

Formulasi dan uji manfaat sediaan krim campuran minyak jahe merah dan minyak cengkeh terhadap penurunan intensitas nyeri haid primer =
Formulation and and test the benefit of the mixture of red ginger and clove oil cream for reducing intensity of primary dysmenorrhea /
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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20415962&lokasi=lokal>

Abstrak

[ABSTRAK

Menstruasi yang menimbulkan nyeri merupakan salah satu masalah ginekologi yang paling umum dialami wanita dari berbagai tingkat usia. Manajemen untuk mengatasi nyeri saat haid diantaranya adalah dengan mengonsumsi obat pereda nyeri haid. Saat ini masyarakat mulai beralih untuk menggunakan tanaman obat sebagai obat alternatif analgesik, diantaranya tanaman jahe merah (Zingiber officinale var. Rubrum) dan cengkeh (Syzigium aromaticum). Penelitian ini bertujuan untuk mengetahui pengaruh sediaan krim campuran minyak jahe merah (Zingiber officinale var. Rubrum) dan minyak cengkeh (Syzigium aromaticum) terhadap penurunan intensitas nyeri haid primer. Minyak jahe merah dan minyak cengkeh dibuat menjadi sediaan krim dengan konsentrasi berturut-turut 5% dan 3%. Uji stabilitas fisik sediaan krim dilakukan selama 12 minggu dan uji keamanan kepada relawan menggunakan metode uji tempel. Uji manfaat dilakukan selama 3 jam pada area abdomen bagian bawah. Sediaan krim menunjukkan kestabilan selama 12 minggu dan hasil uji keamanan tidak menimbulkan iritasi sehingga aman digunakan secara topikal. Hasil uji manfaat diukur dengan parameter Visual Analogue Scale, Wong-Baker Faces Pain Rating Scale, frekuensi denyut nadi radialis, frekuensi pernapasan, menunjukkan sediaan krim uji mampu menurunkan intensitas nyeri haid primer. Krim uji memberikan pengaruh penurunan intensitas nyeri yang berbeda nyata dibandingkan krim plasebo, yaitu pada pemakaian krim setelah 3 jam.

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ABSTRACT

Painful menstruation is one of the most common gynecological problems experienced by women of all ages. To overcome the pain during menstruation is by taking pain medication during menstruation. Nowadays , people are start to use herb as an alternative analgesic medicine, including red ginger plant (Zingiber officinale var.Rubrum) and cloves (Syzigium aromaticum). This research aims to determine the effect of mixture cream between red ginger oil (Zingiber officinale var . Rubrum) and clove oil (Syzigium aromaticum) to reduce the intensity of primary Dysmenorrhea. Oil of red ginger and clove oils are made into cream with a concentration respectively 5% and 3%. Physical stability test for creams

conducted over 12 weeks and safety testing to volunteers using the patch test. Benefit test carried out for 3 hours at the lower abdominal area. Formulations cream showed stability during 12 weeks and the results of safety test does not cause irritation which make safe to use topically. Benefit test results measured by Visual Analogue Scale parameter, Wong- Baker Faces Pain Rating Scale, the frequency of the radial pulse and respiratory rate, it shows the test cream capable of lowering the intensity of the primary dysmenorrhea. Test creams is able to decrease pain intensity and was significantly different compared to placebo cream where each effect of the cream is observed after 3 hours; Painful menstruation is one of the most common gynecological problems

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