

**EFFORTS TO INCREASE KNOWLEDGE OF THE SOURSOP LEAVES  
TO REDUCE THE PAIN IN PATIENS WITH GOUT ARTHRITIS  
THROUGH THE MEDIUM OF BOOKLET**

Nur Fadlillah, Eska Dwi Prajayanti

[nurfaddil25@gmail.com](mailto:nurfaddil25@gmail.com)

'Aisyiyah University Surakarta

**SUMMARY**

**Background :** *Gout arthritis disease caused by the accumulation of monosodium uric crystals due to the high levels of uric acid in the blood resulting in pain in the joints. The pain experienced on an average of 3-6 scale. In Central Java, especially in Sukoharjo Regency there are 304 cases of joint disease, namely osteoarthritis, pain due to acute and chronic gout and rheumatoid arthritis. If gout arthritis pain is not treated immediately it can change the structure of the joints. Consuming decoction the soursop leaf is the one of the non pharmacology therapy which serves as analgetik that can reduce pain. Consuming 200ml of the the soursop leaf decoction taken twice/day for 7 day consecutive days can rreduce gout arthritis pain. After drinking for 7 days the patient experienced a decrease in pain on a scale of 1-4.* **Method:** *The importance of information and knowledge about the consumption of soursop leaf decoction to reduce the pain of gout arthritis sufferers, it is educated with a media booklet containing information about the consumption of soursop leaf decoction.* **Results :** *The educational media title of this booklet is "Consumption of Soursop Leaf Decoction To Help Reduce Uric Acid Pain".* **Conclusion :** *Booklet about decoction of soursop leaves can be a source of information and knowledge for the community, especially people with gout arthritis who experience pain*

**Keywords:** *gout, arthritis, pain, the soursop leaves, booklet*