Kontaminasi parasit usus pada kemangi pasar tradisional dan swalayan Jakarta dengan media perendaman larutan garam jenuh 2012 = Intestinal parasite contamination found in kemangi collected from traditional and supermarket Jakarta with submersion in saturated salt solution 2012

Afini Faza, author

Abstrak

Sayuran mentah dapat meningkatkan peluang transmisi parasit usus ke manusia. Sebagian besar masyarakat menganggap bahwa higienitas makanan mentah termasuk sayuran yang dijual di pasar swalayan lebih baik daripada pasar tradisional. Penelitian ini bertujuan untuk mengetahui apakah terdapat perbedaan jumlah parasit usus pada sayuran kemangi dari pasar tradisional dan swalayan Jakarta. Sebanyak 20 sampel kemangi dari pasar tradisional dan 20 sampel kemangi dari pasar swalayan direndam dengan larutan garam jenuh dan selanjutnya dilakukan uji sedimentasi untuk mendapatkan jumlah parasit usus/ml.

Didapatkan 100% sampel kemangi terkontaminasi parasit usus. Jumlah parasit usus pada sampel dari pasar tradisional adalah 1630/ml sedangkan dari pasar swalayan sebesar 1400/ml (p>0,05). Pada kedua kelompok sampel, diketahui bahwa kontaminasi terbesar berasal dari protozoa dengan spesies yang paling banyak ditemui adalah Giardia lamblia. Perendaman dengan larutan garam jenuh berpengaruh terhadap hasil penelitian (p<0,05).

Penelitian ini mengindikasikan bahwa sayuran berpeluang meningkatkan transmisi parasit usus ke tubuh manusia. Diharapkan masyarakat selalu menerapkan kebiasaan mencuci sayuran secara adekuat sebelum dikonsumsi dari manapun sayuran didapatkan terutama pada sayuran yang langsung dikonsumsi tanpa dimasak.
<hr>
Raw vegetables can increase probability of intestinal parasite transmission to human body. People believe that hygienity of raw foods sold in supermarkets, including vegetables, are better than traditional markets. The aim of this study was to investigate whether there was difference in the number of intestinal parasite found in basil collected from traditional markets and supermarkets in Jakarta. There were 20 samples collected from traditional markets and 20 samples obtained from supermarkets. The samples were soaked in saturated salt solution (sodium chloride) for 24 hours. Then, the water immersion of basil was treated with sedimentation test to get the number of intestinal parasite.

A hundred percent out of 40 samples was contaminated with intestinal parasite. The number of intestinal parasite found in basil collected from traditional market was 1630/ml and from supermarket was 1400/ml (p>0,05). The highest number of contamination was come from intestinal protozoa, Giardia lamblia. Sample submersion method with saturated salt solution influenced this study (p<0,05).

This finding indicates that basil is able to be a transmission media of intestinal parasite to human body. We

suggest the consumer to properly wash vegetables obtained from two groups of markets before being consumed, especially vegetables consumed without cooking.