The effect of oxygenated water in diabetes mellitus

Abstrak

Tujuan Mendapatkan gambaran pengaruh air oksigen terhadap diabetes mellitus.
Metode Penelitian ini menggunakan disain uji klinik acak tersamar ganda, dengan 108 subyek diabetes mellitus. Setiap kelompok dibagi secara acak menjadi 2 sub kelompok. Satu subkelompok diberikan air oksigen dan subkelompok lain diberikan bukan air oksigen dalam 2 tahap intervensi, 45 hari dan 90 hari. Variabel yang diukur adalah kadar gula darah dan malondialdehyde (MDA) dengan pengendalian enam faktor perancu : jenis kelamin, umur, merokok, olah raga, konsumsi vitamin dan status gizi.
Hasil Didapatkan bahwa konsumsi air oksigen selama 90 hari, dapat menurunkan kadar gula darah postprandial pada subyek diabetes mellitus. Kadar MDA pada subyek diabetes mellitus dengan status gizi normal, cenderung menurun pada subyek yang mengkonsumsi air oksigen selama 45 hari. Sebagian besar subyek merasa lebih sehat dan lebih segar setelah mengkonsumsi air oksigen.
Kesimpulan Air oksigen dapat meningkatkan proses penyembuhan subyek dengan diabetes mellitus.
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Abstract
Aim To examine those claims, i.e the effects of oxygenated water on hypertension and Diabetes Mellitus (DM).
Methods In this clinical trial, 108 subjects of Diabetes Mellitus were recruited. Each group was divided randomly into 2 subgroups. One subgroup was given oxygenated water and the other subgroup was given non-oxygenated water for 2 period of intervention, 45 days and 90 days. Measured variables were, blood sugar and malondialdehyde (MDA).
Results The study showed that oxygenated water could reduce post-prandial glucose in DM subjects. DM subjects with normal nutritional states, also had greater tendency of MDA reduction after consuming oxygenated water for 45 days. Most of subjects felt healthier after consuming oxygenated water.
Conclusion The consumption of oxygenated water could improve the healing process for patients with diabetes mellitus.