

**EFEK KOMBINASI DAUN MIMBA (*Azadirachta indica A. Juss*)
dan PEGAGAN (*Centella asiatica, (Linn), Urb.*) TERHADAP
DIABETES MELLITUS TIPE 2 SELAMA 4 MINGGU**

Indrawati, 2009

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ABSTRAK

Telah dilakukan penelitian uji efek obat herbal daun mimba (*Azadirachta indica A.juss*) dan pegagan (*Centella asiatica,(Linn), Urb*) terhadap glukosa darah pasien diabetes mellitus tipe 2. Penelitian dilakukan pada manusia yang positif menderita diabetes mellitus tipe 2 yang mempunyai kadar glukosa darah puasa ≥ 126 mg/dl dan kadar glukosa darah 2 jam setelah makan ≥ 200 mg/dl. Pasien diabetes mellitus dibagi menjadi 2 kelompok yaitu kelompok kontrol dan kelompok uji. Pada kelompok kontrol dilakukan pemeriksaan kadar glukosa darah puasa dan 2 jam setelah makan tanpa pemberian obat herbal. Pada kelompok uji diberikan obat daun mimba dan pegagan masing-masing 500 mg, 3 kali sehari, selama 4 minggu. Setelah 2 minggu terapi diukur kadar glukosa darah puasa dan 2 jam setelah makan, pengukuran dilakukan selama 4 minggu. Dari penelitian tersebut didapatkan hasil bahwa kombinasi obat daun mimba dan pegagan belum dapat menurunkan kadar glukosa darah.

Kata Kunci: Daun mimba (*Azadirachta indica A.juss*), Pegagan (*Centella asiatica,(Linn), Urb*), Diabetes mellitus tipe 2.

**EFFECT COMBINATION OF NEEM TREE (*Azadirachta indica*
A. Juss) and INDIAN PENNYWORT (*Centella asiatica*, (*Linn*),
Urb.) TO DIABETES MELLITUS TYPE 2 FOR 4 WEEKS**

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ABSTRACT

There is a research about Neem Tree (*Azadirachta indica A.juss*) and Indian Pennywort (*Centella asiatica,(Linn)*, herbal medicine to diabetes mellitus type 2 patient's blood glucose. This research is don to patient who positively suffering diabetes mellitus type 2 which blood glucose during the fasting day is ≥ 126 mg/dl and glucose range in 2 post-prandial is ≥ 200 mg/dl. Diabetes mellitus's patien is divided into 2 groups that is control group and test group. At control group, blood glucose during the fasting day is ≥ 126 mg/dl and glucose range in 2 post-prandial is ≥ 200 mg/dl is measured with no herbal medicine. At test group, given a mimba leaf and pegagan medicine each 500 miligram, in 3 times in a day, for 4 weeks. After 2 weeks therapy, glucose grade is measured snd it is done during the fasting day and 2 post prandial. The measurement is done for 4 weeks. The result of the research shows that combination of mimba leaf and pegagan medicine not yet influence blood glucose.

Keyword: Neem Tree (*Azadirachta indica A.juss*), Indian Pennywort (*Centella asiatica,(Linn)*, *Urb*), Diabetes mellitus type 2.