

# The Impact of Graptophyllum Pictum Steeping to Hemorrhoid Disease Healing at Setia Insane Clinic, Sepatan Timur District, Tangerang Regency

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## ABSTRACT

Based on the United Nations Organization (UNO) annual report, the number of hemorrhoids occurred worldwide, with a percentage of 54% having hemorrhoid disorder. In Indonesia, based on the data of the health ministry obtained from hospitals in 33 provinces, there were 355 patients with hemorrhoids, both internal and external. Hemorrhoid is widening and inflammation blood vein of vena in anus area which originates from hemorrhoidal plexus. Data of hemorrhoid prevalence on both international and national scales are unstable. Hemorrhoid disease is not a disease that threatens lives (Health Ministry, 2015). Graptophyllum is a herbal plant with a lot of vital power but is not familiar in society. The content of this plant is flavonoid, tannin, alkaloid, steroid, saponin, alcohol, oxalate calcium that heals (hemorrhoid degree I-IV). This research aimed to determine the impact of steeping of Graptophyllum Pictum on the disease. This research method was pre-experimental research with one group pretest-posttest. The sample of this research was 35 people. Sampling was done with total selection. This research was conducted in the period of January to July 2020. The study used the Wilcoxon test. It was found p-value 0,000 &lt;math>\alpha = 0,05</math> for hemorrhoid downgrading step by step, it was found p-value 0,000;  $\alpha = 0,05$ , it can be concluded that there is the impact of steeping of graptophyllum Pictum to the healing of hemorrhoid. Suggestion; from this, it is expected to assist and improve the society's knowledge so that it can overcome the health problem due to hemorrhoid

**Keywords:** Hemorrhoid, graptophyllum pictum

## 1. INTRODUCTION

Health is a basic need of every human being to live a decent, productive life and compete to improve his standard of living. Technological developments in the health sector have progressed rapidly in the last century. However, the reach of this health service is still limited, meaning that there are still many people who have not been able to enjoy quality health services [1]. According to Law No. 38 of 2014

explains that nursing is an activity of providing care to individuals, families, groups, or communities, both sick and healthy. Nurses develop nursing care plans and work closely with doctors, therapists, patients, patients' families, and other teams to focus on disease care to improve quality of life.

According to the Ministry of Health in 2015 explained hemorrhoids are dilation and inflammation of the veins in the anal area

originating from the hemorrhoidal plexus. Data on the prevalence of hemorrhoids on an international and national scale is currently uncertain because hemorrhoids are not life-threatening diseases. However, there is a study on the prevalence of hemorrhoids in adults with 976 respondents that 380 respondents (38.93%) had hemorrhoids. In 277 respondents (72.89%), hemorrhoids were classified as grade I, 70 respondents (18.42%) as grade II, 31 respondents [2].

Grade III (8.16%), and two respondents (0.53%) as grade III. IV. Then 170 respondents (44.74%) complained of symptoms related to hemorrhoids, while 210 respondents (55.26%) reported no symptoms [3].

Hemorrhoids or hemorrhoids are protrusions of the supporting tissue in the anus, which contains dilated blood vessels in the anus. This situation has been a pervasive problem reported for hundreds of years. Based on the annual report of the World Health Organization (WHO), the incidence of hemorrhoids occurs in all countries, with a presentation of 54% experiencing hemorrhoidal disorders. In Indonesia, based on data from the Ministry of Health obtained from hospitals in 33 provinces, 335 patients are suffering from hemorrhoids, both external and internal [4].

Handling hemorrhoids can be done through medication or surgery for a more severe stage. Topical (ointments, suppositories) and oral preparations are available to treat hemorrhoids. Hemorrhoid preparations contain analgesics, steroids, antiseptics, protective substances, vasoconstrictors, astringents, and keratolytic [5]. However, for prevention, it is recommended to change eating patterns with healthy foods, avoid the habit of straining, eliminate the practice of lingering during defecation, do activities such as regular exercise and doing

drink 6-8 glasses of water a day [6]. Hemorrhoids or hemorrhoids are protrusions of the supporting tissue in the anus, which contains dilated blood vessels in the anus. This situation problem reported for hundreds of years. Based on the annual report of the World Health Organization (WHO) [7,8,9,10,11,12,13,14], the incidence of hemorrhoids occurs in all countries, with a presentation of 54% experiencing hemorrhoidal disorders. Graptophyllum pictum is one of the traditional medicinal plants widely cultivated in India and Malaysia but is still not commonly produced in Indonesia. Graptophyllum pictum is one of the medicinal plants with many benefits but is not widely known by the public. Graptophyllum pictum plants in Indonesia can be found as wild plants, hedge plants or ornamental plants. Graptophyllum pictum can be grown wild or planted as an ornamental plant. This plant is suitable for growing in lowland areas up to 1250 meters above sea level [7].

## **2. RESEARCH METHOD**

This research design uses quantitative research methods. The design of this study uses a pre-experimental approach with a one-group pretest-posttest approach, which is a study conducted to assess one group as a whole without using a comparison group (control), but in this study using a pretest before being given treatment. Then after the treatment is given a posttest. Thus the results of the treatment can be obtained. It was known to be more accurate because it can compare with the situation before being given treatment [8].

