# Pengaruh penanaman benang catgut terhadap kadar nitrit oksida dan tekanan darah pada pasien hipertensi esensial = The influence of catgut embedding on the nitric oxide concentration and blood pressure in essential hypertension patients

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Abstrak

Hipertensi sering dijumpai dalam praktek sehari-hari dan prevalensinya di Indonesia cukup tinggi (31,7%). Penanaman benang catgut terbukti menurunkan tekanan darah, tetapi belum ada penelitian untuk mengukur kadar nitrit oksida (NO). Penelitian ini bertujuan mengetahui pengaruh penanaman benang catgut terhadap kadar NO serum dan tekanan darah pada hipertensi esensial.

Disain penelitian adalah uji klinis acak tersamar tunggal dengan kontrol. Melibatkan 40 pasien hipertensi yang dibagi menjadi dua kelompok. Kelompok kontrol mendapatkan obat antihipertensi. Kelompok kasus mendapatkan obat antihipertensi dan penanaman benang catgut, kemudian pada kedua kelompok dilakukan penilaian kadar NO dan tekanan darah.

Hasil penelitian menunjukkan terdapat perbedaan rerata kadar NO kelompok kasus dibandingkan kontrol ($p<0,05$), terdapat perbedaan rerata tekanan darah sistolik dan diastolik kelompok kasus dibandingkan kontrol ($p<0,05$). Dapat disimpulkan bahwa penanaman benang catgut memiliki pengaruh terhadap kadar NO serum dan tekanan darah pada pasien hipertensi esensial.

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Hypertension is commonly seen in daily practice and its prevalence in indonesia is fairly high (31,7%). Catgut embedding is proven to reduce blood pressure, but until now there has not been any research to evaluate concentration of nitric oxide (NO). This research was to assess the effect of catgut embedding on serum NO concentration and blood pressure in essential hypertension.

Research design was single blind random controlled clinical trial, involving 40 hypertension patients randomly assigned to two groups. Control group received anti hypertension drugs whereas case group received anti hypertension drugs and catgut embedding and then the two groups evaluated for NO concentration and blood pressure.

Result showed that there was a mean difference of NO concentration between case group and control group ($p<0,05$) and mean difference of systolic and diastolic blood pressure between case group and control group ($p<0,05$). In conclusion, catgut embedding can influence serum NO concentration and blood pressure in essential hypertension patients.