

# Kualitas dan pengaruh campuran minyak esensial nilam, melati dan jahe terhadap penurunan lingkaran paha, kekasaran kulit dan data fotografi pada selulit = Quality and effect of patchouli jasmine and ginger essential oil mixture on reduction of thigh circumference skin roughness and data photography on cellulite

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## Abstrak

Selulit merupakan masalah estetika yang terjadi pada 85% perempuan Asia yang berusia di atas 20 tahun dan paling sering terdapat di area paha, bokong dan perut yang perawatannya membutuhkan biaya mahal dengan berbagai efek samping.

Tujuan dari penelitian ini adalah untuk menentukan kualitas minyak esensial nilam (*Pogostemon cablin*), melati (*Jasminum sambac*) dan jahe (*Zingiber officinale*) dengan Gas Chromatography-Mass Spectrometry (GC-MS) dan membuktikan pengaruhnya dalam mengurangi gejala selulit. Uji pengaruh dilakukan secara open label comparative clinical trial dengan rancangan inter subject, single blind pada 21 orang relawan perempuan dengan selulit derajat 1-3 yang memenuhi kriteria inklusi dan eksklusi serta telah menandatangani informed consent. Sediaan campuran minyak esensial nilam, melati dan jahe dengan konsentrasi masing-masing 1%, diaplikasikan pada kulit relawan yang berselulit dan diamati pengaruhnya terhadap iritasi dan manfaatnya terhadap gejala selulit setelah pemakaian selama 28 hari.

Hasil penelitian menunjukkan bahwa sediaan uji tidak mengiritasi kulit dan dapat mengurangi secara bermakna ukuran lingkaran paha pada keadaan longgar dengan nilai  $p = 0,0035$  dan keadaan ketat dengan nilai  $p = 0,003$  serta ukuran kekasaran kulit (kedalaman kerutan) dengan nilai  $p = 0,0275$ . Data fotografi menunjukkan bahwa ada perbaikan penampilan permukaan kulit walaupun derajat selulit belum berubah.

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Cellulite is an aesthetic problem which occurs in 85% of Asian women over the age of 20 years and most often found in the area of the thighs, buttocks, and stomach, which its treatment is expensive and can cause many side effects.

The purpose of this study was to determine the quality of essential oils of patchouli (*Pogostemon cablin*), jasmine (*Jasminum sambac*) and ginger (*Zingiber officinale*) with Gas Chromatography-Mass Spectrometry (GC-MS) and prove its efficacy in reducing the symptoms of cellulite. The efficacy test conducted open label comparative clinical trial with inter-subject design, single blind on 21 female volunteers with cellulite 1-3 degrees that meet the inclusion and exclusion criteria and have signed informed consent. The preparation of essential oil blends : patchouli, jasmine and ginger with a concentration of 1% each, was applied to volunteers skin and observed the symptoms of irritation and the beneficial effects on cellulite after 28 days of application.

The results showed that the tested preparation did not irritate the skin and could significantly reduce the thigh circumference in loose measurement with p value = 0.0035 and 0,003 in tight measurement, as well as skin roughness (depth of wrinkles) with p value = 0.0275. The photographic data showed that there was an improvement in skin surface appearance, although the degree of cellulite has not been changed.