

**PENERAPAN PEMBERIAN REBUSAN AIR DAUN SIRSAK
UNTUK MENURUNKAN KADAR ASAM URAT
PADA LANSIA**

KARYA TULIS ILMIAH



**AJI PERMADI
NIM : 11025122054**

**PROGRAM STUDI D III KEPERAWATAN
FAKULTAS ILMU KESEHATAN
UNIVERSITAS BAKTI TUNAS HUSADA
2025**

**PROGRAM STUDI D III KEPERAWATAN
FAKULTAS ILMU KESEHATAN
UNIVERSITAS BAKTI TUNAS HUSADA**

Karya Tulis Ilmiah, Juni 2025

Aji Permadi

**Penerapan Pemberian Rebusan Air Daun Sirsak Untuk Menurunkan Kadar
Asam Urat Pada Lansia**

xviii + 71 halaman + 6 tabel + 1 gambar + 12 lampiran

ABSTRAK

Pendahuluan: Asam urat merupakan salah satu penyakit degeneratif yang umum dialami oleh lansia. Pengobatan farmakologis sering menimbulkan efek samping, sehingga dibutuhkan alternatif terapi non-farmakologis yang lebih aman. Daun sirsak (*Annona muricata*) diketahui mengandung senyawa aktif yang memiliki efek antiinflamasi dan antioksidan yang berpotensi menurunkan kadar asam urat. **Tujuan:** Mendeskripsikan penerapan pemberian rebusan air daun sirsak terhadap penurunan kadar asam urat pada lansia di Panti Jompo Welas Asih, Kabupaten Tasikmalaya. **Metode:** Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus terhadap tiga orang lansia yang mengalami hiperurisemia. Intervensi dilakukan dengan pemberian rebusan daun sirsak sebanyak 1 kali per hari selama 7 hari. Data dikumpulkan melalui wawancara, observasi, dan pengukuran kadar asam urat menggunakan alat GCU sebelum dan sesudah intervensi. **Hasil:** Seluruh subjek mengalami penurunan kadar asam urat setelah intervensi. Subjek 1 mengalami penurunan dari 6,4 mg/dL menjadi 3,9 mg/dL, Subjek 2 dari 6,8 mg/dL menjadi 5,1 mg/dL, dan Subjek 3 dari 6,9 mg/dL menjadi 5,1 mg/dL. **Kesimpulan:** Rebusan air daun sirsak menunjukkan efektivitas dalam menurunkan kadar asam urat pada lansia, serta berpotensi menjadi terapi komplementer yang aman dan mudah diakses dalam praktik keperawatan gerontik.

Kata kunci: Asam urat, daun sirsak, keperawatan gerontik, lansia, terapi herbal

**STUDY PROGRAM OF DIPLOMA III IN NURSING
FACULTY OF HEALTH SCIENCES
UNIVERSITAS BAKTI TUNAS HUSADA**

Scientific Paper, June 2025

Aji Permadi

The Application of Soursop Leaf Decoction to Reduce Uric Acid Levels in the Elderly

xviii + 71 pages + 6 tables + 1 figures + 12 appendices

ABSTRACT

Background: Gout is one of the degenerative diseases commonly experienced by the elderly. Pharmacological treatment often causes side effects, hence a safer non-pharmacological alternative therapy is needed. Soursop leaves (*Annona muricata*) are known to contain active compounds with anti-inflammatory and antioxidant effects that have the potential to lower uric acid levels. **Objective:** To describe the application of soursop leaf decoction in reducing uric acid levels among elderly residents of Welas Asih Nursing Home, Tasikmalaya Regency. **Methods:** This study uses a descriptive method with a case study approach to three elderly people who experienced hyperuricemia. The intervention was conducted by administering soursop leaf decoction once daily for seven consecutive days. Data were collected through interviews, observations, and uric acid measurements using a GCU device before and after the intervention. **Results:** All subjects showed a decrease in uric acid levels after the intervention. Subject 1's level dropped from 6.4 mg/dL to 3.9 mg/dL, Subject 2 from 6.8 mg/dL to 5.1 mg/dL, and Subject 3 from 6.9 mg/dL to 5.1 mg/dL. **Conclusion:** Soursop leaf decoction proved effective in reducing uric acid levels in the elderly and has the potential to be used as a safe and accessible complementary therapy in geriatric nursing practice.

Keywords: Elderly, geriatric nursing, herbal therapy, soursop leaves, uric acid.