

# Pengaruh Terapi Kombinasi Akupunktur Tanam Benang dan Medikamentosa terhadap Keterkontrolan dan Faal Paru pada Pasien Asma Bronkial Derajat Persisten Sedang yang Terkontrol Sebagian dan Tidak Terkontrol = Effect of Acupoint Catgut Embedment Combined with Medical Treatment on Asthma Control and Lung Function of Patients with Partially Controlled and Uncontrolled Moderate Persistent Bronchial Asthma

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## Abstrak

[Prevalensi asma di Indonesia cukup tinggi (4,5%) dan beban yang diakibatkannya menyebabkan konsekuensi sosial ekonomi. Peningkatan risiko terjadinya efek samping yang mengiringi pengobatan jangka lama pada asma mendorong pengembangan modalitas terapi lain salah satunya adalah akupunktur tetapi belum ada penelitian akupunktur pada asma yang menilai efeknya pada derajat keterkontrolan asma menggunakan alat ukur yang valid. Penelitian ini bertujuan mengetahui efektivitas terapi kombinasi akupunktur tanam benang dan medikamentosa terhadap derajat keterkontrolan asma menggunakan skor ACT, pengaruhnya terhadap perubahan faal paru dan efek samping yang dapat timbul pada tindakan akupunktur tanam benang pada pasien asma bronkial derajat persisten sedang yang terkontrol sebagian dan tidak terkontrol. Uji klinis acak dan tersamar ganda dengan pembandingan dilakukan pada 52 penderita asma bronkial derajat persisten sedang yang terkontrol sebagian dan tidak terkontrol yang dialokasikan secara acak menjadi kelompok terapi kombinasi akupunktur tanam benang dan medikamentosa (kelompok kasus) atau kelompok terapi medikamentosa (kelompok kontrol). Hasil penelitian menunjukkan perbedaan bermakna perubahan skor ACT dan persentasi perubahan nilai APE sebelum dan sesudah perlakuan lebih tinggi pada kelompok kasus dibanding kelompok kontrol ( $p < 0,05$ ). Persentasi perubahan nilai VEP1, KVP dan VEP1/KVP sebelum dan sesudah perlakuan lebih tinggi pada kelompok kasus dibanding kelompok kontrol namun perbedaan tersebut tidak bermakna secara statistik ( $p > 0,05$ ). Kesimpulan penelitian adalah terapi kombinasi akupunktur tanam benang dan medikamentosa lebih efektif dibanding terapi medikamentosa saja dalam meningkatkan derajat keterkontrolan asma pada pasien asma bronkial derajat persisten sedang yang terkontrol sebagian dan tidak terkontrol.;

Asthma prevalence in Indonesia is quite high (4,5%) and the resulting burden caused socio-economic consequences. An increased risk of side effects that accompany long term treatment of asthma encourage the development of other therapeutic modalities one of which is acupoint catgut embedment but there is no studies of acupuncture in asthma that assess its effect on the degree of asthma control using a valid measurement tools. The aim of this study was to establish the effectiveness of acupoint catgut embedment combined with medical treatment on asthma control using Asthma Control Test (ACT), to establish its effect on measurement result of lung function and to monitor the side effects that may occur. This study is a randomized, double-blind and controlled clinical trial involving 52 patients with partially controlled and uncontrolled moderate persistent bronchial asthma that are allocated into groups of catgut embedding method combined with medication (case group) and group of medication (control group). The results showed a statistically significant difference in the change of ACT scores and PEF before and after treatment higher in case group compared to control group ( $p < 0,05$ ). The

change of FEV1, FVC and FEV1/FVC before and after treatment were higher in case group compared to control group but the differences were not statistically significant ( $p > 0,05$ ). The conclusion of this study is acupoint catgut embedment combined with medical treatment is more effective than medication treatment alone in improving asthma control in patients with partially controlled and uncontrolled moderate persistent bronchial asthma., Asthma prevalence in Indonesia is quite high (4,5%) and the resulting burden caused socio-economic consequences. An increased risk of side effects that accompany long term treatment of asthma encourage the development of other therapeutic modalities one of which is acupoint catgut embedment but there is no studies of acupuncture in asthma that assess its effect on the degree of asthma control using a valid measurement tools. The aim of this study was to establish the effectiveness of acupoint catgut embedment combined with medical treatment on asthma control using Asthma Control Test (ACT), to establish its effect on measurement result of lung function and to monitor the side effects that may occur. This study is a randomized, double-blind and controlled clinical trial involving 52 patients with partially controlled and uncontrolled moderate persistent bronchial asthma that are allocated into groups of catgut embedding method combined with medication (case group) and group of medication (control group). The results showed a statistically significant difference in the change of ACT scores and PEF before and after treatment higher in case group compared to control group ( $p < 0,05$ ). The change of FEV1, FVC and FEV1/FVC before and after treatment were higher in case group compared to control group but the differences were not statistically significant ( $p > 0,05$ ). The conclusion of this study is acupoint catgut embedment combined with medical treatment is more effective than medication treatment alone in improving asthma control in patients with partially controlled and uncontrolled moderate persistent bronchial asthma.]