ABSTRAK

Peningkatan kadar asam urat, ureum, dan kreatinin dalam darah serta kerusakan jaringan ginjal sering dikaitkan dengan gangguan fungsi ginjal. Penelitian ini bertujuan untuk mengevaluasi efek sirup beras merah (Oriza nivara) dan madu akasia (Acacia carpa) terhadap kadar uric acid, ureum, kreatinin, serta gambaran histopatologi ginjal pada tikus putih (Rattus norvegicus) yang diinduksi aloksan. Sebanyak 20 ekor tikus dibagi menjadi 4 kelompok: kontrol negatif, kontrol positif, dan dua kelompok perlakuan dengan dosis sirup beras merah masing-masing 5 mg/kgBB dan 15 mg/kgBB. Pengukuran kadar uric acid, ureum, kreatinin dilakukan pada hari ke-0, ke-7, ke-14, ke-21, dan ke-28, sementara evaluasi histopatologi ginjal dilakukan setelah 28 hari perlakuan.

Hasil penelitian menunjukkan bahwa sirup beras merah secara signifikan menurunkan kadar uric acid, ureum, dan kreatinin pada kelompok perlakuan dibandingkan dengan kelompok kontrol negatif. Analisis histopatologi ginjal juga menunjukkan perbaikan kerusakan ginjal pada kelompok perlakuan setelah 28 hari pemberian sirup beras merah dan madu akasia. Dengan demikian, sirup beras merah dan madu akasia berpotensi sebagai agen terapeutik dalam menjaga kesehatan ginjal melalui penurunan kadar biokimia darah dan perbaikan histopatologi ginjal.

Kata kunci: *sirup beras merah, madu akasia, ginjal, uric acid, ureum, kreatinin, histopatologi.*

ABSTRACT

Increased levels of uric acid, ureum, and creatinine in the blood as well as damage to kidney tissue are often associated with impaired renal function. This study aims to evaluate the effects of brown rice syrup (Oriza nivara) and acacia honey (Acacia carpa) on uric acid, ureum, creatinine levels, and renal histopathology in alloxan-induced white rats (Rattus norvegicus). A total of 20 rats were divided into 4 groups: negative control, positive control, and two treatment groups with doses of brown rice syrup of 5 mg/kgBB and 15 mg/kgBB, respectively. Measurement of uric acid, urea, and creatinine levels was done on the 0th, 7th, 14th, 21st, and 28th days, while evaluation of kidney histopathology was done after 28 days of treatment.

The results showed that brown rice syrup significantly reduced uric acid, urea, and creatinine levels in the treatment group compared to the negative control group. Histopathology analysis of the kidneys also showed improvement in kidney damage in the treatment group after 28 days of administration of brown rice syrup and acacia honey. Thus, brown rice syrup and acacia honey have the potential as therapeutic agents in maintaining kidney health through reducing blood biochemical levels and improving kidney histopathology.

Keyword: *brown rice syrup, acacia honey, kidney, uric acid, ureum, creatinine, histopathology.*