

**Pengaruh Terapi Bekam Basah (*Wet Cupping*) Terhadap Kadar Hemoglobin,
Fe, Dan Kadar TIBC (*Total Iron Binding Capacity*) Pada Pasien Anemia**

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Pendahuluan : Anemia merupakan suatu kondisi di mana kadar hemoglobin <10 g/dl, apabila tidak segera di tangani maka akan menimbulkan gejala lebih lanjut seperti keletihan dan bahkan sampai takipnea. Terapi bekam basah mulai banyak di gunakan masyarakat karena dapat meningkatkan kadar hemoglobin, hanya saja belum pernah di singgung terkait pengaruhnya terhadap kadar Fe, dan TIBC. Tujuan dari penelitian untuk mengetahui pengaruh bekam basah terhadap Kadar Hemoglobin, Fe, dan Kadar TIBC pada pasien Anemia.

Metode : Penelitian ini termasuk penelitian quasi experiment dengan one group *pre test and post test* dengan *pre experiment design* Sampel ditentukan sebanyak 21 orang dan mendapat perlakuan terapi bekam basah.

Hasil : Analisis terhadap rata – rata kadar hemoglobin sebelum di lakukan intervensi bekam basah adalah 9,586% dan setelah dilakukan intervensi bekam basah rata – rata menunjukkan 9,852% dengan selisih rata – rata *post test* sebesar -0,266 (SD : -72), pada rerata kadar Fe sebelum di lakukan intervensi bekam basah menunjukkan nilai 83,05% dan setelah di berikan intervensi bekam basah menjadi 84,10% dengan selisih sebesar -1.05 (SD : -0,048), selanjutnya pada rerata kadar TIBC sebelum di berikan intervensi menunjukkan 350,57% dan setelah di berikan intervensi bekam basah menunjukkan hasil 349,90% dengan selisih sebesar 0,67 (SD : -0,167) selanjutnya dilakukan uji *paired T test* pada masing – masing variabel didapatkan *p value* <0,05.

Kesimpulan : Terapi bekam basah berpengaruh terhadap peningkatan kadar Hb, Fe, dan penurunan kadar TIBC pada pasien anemia

Kata Kunci: Bekam basah, Hemoglobin, Fe, TIBC, Anemia

Effect of Wet Cupping Therapy on Hemoglobin, Fe and TIBC Level (*Total Iron Binding Capacity*) in Anemia Patient

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Background : Anemia is a condition where the hemoglobin level is <10 g / dl, if it is not treated immediately it will cause further symptoms such as fatigue and even tachypnea. Wet cupping therapy is starting to be widely used by the community because it can increase hemoglobin levels, it's just that it has never been discussed regarding its effect on Fe and TIBC levels **Objective :** This study aims to determine the effect of wet cupping on hemoglobin, iron, and TIBC levels in patients with anemia. **Method :** This research is a quasi-experimental research with one group pre test and post test with pre-experimental design. The sample was determined as many as 21 people and received wet cupping therapy. **Result :** The results of the analysis of the average hemoglobin level before the intervention of wet cupping were 9,586% and after the intervention wet cupping showed an average of 9.852% with a difference of -0.266 (SD: -72), the average Fe Before intervention, wet cupping showed a value of 83.05% and after intervention, wet cupping was 84.10% with a difference of -1.05 (SD: -0.048), then the average TIBC level before intervention showed 350.57% and after giving wet cupping the results showed 349.90% with a difference of 0.67 (SD: -0.167), then the paired T test was carried out on each variable and obtained p value <0.05 . **Conclusion :** Wet cupping therapy has an effect on increasing levels of Hb, Fe, and decreasing TIBC levels in anemic

Keywords : Wet cupping, Hemoglobin, Fe, TIBC, anemia