**Table 1** Design Research

<i>Pretest</i>	<i>Treatment</i>	<i>Posttest</i>
01	x	02

Information

01 : First measurement (pretest)

X: Treatment or experiment

02 : Second measurement (posttest)

**A. Location and Time**

This research was conducted at the SetiaInsani Clinic, East Sepatan District, from January to July 2020. The population in this study were hemorrhoidal patients who were treated at the Setia Insani Clinic, East Sepatan District, as many as 35 people. The sampling method used in this study is non-probability sampling. Each population does not necessarily have the same opportunity to be selected as a subject in the sample by taking all the population as samples.

Because the population of this study was less than 100, the researchers took a total sample of 35 people. Data was collected by filling out demographic sheets by respondents willing to be given intervention, then checking hemorrhoids on the first day before being given *Graptophyllum pictum* decoction and checking again on the 7th day after being given *Graptophyllum pictum* decoction.

*Graptophyllum Pictum* decoction is taken once a day in the morning.

**3. RESULT AND DISCUSSION**

**Univariate Analysis**

**1. Age**

Respondents in this study were 35 respondents in hemorrhoid patients at Setia

Insani Clinic, East Sepatan District, Tangerang Regency. Based on the research, the age of the respondents varies between 20 years to 70 years. More details on the age distribution of respondents in this study can be seen in the following

table:

**Table 2.** Distribution of Age Frequency at Setia Insani Clinic, East Sepatan District, Tangerang Regency (n=35)

Variable	age (year)	N	%	Min	Max	Mean
age	20-40	8	22,9	20	70	46
Respondents	41-70	27	77,1			
Totally		35	100			

**2. Respondent's gender**

In this study were 35 respondents in hemorrhoid patients at Setia Insani Clinic, East Sepatan District, Tangerang Regency. The distribution of sex frequencies at Setia Insani Clinic, East Sepatan District, Tangerang Regency in this study is described in the following table:

**Table 3.** Distribution of Sex Frequency at Setia Insani Clinic, East Sepatan District, Tangerang Regency (n = 35)

Variable	N	%
man	15	42,9%
woman	20	57,1%
Totally	35	100

### 3. Last Education

Respondents in this study were 35 respondents in hemorrhoid patients at SetiaInsani Clinic, East Sepatan District, Tangerang Regency. The distribution of the latest education frequency at Setia Insani Clinic, East Sepatan District, Tangerang Regency in this study is described in the following table:

**Table 4** Frequency Distribution of Education Levels at Setia Insani Clinic, East Sepatan District, Tangerang Regency (n = 35)

Variable	N	100%
No school	5	14,3
primary school	17	48,6
junior high school	9	25,7
senior High School	4	11,4
Total	35	100

### 4. Degree of Pre-Intervention Hemorrhoids

The degree of hemorrhoids before being given the purple leaf decoction. In this study, 35 respondents who suffered from hemorrhoids at Setia Insani Clinic, East Sepatan District, Tangerang Regency were described in the following table:

**Table 6** Frequency Distribution of Degrees of Hemorrhoids Pre Given Decoction of Purple Leaves at Setia Insani Clinic, East Sepatan District, Tangerang Regency (n = 35)

Variable	Hemorrhoids Degree	N	%	Mean	Max	Mean
Hemorrhoids	Normal	-	-			
	Degree I	5	14,3	2	3	0,00
Limits	Grade II	30	85,7			
	Grade III	-	-			
	Grade IV	-	-			
<b>Tot</b>		<b>35</b>	<b>100</b>			

### 6) The average reduction in the degree of hemorrhoids

The average decrease in the degree of hemorrhoids at the Setia Insani Clinic, East Sepatan District, Tangerang Regency as manyas 35 respondents is described in the following table:

**Table 5** Frequency Distribution of Average Decrease in Degrees of Pre Before and PostIntervention Given Purple Leaf Decoction at Setia Insani Clinic, East Sepatan District, Tangerang Regency (n=35)

Variable	Mean	Average decrease in the degree of hemorrhoids
<b>Hemorrhoids</b>	Pre	0,00
	Intervention	18,00
<b>Limits</b>	Post	
	Intervention	
	tion	

**Bivariate Analysis**

**Table 7** Degree of pre and post hemorrhoids given purple leaf decoction at Setia Insani Clinic, East Sepatan District, Tangerang Regency (n=35)

Degree of Hemorrhoids	Mean	P-Value
Before Giving Purple Leaf Decoction	18,00	0,000
After Giving Purple Leaf Decoction		

Based on Table 7 shows that the results of statistical analysis using the Wilcoxon test obtained p-value = 0.000 <= 0.05. H<sub>a</sub> is accepted, meaning that Graptophyllum Pictum decoction has an effect on the treatment of hemorrhoids at Setia Insani Clinic, East Sepatan District, Tangerang Regency, with an average decline at 18.00.

