

**PENGARUH AKUPUNKTUR TITIK PC6, SP4 DAN ST44 TERHADAP
PENURUNAN KELUHAN *WEI WAN TONG* (NYERI ULU HATI)
MELALUI PENILAIAN SF-LDQ**

Abstrak

Akupunktur dapat digunakan untuk mengurangi banyak keluhan medis, terutama rasa nyeri. Tujuan: penelitian ini ditujukan untuk mengetahui apakah kombinasi titik PC6, SP4, dan ST44 dapat mengurangi *Wei Wan Tong* (nyeri ulu hati). Metode: delapan dari total sepuluh subjek diberi terapi 12 kali dalam satu bulan (Mei-Juni 2019) dan dua subjek *drop out*. Penelitian ini membandingkan perlakuan akupunktur menggunakan manipulasi manual di titik PC6, SP4, dan ST44 (grup terapi) dan perlakuan di luar titik akupunktur (grup kontrol). Pengukuran dilakukan sebelum menjalani terapi (*pre-test*), setelah terapi ke-6 (*post-test 1*), dan setelah terapi ke-12 (*post-test 2*) menggunakan penilaian *Short Form - Leeds Dyspepsia Questionnaire* (SF-LDQ). Hasil: analisa statistik Uji Beda Antar Grup – Mann Withney menunjukkan penurunan rerata nilai skor SF-LDQ yang nyata (11.50 ± 1.73) pada kelompok terapi, dengan nilai *p* delta *pre-test* – *post-test 1* = 0.007 dan nilai *p* delta *pre-test* – *post-test 2* = 0.017. Kesimpulan: terapi akupunktur titik PC6, SP4, dan ST44 dapat menurunkan keluhan nyeri ulu hati.

Kata kunci : PC6, SP4, ST44, *Wei Wan Tong*, SF-LDQ

**THE ACUPUNCTURE EFFECT OF PC6, SP4 AND ST44 ON THE
DECREASE OF *WEI WAN TONG* (EPIGASTRIC PAIN) THROUGH SF-
LDQ ASSESSMENT**

Abstract

Acupuncture technique can be used to reduced many kinds of medical complaints, especially pain. Purpose: this research deliver to investigate whether the combination of PC6, SP4 and ST44 points can reduce *Wei Wan Tong* (epigastric pain). Methods: eight of total ten subjects were treated 12 times for a month (May-June 2019) and two subjects dropped out. This research compared treatment acupuncture using manual manipulation of PC6, SP4, and ST44 points (therapy group) and treatment in the outside of acupuncture point (control group). The scoring is done before therapy (pre-test), after 6th therapy (post-test 1), and after 12th therapy (post-test 2) through the Short Form - Leeds Dyspepsia Questionnaire (SF-LDQ) assessment. Results: the statistical analysis of the Inter-Group Differential Test with Mann Withney shows a decrease in the mean value of the SF-LDQ score that is real (11.50 ± 1.73) in therapy group, with the value of p delta pre-test – post-test 1 = 0.007 and the value of p delta pre-test – post-test 2 = 0.017. Conclusion: acupuncture therapy of PC6, SP4, and ST44 points can reduce epigastric pain.

Keywords: PC6, SP4, ST44, *Wei Wan Tong*, SF-LDQ