

# Efikasi tablet hisap mengandung ekstrak buah kepel *Stelechocarpus burahol* dalam mengontrol bau mulut = Effect of kepel fruits extract *Stelechocarpus burahol* lozenges on controlling oral malodour halitosis

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## Abstrak

[Bau mulut (Halitosis) merupakan masalah kesehatan gigi dan mulut yang dikeluhkan sebagian besar masyarakat. Komponen utama pada bau mulut adalah volatile sulfur compounds (VSCs), yaitu hidrogen sulfida (H<sub>2</sub>S), metil merkaptan (CH<sub>3</sub>SH), dan dimetilsulfida ((CH<sub>3</sub>)<sub>2</sub>S). Salah satu bahan alami yang secara tradisional digunakan untuk mengurangi bau mulut adalah buah burahol (*Stelechocarpus burahol*). Tujuan penelitian ini adalah mengevaluasi efek sediaan tablet hisap yang mengandung buah kepel dalam mengontrol bau mulut. Tiga puluh orang subyek sehat dibagi secara acak menjadi 2 kelompok, yaitu kelompok tablet hisap ekstrak buah kepel dan kelompok permen karet xilitol. Subyek menggunakan tablet hisap pada pagi setelah makan pagi dan siang setelah makan siang. Pemeriksaan bau mulut dilakukan sebanyak tiga kali, yaitu segera setelah bangun tidur, setelah makan pagi, dan siang hari sesudah makan siang. Variabel pemeriksaan bau mulut yang diukur adalah skor organoleptik, kadar H<sub>2</sub>S, kadar CH<sub>3</sub>SH, dan kadar (CH<sub>3</sub>)<sub>2</sub>S. Efek tablet hisap ekstrak buah burahol sebanding dengan permen karet xilitol dalam menurunkan kadar H<sub>2</sub>S, CH<sub>3</sub>SH, (CH<sub>3</sub>)<sub>2</sub>S dan skor organoleptik bau mulut pada subyek. Tablet hisap yang mengandung ekstrak buah burahol (*Stelechocarpus burahol*) efektif dalam mengontrol bau mulut sehingga dapat digunakan untuk pengobatan bau mulut (halitosis).;

.....Oral malodour (Halitosis) as an oral problem that most people complain. In all cases, bad breath is caused by the presence of volatile organic compounds originating from the mouth or the expired air. The aim of this study is know of the effect of lozenges containing kepel fruit (*Stelechocarpus burahol*) in controlling oral malodour in normal subjects. Thirty normal subjects were divided into two groups randomly, one groups received lozenges containing kepel fruits and the other groups received lozenges containing xilitol. Subjects receiving as much two tablets lozenges each day during one day, ie morning after breakfast and after lunch. Oral malodour examination performed three times, ie immediately after waking, after breakfast, and afternoon after lunch. Variable oral malodour is measured levels of H<sub>2</sub>S, CH<sub>3</sub>SH, (CH<sub>3</sub>)<sub>2</sub>S. The result were shown that lozenges containing kepel fruits (*Stelechocarpus burahol*) did not differ with lozenges containing xilitol in reducing the levels of H<sub>2</sub>S, CH<sub>3</sub>SH, (CH<sub>3</sub>)<sub>2</sub>S and organoleptics oral malodour in normal subjects. Lozenges containing kepel fruits (*Stelechocarpus burahol*) is effective in controlling oral malodour so it can be used for the treatment of oral malodour (Halitosis).;Oral malodour (Halitosis) as an oral problem that most people complain. In all cases, bad breath is caused by the presence of volatile organic compounds originating from the mouth or the expired air. The aim of this study is know of the effect of lozenges containing kepel fruit (*Stelechocarpus burahol*) in controlling oral malodour in normal subjects. Thirty normal subjects were divided into two groups randomly, one groups received lozenges containing kepel fruits and the other groups received lozenges containing xilitol. Subjects receiving as much two tablets lozenges each day during one day, ie morning after breakfast and after

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