

INTISARI

Hipertensi merupakan penyakit tidak menular dengan prevalensi tinggi terutama pada lansia. Hipertensi dapat menyebabkan banyak komplikasi dalam perjalanan penyakitnya. Peningkatan kadar asam urat bisa menjadi faktor risiko potensial timbulnya komplikasi hipertensi. Berbagai riset terapi non farmakologis untuk penanganan hipertensi dan pengendalian kadar asam urat mulai berkembang, salah satunya menggunakan mengkudu (*Morinda citrifolia*). Studi ini diperlukan untuk mengetahui pengaruh konsumsi minuman mengkudu (*Morinda citrifolia*) terhadap kadar asam urat lansia penderita hipertensi. Studi quasi eksperimental dengan rancangan pra-pasca perlakuan dilakukan terhadap 36 orang lansia dengan pengukuran kadar asam urat serial setiap 3 hari sekali selama 30 hari. Analisis data menggunakan uji *repeated ANOVA* untuk mengetahui perubahan kadar asam urat serial setelah konsumsi minuman mengkudu (*Morinda citrifolia*) sebanyak 500 mg. Jumlah lansia hipertensi dengan kadar asam urat tinggi mengalami penurunan setelah konsumsi minuman mengkudu dari 13 orang (36,11%) menjadi 7 orang (19,44%) sedangkan lansia yang memiliki kadar asam urat normal meningkat dari 23 orang (63,89%) menjadi 29 orang (80,56%). Hal ini disebabkan oleh adanya penghambatan aktivitas enzim *xanthine oxidase* oleh minuman mengkudu (*Morinda citrifolia*). Besar nilai tertinggi kadar asam urat dalam populasi subyek penelitian juga menurun. Besarnya penurunan diuji dengan *repeated ANOVA* didapatkan hasil *p* sebesar 0,000. Konsumsi minuman mengkudu (*Morinda citrifolia*) mampu menurunkan dan menstabilkan kadar asam urat pada lansia penderita hipertensi.

Kata kunci : hipertensi, asam urat, lansia, minuman mengkudu, *Morinda citrifolia*

ABSTRACT

*Hypertension is a high prevalence non-communicable diseases especially in elderly. Hypertension can cause mortality and morbidity along with rising of complication in disease progressivity. High uric acid value or hyperuricemia is a risk factor potentially lead to complication occurrence. Non pharmacologic therapy researches to manage hypertension and control uric acid level are now established, one of which using noni (*Morinda citrifolia*). This study will show the effect of noni drinks (*Morinda citrifolia*) to uric acid value on elderly with hypertension. Quasi experimental study with pre-post test group design conducted on 36 elderly with uric acid serial measurements during 30 months per 3 day. Data analysis is used with repeated ANOVA to evaluate serial uric acid value after 500 mg noni drinks (*Morinda citrifolia*) consumption. The amounts of elderly that have high uric acid value is declining after the consumption of noni herbal tea, from 13 (36,11%) to 7 people (19,44%). Meanwhile, elderly that have normal uric acid value is increasing from 23 (63,89%) to 29 people (80,56%). This change is caused by blockage of xanthine oxidase enzyme activity by noni drinks (*Morinda citrifolia*). In addition to amounts change, the highest uric acid value in research subject population is also declining. The amount of the decline was tested with repeated ANOVA showed *p* value 0,000. Noni drinks (*Morinda citrifolia*) consumption is able to reduce and stabilize the levels of uric acid in elderly patients with hypertension*

Keyword: *hypertension, uric acid, elderly, noni drinks, Morinda citrifolia*