

The Effect Of Salam Leaves (*Syzygium polyanthum*) To Lower Uric Acid Levels Through Booklet Media

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SUMMARY

Background: Uric acid is inflammation of the joints due to increased levels of uric acid in the blood, due to disruption of purine metabolism. Gout disease 35% occurs in men over 45 years Indonesia prevalent at the age of 55-64 years 45% Age 65-75 51.9%. Age 27 years 54.8%. The prevalence of gout based on diagnosis by health workers in Indonesia is 7.3% and based on diagnosis or symptoms 24.7%. The decoction of bay leaves can help reduce uric acid levels because it contains flavonoid compound that can inhibit uric acid formation. **Method:** With the medium of the booklet "Leaves of bay leaves to reduce levels". **Results:** Output in the form of a booklet containing the understanding of uric acid and how to make gout leaves decoction to reduce uric acid levels. **Conclusion :** Booklet to reduce uric acid levels is useful as a medium for public education. so that it can be applied independently.

Keywords: *Uric acid, bay leaf stew, Bay leaves, Booklet.*