

**STUDI PENDAHULUAN AKTIVITAS EKSTRAK  
BROTOWALI (*Tinospora crispa*) DAN MENGGKUDU (*Morinda  
citrifolia*) TERHADAP KADAR GULA DARAH PENDERITA  
DIABETES MELLITUS TIPE 2 SELAMA 6 MINGGU**

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**ABSTRAK**

Telah dilakukan penelitian aktivitas ekstrak brotowali (*Tinospora crispa*) dan mengkudu (*Morinda citrifolia*) terhadap glukosa darah penderita diabetes mellitus tipe 2 selama 6 minggu. Penelitian dilakukan pada manusia yang positif menderita diabetes mellitus yang mempunyai kadar glukosa darah puasa  $\geq 126$  mg/dl dan kadar glukosa darah 2 jam setelah makan  $\geq 200$ mg/dl. Sebelum diterapi dengan kombinasi ekstrak brotowali dan mengkudu pasien diukur kadar glukosa darah puasa dan 2 jam setelah makan, sebagai data kontrol. Pasien diberikan terapi kombinasi ekstrak brotowali dan mengkudu selama 6 minggu. Pengukuran kadar glukosa darah pasien puasa dan 2jam setelah makan dilakukan setiap 2 minggu sekali. Dari hasil penelitian tersebut didapatkan hasil bahwa kadar glukosa darah puasa dan 2 jam setelah makan menunjukkan perbedaan tidak bermakna antara kontrol dengan pemberian kombinasi ekstrak brotowali dan mengkudu.

**Kata Kunci:** Brotowali (*Tinospora crispa*), Mengkudu (*Morinda citrifolia*), Diabetes mellitus tipe 2

**ACTIVITY OF COMBINATION EXTRACT OF BITTER  
GRAPE (*Tinospora crispa*) AND INDIAN MULBERRY(*Morinda  
citrifolia*) TO BLOOD GLUCOSE OF TYPE 2 DIABETES  
MELLITUS PATIENT FOR 6 WEEKS**

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**ABSTRACT**

There is research about activity of combination extract bitter grape (*Tinospora crispa*) and indian mulberry (*Morinda citrifolia*) to blood glucose of type 2 diabetes mellitus for six weeks. This research is done to patient who positively suffering diabetes mellitus which blood glucose during fasting  $\geq 126$  mg/dl and glucose in 2 post-prandial  $\geq 200$ mg/dl. Before therapy with combination of extract bitter grape and indian mulberry, diabetes mellitus's patient measure glucose fasting and glucose 2 post-prandial, as control. Patient are give therapy with combination of extract bitter grape and indian mulberry for six weeks. The measurement is done for 2 weeks. The result of research shows that glucose level during the fasting and 2 post prandial has different doesn't meaning between control and with therapy combination extract of bitter grape and indian mulberry.

Keyword: Bitter grape (*Tinospora crispa*), Indian mulberry (*Morinda citrifolia*), Diabetes mellitus type 2

