

**DAMPAK PENGGUNAAN BETAHISTIN MESILATE TERHADAP
PERBAIKAN GEJALA VERTIGO PERIFER DI RUMAH SAKIT
BETHESDA YOGYAKARTA**

ABSTRAK

Pendahuluan: Vertigo adalah salah satu keluhan yang sering dijumpai dalam praktek yang digambarkan sebagai rasa berputar, pening, tak stabil (*giddiness, unsteadiness*) atau pusing (*dizziness*). Penatalaksanaan pasien-pasien vertigo perifer sering kontroversi karena patofisiologi vertigo belum jelas. Beberapa obat ditemukan memiliki aktivitas antivertigo. Betahistin menyerupai histamin untuk terapi gangguan vaskuler dan vasomotor, dipakai untuk pengobatan vertigo, *motionsickness*, dan gangguan vestibuler sentral atau perifer. **Tujuan:** Mengetahui dampak penggunaan betahistin mesilate terhadap perbaikan gejala vertigo perifer di Rumah Sakit Bethesda Yogyakarta. **Metode:** Non eksperimental menggunakan rancangan case series dan menggunakan data prospektif. Untuk mengidentifikasi perbedaan dampak penggunaan betahistin pada penderita vertigo perifer, dengan perbaikan derajat keluhan vertigo digunakan skala *Dizziness Handicap Inventory (DHI)*. Sebanyak 20 subyek penelitian yang masuk kriteria inklusi dianalisis menggunakan uji repeated ANOVA. **Hasil:** Data diperoleh dari 20 pasien dengan vertigo perifer didapatkan rerata total skor DHI pada *baseline* (awal) adalah $42,95 \pm 21,44$, $35,20 \pm 19,56$ pada kunjungan 2, dan $28,40 \pm 18,76$ pada kunjungan 3 didapatkan signifikansi (p) sebesar 0,000. Rerata skor item DHI pada *baseline* (awal), kunjungan 2, dan kunjungan 3 pada item fisik ($14,30 \pm 9,02$ versus $13,00 \pm 8,14$ versus $10,20 \pm 6,55$), item fungsional ($17,55 \pm 8,77$ versus $13,40 \pm 7,43$ versus $11,20 \pm 7,00$), dan item emosional ($11,10 \pm 8,06$ versus $8,80 \pm 7,82$ versus $7,10 \pm 7,77$) didapatkan $p < 0,001$. **Kesimpulan:** Penggunaan betahistin mesilate memperbaiki gejala vertigo perifer.

Kata Kunci : vertigo perifer, betahistin mesilate , DHI

**EFFECTS OF BETAHISTINE MESILATE USE TO IMPROVE
PERIPHERAL VERTIGO SYMPTOMS AT BETHESDA HOSPITAL IN
YOGYAKARTA**

ABSTRACT

Background: Vertigo is one complaint that is often encountered in a practice described as a sense of spinning, dizziness, being unstable (giddiness, unsteadiness) or dizziness (dizziness). The management of patients suffering from peripheral vertigo is often controversial because the pathophysiology is unclear. Some drugs were found to have activities named antivertigo. Betahistine, a histamine-like substance was introduced as an active drug in the treatment of vascular and vasomotor disorders. Later it was used to treat vertigo, motion sickness and various vestibular disorders of central and peripheral origin. **Objective:** To know the effects of betahistine mesilate use to improve peripheral vertigo symptoms at Bethesda Hospital in Yogyakarta. **Method:** Non-experimental study uses case series design and prospective data. To identification differences in the impact of the use of betahistine in patients suffering from peripheral vertigo with the improvement of the degree of vertigo complaint using *Dizziness Handicap Inventory* (DHI) scale. A total of 20 subjects entered the inclusion criteria analysed for using Repeated ANOVA test. **Result:** The data obtained from 20 patients with peripheral vertigo available the mean of a total DHI score at baseline is $42,95 \pm 21,44$, $35,20 \pm 19,56$ on visit 2 and $28,40 \pm 18,76$ on visit 3 that were obtained significance (p) 0,000. The item mean score at baseline is visit 2 and visit 3 ($14,30 \pm 9,02$ versus $13,00 \pm 8,14$ versus $10,20 \pm 6,55$) on a physical item, ($17,55 \pm 8,77$ versus $13,40 \pm 7,43$ versus $11,20 \pm 7,00$) on a functional item, and ($11,10 \pm 8,06$ versus $8,80 \pm 7,82$ versus $7,10 \pm 7,77$) on an emotional item that were obtained $p < 0,001$. **Conclusion:** The use of betahistine mesilate improve the symptoms of peripheral vertigo.

Keywords: *peripheral vertigo, betahistine mesilate, DHI*