

## Efek hipoglikemik kapsul Sambiloto sebagai terapi tambahan pada penyandang diabetes melitus tipe 2 = Hypoglycemic effect of sambiloto capsules as additional therapy in patients with type 2 diabetes mellitus

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### Abstrak

Sambiloto (*Andrographis paniculata* Nees.) secara empiris telah digunakan sebagai obat alternatif untuk berbagai penyakit termasuk diabetes mellitus. Penelitian ini dilakukan untuk menganalisis efek hipoglikemik kapsul sambiloto sebagai terapi tambahan pada penyandang diabetes melitus tipe 2. Double-blind randomized controlled trial cross-over desain pada 34 subyek dibagi menjadi dua kelompok. Kelompok pertama sambiloto mendapat 2 kali 2 kapsul sehari selama 14 hari, dan kelompok kedua mendapat plasebo selama 14 hari. Kedua kelompok tetap menggunakan metformin sebagai terapi standar kemudian dievaluasi kadar glukosa darah pasca terapi 14 hari. Pada pemberian kapsul sambiloto selama 14 hari tampak penurunan kadar glukosa darah puasa lebih besar dibandingkan plasebo, tetapi tidak bermakna. Kapsul sambiloto bermakna menurunkan kadar glukosa darah 2 jam setelah makan. Kesimpulan: Kapsul sambiloto dapat menurunkan kadar glukosa darah namun bermakna secara statistik hanya 2 jam setelah makan.

.....Sambiloto (*Andrographis paniculata* Nees.) is empirically used as an alternative medicine for various diseases including diabetes mellitus, but the scientific evident for treatment in humans is still limited. This study analyze the effects of hypoglycemic sambiloto capsules as additional therapy in patients with type 2 diabetes mellitus. Double-blind randomized controlled trial, cross-over design in 34 subjects who were divided into two groups. The first groups sambiloto received 2 capsules 2 times daily for 14 days, and the second groups received placebo for 14 days. Both groups kept taking metformin as standard therapy with an the evaluation of blood glucose levels on day 14. The results showed that administration of sambiloto capsules for 14 days, the blood glucose levels is greater compared to placebo but not significantly. Sambiloto capsules significantly reduced blood glucose 2 hours after eating. Conclusions: sambiloto capsules shown to reduced blood glucose levels, but statistically significant only in 2 hours after eating.