

MANFAAT INOSINE PRANOBEX PADA PENATALAKSANAAN HERPES GENITAL REKUREN

Tinjauan Sistematis dan Meta-Analisis: Kajian Frekuensi rekurensi

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Latar Belakang: Salah satu masalah terpenting yang terkait dengan herpes genital adalah tingkat kekambuhannya yang tinggi. Kekambuhan ini dapat berdampak buruk pada hubungan personal dan kehidupan seksual pasien, sehingga diperlukan upaya yang memadai untuk mengurangi frekuensinya. Penurunan kerentanan terhadap asiklovir, bioavailabilitas oral yang rendah, dan efek samping dari pilihan pengobatan lini kedua (misalnya: foscarnet, cidofovir) menggarisbawahi kebutuhan akan agen antivirus baru

Metode: Pencarian literatur sistematis dilakukan dengan menggunakan istilah MeSH "*inosine pranobex*", "*acyclovir*" dan "*herpes genital rekuren*". Publikasi kemudian dipilih berdasarkan serangkaian kriteria inklusi dan pengecualian yang ditentukan sesuai dengan Preferred Reporting Items for Systematic Review and Meta-Analysis statement (PRISMA). Lima artikel dimasukkan dalam sintesis kualitatif dan dua di antaranya dimasukkan dalam meta-analisis.

Tujuan: Membuktikan manfaat inosine pranobex pada penatalaksanaan herpes genital rekuren

Hasil: Hasil meta-analisis yang membandingkan manfaat inosin pranobex dan asiklovir dalam mengurangi frekuensi rekurensi dari herpes genital rekuren dianggap berkualitas sedang. SMD keseluruhan frekuensi rekurensi dari herpes genital rekuren adalah -0,174 (95% CI: -0,615 – 0,266, $p > 0,05$), menunjukkan bahwa inosin pranobex dan asiklovir tidak memiliki perbedaan yang signifikan dalam manfaatnya untuk mengurangi tingkat kekambuhan herpes genital.

Kesimpulan: Berdasarkan data tinjauan sistematis dan metaanalisis dapat disimpulkan bahwa inosine pranobex tidak menurunkan frekuensi rekurensi secara statistik pada pasien Herpes Genital Rekuren (HGR). Berdasarkan hal tersebut dapat disimpulkan bahwa manfaat inosine pranobex tidak terbukti dapat menurunkan frekuensi rekurensi secara signifikan.

Kata Kunci: Inosine pranobex, acyclovir, herpes genital rekuren, frekuensi rekurensi

BENEFIT OF INOSINE PRANOBEX IN THE TREATMENT OF RECURRENT GENITAL HERPES:

A Systematic Review and Meta-analysis on Recurrence Rate

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ABSTRACT

Background: One of the most important problem associated with genital herpes is their high recurrence rate. These recurrences may adversely impact patient's personal relationships and sexual life, so that adequate efforts are needed to reduce their frequency. The increasing resistance and low oral bioavailability of first-line treatment options such as acyclovir, valacyclovir or famciclovir, as well as the unfavorable safety profile of second-line treatment options such as foscarnet or cidofovir underscore the need for new antiviral agents.

Objective: Proving the benefit of inosine pranobex in the treatment of recurrent Genital Herpes

Methods: A systematic literature search was performed using the MeSH terms “*inosine pranobex*”, “*acyclovir*” and “*recurrent genital herpes*”. The publications were then selected based on specified sets of inclusion and exclusion criteria in accordance with the Preferred Reporting Items for Systematic Review and Meta-Analysis statement (PRISMA). Five articles were included in the qualitative synthesis and two of them were included in the meta-analysis.

Purpose: Proving the benefits of inosine pranobex in the management of recurrent genital herpes

Results: The result of meta-analysis comparing the benefit of inosine pranobex versus acyclovir in reducing genital herpes recurrence rate was considered to be of moderate-quality. The overall MD of genital herpes recurrence rate was -0.174 (95% CI: -0.615 – 0.266, $p > 0.05$), indicating that inosine pranobex and acyclovir has no significant difference in their benefit to reduce genital herpes recurrence rate.

Conclusion: Based on the data of systematic reviews and metaanalysis it can be concluded that Inosine Pranobex does not decrease the frequency of recurrence statistically in patients with Recurrent Genital Herpes (HGR). Based on this, it can be concluded that the benefits of Inosine Pranobex have not been shown to significantly reduce the frequency of recurrence

Keywords: Inosine pranobex, acyclovir, recurrent genital herpes, recurrence rate