The results of statistical tests obtained a value (P-value = 0.000). So that the p-value <0.05, that H<sub>0</sub> is rejected and H<sub>a</sub> is accepted, which means that there is a significant effect between Graptophyllum Pictum decoction and hemorrhoidal disease at Setia Insani Clinic, East Sepatan District, Tangerang Regency.

**Decrease in the degree of hemorrhoids**

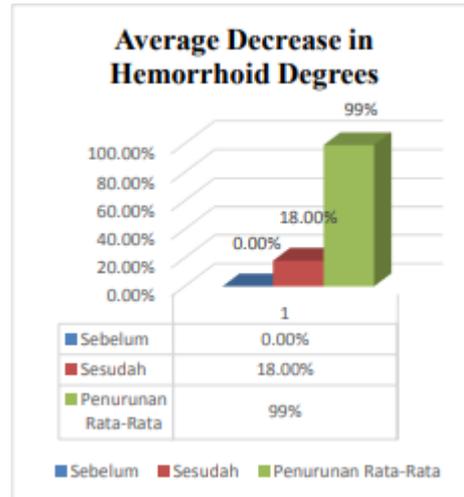


Diagram 1 shows that the average degree of hemorrhoids before being given Graptophyllum Pictum decoction is 0.00%, and the average degree of hemorrhoids after being given Graptophyllum Pictum decoction is 18.00%. The average decrease in the degree of hemorrhoids are 99%.

This research was conducted by Events, in 2012, with the title "Clinical Observation of Herbal Formulas for Hemorrhoids". The purpose of the study was to determine the benefits and safety level of using herbal formula in medicine. The parameters used are the frequency of recurrence, pain, bleeding, prolapse or lumps, and the results of the blood laboratory. The study results on the frequency of recurrence appeared to be a significant decrease on day 28 with p>0.05. For the degree of pain and bleeding, there was a substantial decrease on the 7th day with p>0.05. Meanwhile, on nature of the lump or degree of hemorrhoids, there was a significant decrease on the 56th day with p>0.05. And in terms of safety, this herbal medicine does not interfere with or change liver and kidney function [9].

This research was conducted by Sari, in 2016, with the title "The Effect of Giving

Extracts of Wungu (*Graptophyllum Pictum* Griff) and Pegagan (*Centella Asiatica*) Leaf Extracts on Hemorrhoids Patients in Payaman Village, Solokuro Lamongan" [15]. The purpose of this study was to determine the effect of oral administration of wungu and gotu kola leaf extract on pain intensity, amount of bleeding and lump size in hemorrhoid sufferers. The results showed a decrease in the intensity of pain, the amount of bleeding, and the hemorrhoidal lump size [16,17,18,19,20]. The respondent's pain intensity before treatment was classified as moderate pain, and after treatment, the average respondent did not feel pain anymore. The number of respondents bleeding before treatment on average is quite large, and after treatment on average, there is no bleeding. The decrease in lumps after respondents were given treatment was 0.55cm compared to before treatment of 1.10cm with a difference in the average amount of 0.54 cm. Wilcoxon test results for pain intensity  $p$ -value = 0.002 and the amount of bleeding  $p$  = 0.003, t-test results for lump size  $p$  = 0.000. Based on the results above, The administration of wungu leaf extract and gotu kola can significantly reduce pain intensity, amount of bleeding and lump size in hemorrhoidal patients ( $p < 0.05$ ).

#### 4. CONCLUSIONS

After discussing the results of the study as discussed previously, the respondents experienced hemorrhoids at the Setia Insani Clinic, East Sepatan District, Tangerang Regency:

1. Respondents were identified based on age. Most of the respondents were 41-70 years old (77%). Respondents by gender showed that more than half of the respondents were female, as many as 20 respondents (57%). Respondents based on the latest education shows that the

education level of almost half of the respondents is elementary school as many as 17 respondents (49%).

2. Respondents identified based on the degree of hemorrhoids before being given *Graptophyllum Pictum* decoction. More than half of the respondents with grade II hemorrhoids were 30 respondents (86%), a small proportion of respondents with grade I hemorrhoids were five respondents (14%).
3. Respondents identified based on the degree of hemorrhoids after being given a decoction of *Graptophyllum Pictum*. More than half of the respondents with grade I hemorrhoids were 30 respondents (86%), five respondents had no hemorrhoids disease (14%).
4. It was identified that the average decrease in the degree of hemorrhoids in respondents before being given *Graptophyllum Pictum* decoction was 0.00%, and the average reduction in hemorrhoids in respondents after being given *Graptophyllum Pictum* decoction was 18.00%. The average decrease in the degree of hemorrhoids is 99%.
5. Thirty-five respondents who were given a decoction of *Graptophyllum Pictum* obtained a gradual decrease in the degree of hemorrhoids after using the Wilcoxon test. The  $p$ -value = 0.000  $< = 0.05$ , then  $H_a$  was accepted, meaning that *Graptophyllum Pictum* decoction had an effect on the treatment of hemorrhoids at the Setia Insani Clinic, East Sepatan District Tangerang Regency.

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