

THE EFFECT OF BAY LEAF STEW (*Syzygium polyanthum*) TO REDUCE URIC ACID LEVELS

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Abstract

Gout is a white crystal, odorless and tasteless, undergoing decomposition by heating to cyanide (HCN), a metabolic disorder characterized by increased uric acid concentration (hyperuricemia). Non-pharmacological treatment of gout can use herbal plants, such as bay leaf. From the data, Ngemplak Health Center in 2019 found as many as 198 gout patients spreaded in 12 villages. Objective: to determine the effect of bay leaf stew to reduce uric acid levels. Research methods used one group pre-test and post-test so that it is expected to be more accurate. Data analysis techniques used univariate and bivariate analysis with the requirements test using the Shapiro-Wilk test. The results of the normal distribution use paired t-test. Paired statistic test for uric acid levels after and before treatment was obtained, the results obtained a significant value of P-value = 0.000 p value (<0.05), it can be concluded that H₀ was rejected or H_a was received. Based on the results of statistical tests that there are differences in uric acid levels before and after the bay leaf stew treatment. It can affect the respondent's uric acid levels.

Keywords: bay leaf, uric acid levels

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