

**AKTIVITAS TERAPI KOMBINASI EKSTRAK BROTOWALI DAN BUAH  
MENGKUDU PADA PENDERITA DIABETES MELLITUS  
TIPE 2 SELAMA 4 MINGGU**

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**ABSTRAK**

Dilakukan uji penelitian efek antidiabetes kombinasi 500 mg ekstrak brotowali dan 500 mg ekstrak mengkudu yang dikemas dalam kapsul kepada penderita Diabetes Mellitus tipe 2. Penelitian ini menggunakan pasien diabetes Mellitus sebanyak 15 orang. Masing-masing penderita akan mendapatkan perlakuan sebagai kontrol dan uji. Sebagai kontrol digunakan hasil kadar gula darah penderita diabetes mellitus tipe 2 sebelum mendapat perlakuan. Sebagai uji digunakan kadar gula darah penderita setelah diterapi selama 4 minggu. Pengukuran kadar glukosa darah penderita dilakukan setiap 2 minggu dengan cara mengambil *whole blood* pasien dan diukur dengan alat check gula darah "Optium Omega". Hasil pengamatan kadar glukosa darah menunjukkan perbedaan yang tidak bermakna antara pengukuran kadar glukosa darah kontrol dengan pengukuran kadar glukosa darah uji pada minggu ke-4. Pemberian kombinasi obat herbal 500 mg ekstrak brotowali dan 500 mg ekstrak mengkudu pada penderita Diabetes Mellitus tipe 2 tidak efektif dalam menurunkan kadar gula darah pada pasien diabetes mellitus tipe 2.

**Kata kunci** : mengkudu (*Morinda citrifolia*), brotowali (*Tinospora crispa (L) Miers*), diabetes mellitus tipe 2

**THE ACTIVITY OF THERAPY FROM THE HERBAL DRUG  
COMBINATION OF BROTOWALI AND MENKUDU TO TYPE 2  
DIABETES MELLITUS PATIENT FOR 4 WEEKS**

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**ABSTRACT**

Have done a study of antidiabetic effect in combination of 500 mg brotowali extract and 500 mg of mengkudu extract that packed in a capsule that given to the type 2 diabetes mellitus patients. This study used 15 patient. Each patient were treated as a control and as a testing subject. As a control, was used the result of measuring on blood glucose level of type 2 diabetes mellitus patients before they were given the treatment. As a testing subject, they were given combination of mengkudu extract and brotowali extract that packed in a capsule on 4 weeks. The measuring of blood glucose level have done every 2 week, the method was by taking the patient's whole blood and were measured used blood glucose check tool named "Optium Mega". The result of measuring blood glucose showed that there was no meaningful difference between control and testing subject after 4 weeks. Giving combination of 500 mg brotowali extract and 500 mg mengkudu extract to the type 2 diabetes mellitus patients could not result a meaningful decrease on blood glucose level.

**Keyword** : mengkudu (*Morinda citrifolia*), brotowali (*Tinospora crispa (L) Miers*), type 2 of diabetes mellitus