

Combined traditional medicine and pharmacological antihypertensive drugs in a rural community of West Java, Indonesia

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Abstrak

Sebagian penderita tekanan darah tinggi di Indonesia menggunakan pengobatan tradisional di samping obat-obatan antihipertensif. Penelitian ini bertujuan untuk mengetahui hubungan antara beberapa pengobatan tradisional seperti buah pace, belimbing, bawang putih, atau jamu, yang dipercaya dapat menurunkan tekanan darah pada hipertensi stage 1 dan 2. Data diperoleh dari hasil survai lapangan yang dilakukan oleh mahasiswa tingkat 2 Fakultas Kedokteran Universitas Indonesia tahun 2001, 2002, 2003 di Kabupaten Bogor, Jawa Barat. Subjek penelitian dipilih secara random dari klaster rukun tetangga. Wawancara dan pengukuran tekanan darah dilakukan di rumah subjek oleh mahasiswa yang terlatih di bawah pengawasan staf pengajar. Terdapat 496 subjek dengan hipertensi stage 1 dan 2 dan sebanyak 11,5% menggunakan obat-obatan antihipertensi. Subjek hipertensi stage 2 yang minum obat antihipertensi 5,4 kali lipat jika dibandingkan dengan subjek hipertensi stage 1 (rasio odds suaian 5,44; 95% interval kepercayaan = 2,64 ? 11,27). Pengobatan tradisional yang dilakukan oleh subjek hipertensi terutama ketimun, belimbing, dan buah pace. Hal ini mungkin disebabkan kebiasaan yang kuat memakai obat tradisional dalam masyarakat, terbatasnya fasilitas kesehatan, dan harga obat antihipertensi yang mahal. Disimpulkan bahwa di daerah pedesaan, para penderita hipertensi melakukan pengobatan gabungan obat antihipertensi dengan obat-obat tradisional. (Med J Indones 2004; 13: 246-51)

Some hypertensive subjects in Indonesia consume traditional herbal medicines in addition to the usual pharmacological drugs. This paper studied the relationship between several traditional herbal medicines, such as morinda, star fruit, garlic, or jamu, believed to control hypertension and the risk of current pharmacological antihypertensive drug users in subjects with stage 1 and 2 hypertension in a rural community West Java, Indonesia. The data were obtained from 3 field studies by the second year medical students of the Faculty of Medicine, University of Indonesia conducted in 2001, 2002, and 2003 in a subdistrict of the Bogor regency. The subjects were selected randomly from neighborhood clusters. Interviews and blood pressure measurements were conducted at the houses of the subjects by specially trained second year medical students supervised by faculty members. There were 496 subjects with stage 1 or 2 hypertension, with 11.5% under current antihypertensive drugs. Compared with the hypertension stage 1 subjects, hypertension stage 2 subjects were 5.4 times more likely to be currently taking pharmacological antihypertensive medication (adjusted odds ratio = 5.44; 95% confidence interval = 2.64-11.27). The combined of current antihypertensive medication with traditional medicines were cucumber which being the most dominant followed by star fruit and morinda. Reasons for this were probably the strong influence of culture, the limited medical facilities, and high cost of the antihypertensive drugs. It was concluded that in a rural Indonesia, it was common for hypertensive subjects to take pharmacological drugs as well as traditional medicine for antihypertensive therapy. (Med J Indones 2004; 13: 246-51)