

# Peran Akupunktur Dalam Mengatasi Reaksi Inflamasi pada COVID-19 Gejala Ringan-sedang: Suatu Penelitian Pilot Terhadap C-Reactive Protein dan Gejala Batuk = The Role of Acupuncture in Overcoming Inflammatory Reactions to COVID-19 Mild-moderate Symptoms: A Pilot Study of C-Reactive Protein and Cough Symptoms

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## Abstrak

**Pendahuluan:** COVID-19 merupakan penyakit yang disebabkan oleh infeksi virus SARS-CoV-2. Gejala klinis COVID-19 yang paling sering dialami adalah demam dan batuk. Infeksi SARS-CoV-2 ke dalam tubuh pejamu akan menimbulkan respon imun dari pejamu yang akan menyebabkan terjadinya inflamasi sistemik. Hal ini dapat dilihat dari peningkatan berbagai penanda inflamasi, salah satunya adalah C-Reactive Protein (CRP). Saat ini belum ada terapi spesifik yang efektif untuk mengatasi COVID-19. Akupunktur yang merupakan modalitas terapi non-farmakologi yang telah terbukti dapat memberikan efek anti-inflamasi. Saat ini belum ada penelitian uji klinis akupunktur yang meneliti penanda inflamasi terhadap pasien COVID-19 yang telah dipublikasi. Tujuan penelitian ini adalah untuk mengetahui bagaimana efektivitas akupunktur dalam menurunkan kadar CRP dan memperbaiki gejala batuk yang dialami pasien COVID-19 gejala ringan-sedang.

**Metode:** Sebuah penelitian pilot dengan desain studi uji klinis acak tersamar tunggal. Dua puluh dua pasien COVID-19 terkonfirmasi melalui pemeriksaan RT-PCR yang memiliki gejala ringan-sedang yang sedang dirawat inap di rumah sakit dikelompokkan dalam dua kelompok: kelompok perlakuan yang mendapat terapi standar dan intervensi akupunktur manual dan kelompok kontrol yang mendapat terapi standar. Intervensi akupunktur manual dilakukan setiap 2 hari dengan total 6 sesi terapi. Sebelum intervensi dilakukan pengukuran kadar CRP dan penentuan onset batuk dan setelah 6 sesi akupunktur dilakukan pengukuran kadar CRP dan penentuan periode lama batuk.

**Hasil:** Terjadi penurunan rerata kadar CRP pada kedua kelompok ( $p=0,397$ ). Penurunan kadar CRP pada kelompok perlakuan lebih besar dibandingkan kelompok kontrol. Gejala batuk lebih singkat pada kelompok perlakuan dibandingkan pada kelompok kontrol dan perbedaan ini bermakna secara statistik ( $p = 0,01$ ).

**Kesimpulan:** Kombinasi akupunktur manual dan terapi standar menurunkan kadar CRP dan penurunannya lebih besar dibandingkan dengan terapi standar. Namun, penurunan kadar CRP tidak bermakna secara statistik. Dan mempersingkat gejala batuk yang dialami pasien COVID-19 gejala ringan-sedang secara bermakna.

.....Introduction: COVID-19 is a disease that caused by infection of SARS-CoV-2. The most common clinical symptoms of COVID-19 are fever and cough. SARS-CoV-2 infection into the host's body will cause an immune response which will cause systemic inflammation. This can be seen from the increase in various inflammatory markers, one of which is C-Reactive Protein (CRP). Currently there is no specific therapy that is effective for curing COVID-19. Acupuncture is a non-pharmacological therapeutic modality that has been shown to provide anti-inflammatory effects. Currently, there are no published studies of acupuncture clinical trials examining inflammatory markers in COVID-19 patients. The purpose of this study was to determine how effective acupuncture in reducing CRP levels and improving cough symptoms experienced by

COVID-19 with mild-moderate symptoms patients.

**Methods:** A pilot study with an experimental study design single blind randomized clinical trial. Twenty-two COVID-19 patients confirmed by RT-PCR examination who had mild-moderate symptoms who were being hospitalized were divided into two groups: the treatment group who received standard therapy and manual acupuncture intervention and the control group who received standard therapy. Manual acupuncture intervention was performed every 2 days for a total of 6 therapy sessions. Before the intervention, the CRP level was measured and the onset of the cough was determined and after 6 acupuncture sessions, the CRP level was measured and the period of cough was determined.

**Results:** There was a decrease in the mean of CRP levels in both groups ( $p = 0.397$ ). The decrease in CRP levels in the treatment group was greater than the control group. Cough symptoms were shorter in the treatment group than in the control group and this difference was statistically significant ( $p = 0.01$ ).

**Conclusion:** The combination of manual acupuncture and standard therapy reduced CRP levels and the decrease was greater than that of standard therapy. However, the reduction in CRP levels was not statistically significant. And shorten the cough symptoms experienced by mild-moderate COVID-19 patients significantly.