

Pengaruh Konsumsi Jus Jeruk Kemasan dan Jus Jeruk Segar Terhadap pH Saliva = The Effect of Consumption of Commercial Orange Juice and Fresh Orange Juice on The Saliva pH

Adelia Caryabudi, author

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Abstrak

Latar belakang: Jus buah bersifat asam sehingga meningkatkan risiko karies dan erosi gigi. Sebaliknya, saliva dengan mekanisme buffering-nya berperan dalam menetralkan asam. Tujuan: Mengetahui perubahan pH saliva setelah mengonsumsi jus jeruk kemasan, jus jeruk segar, dan jus lemon segar. Metode: Subjek usia 18-22 tahun diberi perlakuan mengonsumsi ketiga jenis jus jeruk. Nilai pH saliva diukur setelah 1-30 menit. Hasil: Perubahan pH saliva setelah konsumsi ketiga jenis jus tidak melewati pH kritis 5,5.

Kesimpulan: Mekanisme buffering saliva normal mampu menetralkan asam dari jus jeruk kemasan dan jus jeruk segar sehingga pH saliva pada waktu 1-30 menit setelah konsumsi jus tidak melewati pH kritis.

.....Background: Fruit juices are acidic, thus increase the risk of dental caries and dental erosion. On the other hand, buffering mechanism of saliva has role in neutralizing acid. Objective: To find out changes in saliva pH after consumption of commercial orange juice, fresh orange juice and fresh lemon juice. Method: Subjects with age range of 18-22 are given 3 types of orange juice. Saliva pH is measured after 1-30 minutes. Result: Changes in saliva pH after consumption of all three juices didn't reach the critical pH of 5.5. Conclusion: Normal saliva buffering mechanism can neutralize acid from commercial orange juice and fresh orange juice so that saliva pH in 1-30 minutes after consumption of juice did not reach critical pH.