

ABSTRAK

Osteoarthritis (OA) merupakan penyakit sendi paling umum di dunia yang menyebabkan nyeri. Terapi nyeri OA dengan obat golongan non steroid (NSAID) memiliki risiko munculnya *adverse events* pada penggunaan jangka panjang. Penelitian sebelumnya menunjukkan bahwa penambahan terapi ekstrak *Curcuma longa* (CL) dan *Boswellia serrata* (BS) (ekstrak CB) dapat digunakan sebagai terapi alternatif nyeri OA yang dapat memberikan efektivitas menurunkan derajat nyeri dengan *adverse event* yang lebih minimal.

Penelitian ini bertujuan untuk mengetahui manfaat pemberian terapi tambahan *Curcuma longa* dan *Boswellia serrata* dalam bentuk Biocurpain Force terhadap proporsi penurunan derajat nyeri pasien OA. Penelitian ini merupakan penelitian *Secondary Data Analysis* (SDA) dari penelitian RCT sebelumnya pada 71 pasien OA di Rumah Sakit Bethesda dan Panti Rapih Yogyakarta. Subjek dirandomisasi dan dibagi menjadi 2 kelompok. Kelompok I diberi Biocurpain (350 mg CL dan 150 mg BS) dan NSAID (400 mg ibuprofen) (n=38) sedangkan kelompok II diberi NSAID (n=33). Tiap terapi diberikan 2 kali sehari selama 4 minggu. Derajat nyeri diukur dengan *Visual Analogue Score* (VAS) pada minggu II dan IV. Hasil skor VAS tiap visit dihitung selisihnya dari *baseline* lalu dikonversikan dalam persen. Kemudian subjek dibagi menjadi 2 kategori berdasarkan penurunan VAS yaitu $\geq 50\%$ dan $< 50\%$. Analisis data secara statistik menggunakan program SPSS dengan uji komparatif *McNemar* dan *Chi square*.

Hasil penelitian menunjukkan terdapat perbedaan proporsi penurunan derajat nyeri yang tidak bermakna setelah pemberian terapi tambahan Biocurpain pada minggu ke-2 ($p=0,648$) dan minggu ke-4 ($p=0,964$) dibandingkan monoterapi NSAID. Selain itu, terdapat perbedaan proporsi penurunan derajat nyeri yang bermakna antara pemberian terapi tambahan Biocurpain antara minggu ke-2 dengan minggu ke-4 ($p=0,000$). Kesimpulannya adalah pemberian terapi tambahan Biocurpain pada NSAID selama 4 minggu memiliki efektivitas yang sama pada proporsi penurunan derajat nyeri dibandingkan dengan terapi NSAID saja.

Kata kunci: Osteoarthritis (OA), *Curcuma longa*, *Boswellia serrata*, NSAID, *Visual Analogue Score* (VAS), Proporsi Penurunan Derajat Nyeri

ABSTRACT

Osteoarthritis (OA) is the most common joint disease in the world that causes pain. OA pain therapy with non-steroidal drugs (NSAIDs) has a risk of adverse events occurring on long-term use. Previous studies have shown that the addition of Curcuma longa extract (CL) and Boswellia serrata (BS) extract therapy (CB extract) can be used as an alternative therapy for OA pain which can provide effectiveness in pain degree reduction with less adverse events.

This study aims to determine the benefits of additional therapy with Curcuma longa and Boswellia serrata in the form of Biocurpain Force on the proportion of pain degree reduction in OA patients. This study is a Secondary Data Analysis (SDA) study from a previous RCT study on 71 OA patients at Bethesda Hospital and Panti Rapih Yogyakarta. Subjects were randomized and divided into 2 groups. Group I was given Biocurpain (350 mg CL and 150 mg BS) and NSAIDs (400 mg ibuprofen) (n = 38) while group II was given NSAIDs (n = 33). Each therapy was given 2 times a day for 4 weeks. Pain degree was measured by Visual Analogue Score (VAS) at weeks II and IV. The difference between the VAS score for each visit is calculated from the baseline and then converted into percent. Then the subjects were divided into 2 categories based on the decrease in VAS, namely $\geq 50\%$ and $< 50\%$. Statistical data analysis used the SPSS program with the McNemar and Chi square comparative test.

The results showed that there was no significant difference in the proportion of pain degree reduction after administration of additional Biocurpain therapy at week 2 ($p = 0.648$) and week 4 ($p = 0.964$) compared to NSAID monotherapy. In addition, there was a significant difference in the proportion of a reduction in the degree of pain between the addition of Biocurpain therapy between week 2 and week 4 ($p = 0.000$). The conclusion is that the addition of Biocurpain therapy to NSAIDs for 4 weeks has the same effectiveness in the proportion of pain degree reduction compared with NSAID therapy alone.

Keywords: *Osteoarthritis (OA), Curcuma longa, Boswellia serrata, NSAIDs, Visual Analogue Score (VAS), Proportion of Pain Degree Reduction*