

Hubungan Rasio Asupan Asam Lemak Omega-3/Omega-6 dengan Selera Makan yang Dimediasi oleh Tumor Necrosis Factor-Alpha pada Penyandang Multidrug Resistant Tuberkulosis Paru = The Relationship between Ratio Omega-3/Omega-6 Fatty Acid Intake and Appetite Mediated by Tumor Necrosis Factor-Alpha in Pulmonary Multidrug Resistant Tuberculosis

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Abstrak

Kadar TNF- didapatkan jauh lebih tinggi pada penderita MDR-TB dibandingkan dengan penderita TB sensitif obat, TNF- dinyatakan sebagai salah satu sitokin proinflamasi yang dapat menekan selera makan. Asam lemak omega-3 diketahui memiliki efek antiinflamasi, namun efek terhadap selera makan masih menunjukkan hasil beragam, penelitian mengenai asupan asam lemak omega-3/omega-6 yang dapat mendukung selera makan pada penderita MDR-TB belum pernah dilakukan. Penelitian ini dilakukan untuk mengetahui hubungan antara rasio asupan asam lemak omega-3/omega-6 dengan selera makan yang dimediasi oleh TNF- pada pasien MDR-TB paru. Penelitian potong lintang ini dilakukan kepada 46 subyek laki-laki dan perempuan dewasa penderita MDR-TB yang sedang menjalani terapi fase intensif. Data dikumpulkan melalui kuesioner, food recall 1x24 jam, pengukuran antropometri dan pengambilan darah vena. Analisis korelasi menggunakan uji pearson dan spearman. Rasio asupan asam lemak omega-3/omega-6 yang didapatkan adalah $0,11 \pm 0,05$, nilai tengah TNF- $7,49(1,66-447,62)$ pg/ml dan rerata selera makan $58,72 \pm 26,7$. Hasil penelitian ini menunjukkan tidak terdapat hubungan antara rasio asupan asam lemak omega-3/omega-6 dan TNF- ($r=0,16$; $p=0,91$), terdapat hubungan positif antara TNF- dengan selera makan ($r=0,31$; $p=0,04$), serta tidak terdapat hubungan antara rasio asupan asam lemak omega-3/omega-6 dengan selera makan ($r=-0,1$; $p=0,54$) pada penderita MDR-TB paru.

TNF- levels were found to be much higher in MDR-TB patients compared to drug-sensitive TB patients, TNF- is stated as one of the pro-inflammatory cytokines that can suppress appetite. Omega-3 fatty acids are known to have anti-inflammatory effects, but the effects towards appetite are still conflicting, research on the intake of omega-3 / omega-6 fatty acids which can support appetite in patients with MDR-TB has never been done. This study was conducted to determine the relationship between ratio of omega-3 / omega-6 fatty acid intake and appetite mediated by TNF- in pulmonary MDR-TB. This cross-sectional study was conducted on 46 adult male and female subjects with MDR-TB who were undergoing intensive phase therapy. Data were collected through questionnaires, 1x24 hours food recall, anthropometric measurements and venous blood collection. Correlation analysis

used pearson and spearman test. The ratio of omega-3 / omega-6 fatty acid intake is 0.11 ± 0.05 , median value of TNF- $7.49(1.66-447.62)$ pg/ml and average of appetite 58.72 ± 26.7 . In conclusion, there is no relationship between the ratio of omega-3 / omega-6 fatty acid intake and TNF- ($r=0,16$; $p=0,91$), there is correlation between TNF- and appetite ($r=0.31$; $p=0.04$), and there is no relationship between the ratio of omega-3 / omega-6 fatty acid intake with appetite ($r=-0,1$; $p=0,54$) in patients with pulmonary MDR-TB.