

**THE APPLICATION OF SOURSOP JUICE TO URIC ACID LEVELS IN  
THE ELDERLY IN THE WORK AREA OF THE MOJOLABAN  
SUKOHARJO HEALTH CENTER**

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**ABSTRACT**

**Background :** *Elderly people are susceptible to various diseases, one of which is often suffered by the elderly, one of them is gout, gout is a metabolic waste product that cannot be excreted so that the substance crystallizes and accumulates in the joints resulting in severe pain and will interfere with comfort. The application of soursop juice is one of the non-pharmacological treatments of gout that is effective for reducing uric acid levels.* **Research Objectives :** *To describe the results of the application of soursop juice to uric acid levels in the elderly in the work area of the Mojolaban Sukoharjo Health Center in 2019.* **Research Methods :** *This study used case study research with a descriptive research design.* **Research Results :** *The application of soursop juice was carried out for 7 days as much as 500 ml a day, it was proven that both respondents experienced a decrease in uric acid levels. The level of uric acid before being given the application of soursop juice in respondents I and II was classified as high but after being given the application of soursop juice the level of uric acid in the respondents became decreased or within normal limits.* **Conclusion :** *The application of soursop juice can reduce uric acid levels if routinely consumed.*

**Keywords :** *Gout, Soursop juice, Elderly*