

**GAMBARAN KADAR *LOW DENSITY LIPOPROTEIN* DARAH SEBELUM  
DAN SESUDAH TERAPI *AURICULAR ACUPUNCTURE* DI FAKULTAS  
KEDOKTERAN UNIVERSITAS YARSI DITINJAU  
DARI KEDOKTERAN DAN ISLAM**

Putri Utari Azde<sup>1</sup>, Syukrini Bahri<sup>2</sup>, Siti Marhamah<sup>3</sup>.

<sup>1</sup>Fakultas Kedokteran Universitas YARSI

<sup>2</sup>Departemen Pendidikan Fakultas Kedokteran Universitas YARSI

<sup>3</sup>Departemen Pendidikan Agama Universitas YARSI

**ABSTRAK**

**Latar Belakang:** Obesitas dan berat badan *overweight* berisiko tinggi terjadinya kadar *low density lipoprotein* (Kolesterol LDL) darah yang abnormal dan merupakan faktor predisposisi terjadinya aterosklerosis. Terapi *auricular acupuncture* (AA) dipercaya dapat menghambat penimbunan lemak dan peningkatan kadar Kolesterol LDL darah. Terapi ini dianggap mudah untuk dilaksanakan dan efektif dengan efek samping yang minimal. **Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran terapi *auricular acupuncture* sebagai terapi alternatif penurunan berat badan terhadap kadar Kolesterol LDL darah di FK Universitas Yarsi serta untuk mengetahui pandangan Islam terhadap penerapan terapi akupuntur ini. **Metode:** Penelitian ini menggunakan rancangan penelitian deskriptif. Teknik pengambilan sampel dilakukan dengan cara *total sampling*. Total responden penelitian adalah 10 responden dengan kriteria responden yaitu pasien dengan rentang umur 35- 50 tahun dan jenis kelamin wanita. Pengambilan sampel darah responden diambil sebelum dan sesudah terapi. Analisa penelitian ini menggunakan pengukuran distribusi frekuensi. **Hasil:** Dalam penelitian ini, proporsi responden yang mengalami kejadian penurunan kadar Kolesterol LDL darah sesudah terapi sebanyak 5 orang (50%), walaupun penurunan kadar Kolesterol LDL darah sesudah terapi tidak mencapai kategori normal. Didapatkan juga hasil 4 orang dari 8 orang sebelumnya dengan kadar Kolesterol LDL darah tinggi mengalami penurunan kadar Kolesterol LDL darah setelah dilakukan terapi. **Simpulan:** Penelitian ini menggambarkan bahwa terapi *auricular acupuncture* dapat menurunkan kadar Kolesterol LDL darah sesudah diterapi dengan menstimulasi pusat kenyang dan mensupresi pusat lapar. Berdasarkan tinjauan Islam terhadap hukum melakukan terapi *auricular acupuncture* dibolehkan (mubah). Hal ini dikarenakan terapi *auricular acupuncture* sangat bermanfaat dalam menurunkan kadar Kolesterol LDL darah yang tinggi dan tidak menimbulkan efek samping berbahaya sehingga terapi alternatif ini aman dipraktikkan di dunia kedokteran.

Kata Kunci : Akupuntur aurikular, Kolesterol LDL, obesitas, berat badan

**DESCRIPTION OF LOW DENSITY LIPOPROTEIN LEVEL BEFORE AND  
AFTER AURICULAR ACUPUNCTURE THERAPY IN FACULTY  
OF MEDICINE YARSI UNIVERSITY VIEWED FROM  
MEDICINE AND ISLAMIC PERSPECTIVE**

Putri Utari Azde<sup>1</sup>, Syukrini Bahri<sup>2</sup>, Siti Marhamah<sup>3</sup>.

<sup>1</sup>Faculty of Medicine YARSI University

<sup>2</sup>Departement of Medical Education YARSI University

<sup>3</sup>Departement of Islamic Education YARSI University

**ABSTRACT**

**Background:** Obesity and overweight are at high risk causing abnormal low density lipoprotein (Kolesterol LDL) level and a predisposing factor of atherosclerosis. Auricular acupuncture (AA) therapy is believed to inhibit fat accumulation and increase in Kolesterol LDL level. This therapy is considered easy to practice and effective with minimal side effects. **Aim:** This study aims is to know the description of auricular acupuncture therapy as an alternative weight reduction on Kolesterol LDL blood level in Faculty of Medicine Yarsi University as well as the Islamic perspective on auricular acupuncture practice. **Methods:** This study uses descriptive quantitative research design. The sampling collection was done by total sampling. Total survey respondents were 10 respondents with the respondents' criterias are the patients age between 35 – 50 years old and female gender. Blood samples examination is taken before and after the therapy. The data was analyzed by using frequency distribution measurement. **Result:** In this study, the respondents proportion experienced reduction in Kolesterol LDL level are 5 respondents (50%) from 10 respondents, although the Kolesterol LDL level does not reach normal category. This study also observed 4 respondents from 8 respondents previously with high Kolesterol LDL level occurred reduction in Kolesterol LDL level after the therapy. **Conclusion:** This study shown that auricular acupuncture therapy may reduce Kolesterol LDL level by stimulating satiety center and suppressing hunger center in the hypothalamus. According to Islamic view on the law of auricular acupuncture practice is allowed in Islam (mubah). The reason auricular acupuncture therapy is safe to practice in medicine because it is very contributing in lowering Kolesterol LDL level and does not inflict any dangerous side effects.

Keywords : Auricular acupuncture, Kolesterol LDL, obesity, weight