

The Effect of Giving Fruit Juice with a Combination of Probiotics of Soursop Fruit Juice on Uric Acid Levels in Hyperurycemia Patients in the Working Area of the Fish Market Puskesmas, Bengkulu City

Ferbela Vallemorin, Tonny C Maigoda*, Tetes Wahyu

Department of Nutrition, Poltekkes Kemenkes Bengkulu, Bengkulu, Indonesia

Email address:

tony@poltekkesbengkulu.ac.id (Tonny C Maigoda)

*Corresponding author

Abstract

Uric acid is an acid in the form of crystals which is the end result of purine metabolism. Uric acid is normally found in the body, but high uric acid levels (Hyperuricemia) can cause uric acid crystals to accumulate in the joints and become disease. This study aims to determine the effect of giving fruit juice and soursop fruit juice probiotics to sufferers of hyperuricemia with 6-7 mg/dl who were divided into 4 treatment groups, namely groups P0, P1, P2, P3. The doses given are P0 education leaflet, P1 200 ml fruit juice, P2 200ml probiotic soursop fruit juice and education leaflet, P3 200 ml fruit juice and probiotic soursop fruit juice and education leaflet. The intervention was carried out for 7 days, measuring uric acid using Easy Touch. Checking uric acid was carried out before the intervention and after the intervention was given. The normality test was carried out using Shapiro-Wilk. Statistical analysis used the ANOVA test and continued with the Duncan test. The results of the study showed that the average before intervention was given P0 10.00 ± 0.923 , P1 10.971 ± 0.989 , P2 10.686 ± 1.149 , P3 8.800 ± 1.833 . And the average uric acid after the intervention was P0 9.271 ± 0.946 , P1 9.000 ± 0.476 , P2 8.914 ± 0.581 , P3 7.086 ± 0.521 . P-value = 0.019 and uric acid as low as P-value = 0.000. It can be concluded that there is an effect of giving fruit juice and soursop fruit juice probiotics on uric acid levels in hyperuricemia sufferers in the Bengkulu City Fish Market health center working area.

Keywords

Fruit Juice, Gout, Probiotics Soursop Fruit Juice, Hiperurisemia