klinis dan konversi sputum bakteri tahan asam (BTA) pada minggu ke 2, 4, 6 dan 8 serta pemeriksaan radiologis/foto thorak pada minggu 0 dan 8.

Evaluasi 8 minggu pertama, pemberian ekstrak sambiloto pada pasien TB paru kasus baru yang mendapat terapi standar memberikan kecenderungan konversi lebih cepat dibandingkan pemberian plasebo, walaupun tidak didapatkan perbedaan bermakna secara statistik (rerata lama konversi sambiloto vs plasebo : 4,7 minggu vs 5,65 minggu; $P = -0,026$ (Uji P, Pearson Correlation). Analisis subgrup konversi pada minggu ke-4 dan ke-6 memberikan hasil bermakna secara statistik (minggu ke 4 : plasebo : 43%; sambiloto 65%; minggu ke 6 : plasebo : 61%; sambiloto 70%). Didapatkan pula kecenderungan perbaikan gejala klinis dan perbaikan foto thorak dibandingkan plasebo walapun secara statistik tidak bermakna.

Sambiloto cukup menjanjikan sebagai terapi komplementer pada pengobatan TB bersama dengan OAT, namun masih membutuhkan studi lebih banyak lagi.

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Tuberculosis (TB) is one of the major causes of morbidity and mortality in the world, and Indonesia ranks third in the world.

Andrographis paniculata is one of the traditional plants that are proven to be used in mild respiratory tract infections, but its role in TB treatment remains to be investigated. This research was conducted to prove the

role of the supplementation of extract *Andrographis paniculata* in patients with new cases of pulmonary TB who received standard therapy.

This study is a randomized double-blind placebo-controlled clinical trial in 48 new cases of pulmonary TB patients who received standard therapy Anti Tuberculosis Agent, the patients were divided in two groups, in which group 1, 24 patients in the treatment group received the extract *Andrographis paniculata* 1x500mg per day and 24 patients in the control group received placebo and assessed clinical improvement and sputum smear conversion at weeks 0, 2, 4,6 and 8, and radiological examination / thoracic photo at weeks 0 and 8.

Evaluation of the fist 8 weeks, the extract *Andrographis paniculata* in patients with new cases of pulmonary TB who received standard therapy provides faster conversion trend when compared with placebo, although the difference was not found statistically significant (mean old *Andrographis paniculata* conversion vs. placebo: 4.7 weeks vs. 5.65 weeks, $P = -0.026$ (P test, Pearson correlation). In this study, statistically not significant, but it has meant to the clinical improvement. Conversion analysis subgroup at 4 and 6 week, provide statistically significant results (in 4 week : placebo: 43%; bitter 65%, in 6 week : placebo : 61%; bitter 70%).

Found also trend and the improvement of clinical symptom improvement compared to placebo thoracic photo even if it is not statistically significant. *Andrographis paniculata* enough promise as a complementary therapy in the treatment of TB along with OAT, but it still needs more study.