

PENGARUH BEKAM BASAH TERHADAP KADAR C-REACTIVE PROTEIN DAN JUMLAH LEUKOSIT

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ABSTRAK

Latar Belakang : Bekam sangat berkhasiat untuk berbagai macam penyakit, bekam juga merupakan *preventive medicine* dan pengobatan adjuvan penyakit stroke dan penyakit jantung koroner yang disebabkan oleh aterosklerosis.² *C reaktif Protein (CRP)* saat ini dikenal sebagai biomarker terjadinya aterosklerosis.³ Bekam terhadap kadar CRP telah banyak dilakukan namun hasil penelitian tersebut menunjukkan hasil yang inkonsisten.

Tujuan : untuk mengetahui pengaruh bekam basah terhadap penurunan kadar C-Reactive Protein dan penurunan jumlah leukosit total.

Metode : Penelitian menggunakan eksperiment semu (*quasi experiment*) dengan desain penelitian pre test dan post test. Subyek penelitian berjumlah 30 pasien obesitas dengan hipertensi melakukan pengobatan terapi bekam basah di RS Islam Sultan Agung Semarang. Pengambilan sampel darah sesaat sebelum proses pembekaman (*Pre-Test*). Kemudian setelah proses pembekaman dilakukan pengambilan sampel darah sesaat setelah proses pembekaman (*Post-Test*). Pemeriksaan CRP menggunakan metode ELISA reader dan pemeriksaan leukosit diukur menggunakan hematology analyser symex kx-21.

Hasil : Rerata jumlah leukosit total pada pre-Test didapatkan 6703.33mm³ dan post-test 5868.33mm³. Rerata kadar CRP pre-test didapatkan 17.67mg/l dan post-test 12.00±9.112 mg/l. Hasil analisis terhadap jumlah leukosit total dan kadar CRP menggunakan uji *Wilcoxon Signed Ranks Test* didapatkan $p=0,000$ ($p<0,05$) value setelah dilakukan intervensi bekam basah menunjukan bahwa terjadi penurunan yang bermakna dibandingkan sebelum dilakukan intervensi bekam basah.

Kesimpulan: dapat disimpulkan bahwa terapi bekam basah berpengaruh terhadap penurunan jumlah leukosit total dan kadar CRP.

Kata Kunci : *bekam basah, c-reactive protein, jumlah leukosit,*

THE EFFECT OF WET CUPPING ON C-REACTIVE LEVELS PROTEIN AND THE SUM OF LEUKOCYTES

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ABSTRACT

Background: Cupping is very effective for various diseases, cupping is also a preventive medicine and adjuvant treatment of stroke and coronary heart disease caused by atherosclerosis. C reactive protein (CRP) is currently known as a biomarker for atherosclerosis. Cupping against CRP levels has been widely used however the results of these studies show inconsistent results.

Objective: to determine the effect of wet cupping on decreasing levels of C-Reactive Protein and decreasing the sum of leukocytes.

Methods: This study used a quasi experiment with pre-test and post-test research designs. The research subjects were 30 obese patients with hypertension who took wet cupping therapy at the Sultan Agung Islamic Hospital in Semarang. Taking blood samples just before the clamping process (*Pre-Test*). Then after the clamping process, blood samples were taken shortly after the clamping process (*Post-Test*). CRP examination used ELISA reader method and leukocyte examination was measured using the symex kx-21 hematology analyzer.

Results: The mean total leukocyte count in the pre-test was 6703.33mm³ and the post-test 5868.33mm³. The mean pre-test CRP level was 17.67mg / l and the post-test was 12.00 ± 9.112 mg / l. The results of the analysis of the total leukocyte count and CRP levels using the Wilcoxon Signed Ranks Test showed p = 0.000 (p <0.05) value after the wet cupping intervention showed that there was a significant decrease compared to before the wet cupping intervention.

Conclusion: It can be concluded that wet cupping therapy has an effect on reducing the sum of leukocytes and CRP levels.

Keywords: *wet cupping, c-reactive protein, the sum leucocytes,*