

Exploring the Role of Enzyme Supplementation in Digestive Disorders: A Systematic Review

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**Diajukan sebagai salah satu syarat untuk memperoleh
Gelar Sarjana Farmasi**



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ABSTRAK

Exploring the Role of Enzyme Supplementation in Digestive Disorders: A Systematic Review

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Abstrak

Gangguan pencernaan sering dikaitkan dengan penurunan aktivitas enzim pencernaan yang berdampak pada terganggunya proses cerna dan penyerapan nutrisi. Suplementasi enzim digunakan sebagai terapi pendamping untuk membantu mengurangi gejala gastrointestinal. Penelitian ini bertujuan meninjau peran suplementasi enzim pada berbagai gangguan pencernaan melalui pendekatan systematic review. Penelusuran literatur dilakukan pada basis data PubMed dan ScienceDirect untuk artikel terbitan tahun 2015–2025 dengan mengikuti alur PRISMA. Sebanyak 41 artikel dianalisis secara sistematis. Hasil kajian menunjukkan bahwa suplementasi enzim, terutama enzim pankreas dan laktase, efektif memperbaiki fungsi pencernaan dan menurunkan keluhan klinis, khususnya pada insufisiensi pankreas eksokrin dan intoleransi laktosa. Pada gangguan pencernaan fungsional, manfaat yang diperoleh masih bervariasi. Secara umum, suplementasi enzim memiliki profil keamanan yang baik dan berpotensi digunakan sebagai terapi adjuvan pada gangguan pencernaan.

Kata kunci: gangguan pencernaan, suplementasi enzim, enzim pencernaan, tinjauan sistematis

Abstract

Digestive disorders are commonly associated with reduced activity of digestive enzymes, which can impair digestion and nutrient absorption. Enzyme supplementation is frequently used as an adjunctive approach to alleviate gastrointestinal symptoms. This study aimed to systematically evaluate the role of enzyme supplementation in the management of digestive disorders. A systematic review was conducted by searching articles published between 2015 and 2025 in the PubMed and ScienceDirect databases, following the PRISMA guidelines. A total of 41 eligible studies were included for analysis. The findings indicate that enzyme supplementation, particularly pancreatic enzymes and lactase, contributes to improved digestive function and symptom reduction, especially in cases of exocrine pancreatic insufficiency and lactose intolerance. In functional digestive disorders, the reported benefits were less consistent. Overall, enzyme supplementation demonstrated a favorable safety profile and shows potential as an adjuvant therapy in digestive disorder management.

Keywords: digestive disorders, enzyme supplementation, digestive enzymes, systematic review.