

Abstrak

Latar belakang: Reaksi kusta tipe 1/*Reversal reaction* (RR) merupakan episode inflamasi pada lesi kusta yang sudah ada dan memperparah angka kesakitan pasien. Pengobatannya adalah steroid jangka panjang dengan dosis *tapering-off* yang juga menimbulkan berbagai efek samping sehingga diperlukan alternatif terapi adjuvan untuk meringankan penggunaan steroid. Ekstrak *Rhizoma Curcuma longa* telah menjadi pilihan terapi anti inflamasi pada berbagai penyakit peradangan yang telah ada sebelumnya. Penelitian ini bertujuan untuk mengetahui efek anti inflamasi ekstrak *Rhizoma Curcuma longa* sebagai terapi adjuvan pada pasien *reversal reaction* dengan menganalisis kadar IL-6 serum dan beratnya klinis reaksi kusta. **Metode:** Uji coba *pre dan post test randomized single-blinded controlled trial* dilakukan pada dua kelompok yaitu kontrol (pasien RR dengan terapi steroid & plasebo) dan perlakuan (terapi steroid & ekstrak rimpang *Curcuma longa* 1 gram/hari). Kadar IL-6 serum dianalisis dari pengambilan sampel sebelum dan sesudah intervensi selama satu bulan. Klinis reaksi kusta dinilai dengan derajat disabilitas kusta WHO. **Hasil:** Kadar IL-6 serum pasca-tes pada kelompok kontrol secara signifikan lebih tinggi dibandingkan pada sebelum tes. Kelompok perlakuan menunjukkan kadar IL-6 serum post-test lebih rendah dibandingkan pre-test, meskipun tidak terdapat perbedaan yang signifikan. Beratnya klinis reaksi kusta kelompok perlakuan signifikan berbeda pada *post-test* dan *pre-test* meskipun tidak berbeda signifikan terhadap kelompok kontrol. **Kesimpulan:** Ekstrak rimpang kunyit 1 gram/hari selama satu bulan sebagai terapi tambahan pada pasien reaksi kusta tipe 1 tidak menurunkan kadar IL-6 serum maupun klinis reaksi kusta tipe 1 secara signifikan.

Kata Kunci : Derajat Disabilitas Kusta WHO, IL-6, Kusta, Reaksi Kusta Tipe 1.

Abstract

Background: Leprosy reaction type 1/Reversal reaction (RR) is an inflammatory episode in an existing leprosy lesion and worsens the patient's morbidity. The treatment is long-term steroids with a tapering-off dose which also causes various side effects so alternative adjuvant therapy is needed to ease the use of steroids. *Curcuma longa Rhizoma* Extract has become an anti-inflammatory therapy of choice for various pre-existing inflammatory diseases. This study aims to determine the anti-inflammatory effect of Rhizoma *Curcuma longa* extract as adjuvant therapy in reversal reaction patients by analyzing serum IL-6 levels and the clinical severity of leprosy reactions. **Methods:** *Pre and post test randomized single-blinded controlled trials* were carried out in two groups, namely control (RR patients with steroid & placebo therapy) and treatment (steroid therapy & *Curcuma longa* rhizome extract 1 gram/day). Serum IL-6 levels were analyzed from sampling before and after intervention for one month. Clinical reactions to leprosy are assessed by the WHO leprosy disability degree. **Results:** Post-test serum IL-6 levels in the control group were significantly higher than before the test. The treatment group showed lower post-test serum IL-6 levels than pre-test, although there was no significant difference. The clinical severity of the leprosy reaction in the treatment group was significantly different in the post-test and pre-test although it was not significantly different from the control group. **Conclusion:** *Curcuma longa Rhizoma* extract 1 gram/day for one month as additional therapy in patients with type 1 leprosy reactions does not significantly reduce serum IL-6 levels or clinical type 1 leprosy reactions.

Keyword : IL-6, Leprosy, Reversal reaction, WHO leprosy disability degree.