

## Pengaruh Elektroakupunktur ST 36 Zusanli terhadap Kadar Nitrit Oksida Serum pada Pasien Dispepsia = Effect of Electroacupuncture ST 36 Zusanli on Serum Levels of Nitric Oxide in Patients with Dyspepsia

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### Abstrak

[Dispepsia merupakan sindrom penyakit pada regio gastroduodenal yang berpengaruh besar terhadap kualitas hidup penderitanya baik secara fisik maupun mental. Berbagai terapi farmakologis telah dikembangkan, namun efektivitasnya masih belum maksimal. Akupunktur merupakan salah satu modalitas terapi yang telah terbukti efektif dalam mengatasi gejala-gejala dispepsia. Elektroakupunktur (EA) pada titik ST 36 Zusanli merupakan metode perangsangan dan titik akupunktur yang paling sering digunakan dalam penelitian untuk mengatasi masalah lambung melalui mekanisme yang melibatkan nitrit oksida (NO). Penelitian ini bertujuan untuk mengetahui efektivitas metode terapi elektroakupunktur dibandingkan dengan akupunktur manual pada ST 36 Zusanli terhadap peningkatan kadar NO serum pada penderita dispepsia. Uji klinis acak tersamar ganda dengan pembanding dilakukan terhadap 40 pasien dispepsia yang dibagi ke dalam kelompok elektroakupunktur (EA) dan kelompok akupunktur manual (AM). Hasil penelitian menunjukkan terdapat perbedaan bermakna rerata peningkatan kadar NO serum pada kelompok elektroakupunktur dibandingkan dengan kelompok akupunktur manual ( $p = 0,026$ ).

Kesimpulan penelitian ini yaitu tindakan elektroakupunktur pada ST 36 Zusanli lebih efektif meningkatkan kadar NO serum dibandingkan tindakan akupunktur manual pada pasien dispepsia ( $p < 0,05$ ).

;Dyspepsia is a syndrome in gastroduodenal region which affect the quality of life of patients both physically and mentally. Various pharmacological therapies have been developed but its effectiveness is unsatisfying. Acupuncture is a modality that has been proven effective in addressing the symptoms of dyspepsia. Electroacupuncture EA at ST 36 Zusanli is the method of stimulation and acupuncture points which most frequently used in research to overcome the problem of the stomach through a mechanism involving nitric oxide NO. The aim of this study was to determine the effectiveness of electroacupuncture treatment method compared to manual acupuncture at ST 36 Zusanli to increase serum levels of NO in patients with dyspepsia. A double blind randomized controlled trial involved 40 patients with dyspepsia randomly allocated into groups of electroacupuncture EA and manual acupuncture MA. The results showed there were significant differences in the mean serum levels of NO in the EA group compared to the MA group  $p = 0.026$ . The results suggested that electroacupuncture at ST 36 Zusanli is more effective than manual acupuncture in increasing the serum levels of NO in patients with dyspepsia  $p < 0.05$ .

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