

**PERBANDINGAN EFEKTIVITAS AIR REBUSAN DAUN KERSEN  
(*MUNTINGIA CALABURI L.*) DENGAN *CHLORHEXIDINE GLUCONATE* 0,2%  
TERHADAP PENURUNAN INDEKS PLAK**

**Taufik Nur Ikhsan<sup>1</sup>, Nur Khamilatusy Sholekah<sup>2</sup>, Hayyu Failasufa<sup>3</sup>**

<sup>1</sup>Program Studi S1 Pendidikan Kedokteran Gigi, Fakultas Kedokteran Gigi, Universitas Muhammadiyah Semarang. Telpn : (024) 74640230, email:

[taufik.ikhsan7996@gmail.com](mailto:taufik.ikhsan7996@gmail.com) <sup>2</sup>Dosen Program Studi S1 Pendidikan Dokter Gigi,

Fakultas Kedokteran Gigi, Universitas Muhammadiyah Semarang

**ABSTRAK**

**Pendahuluan :** Kesehatan gigi dan mulut merupakan salah satu bagian terpenting dalam menjaga kesehatan tubuh secara keseluruhan. Masalah kesehatan gigi dan mulut yang sering terjadi di masyarakat yaitu karies yang umumnya disebabkan oleh plak. Pencegahan akumulasi plak atau kontrol plak dapat dilakukan dengan menjaga kebersihan dan kesehatan mulut setiap saat . Kontrol plak secara mekanik dengan cara menyikat gigi dan flossing, sedangkan kontrol plak secara kimiawi dilakukan dengan obat kumur. Salah satunya adalah *Chlorhexidine Gluconate* 0,2%. Terdapat efek samping penggunaan *Chlorhexidine Gluconate* 0,2% seperti menyebabkan perubahan sensasi rasa sementara, diskolorisasi gigi, mukosa oral dan bahan restorasi. *Chlorhexidine Gluconate* 0,2% dapat dikurangi efek sampingnya dengan memakai bahan alternatif dari herbal yang dapat digunakan sebagai obat kumur. Pilihan bahan herbal lain yang dapat digunakan sebagai alternatif bahan dasar obat kumur adalah tanaman kersen (*Muntingia Calabura L.*). Daun kersen dipilih karena mengandung senyawa flavonoid, tannin, saponin yang bersifat antibakteri. **Metode :** Penelitian ini merupakan eksperimen semu dengan menggunakan jenis penelitian *pretest – posttest with control group design*. Pada pengukuran indeks plak menggunakan *Patient Hygiene Performace* (PHP). **Hasil :** Berdasarkan perhitungan uji *Dependent T-Test* didapatkan hasil air rebusan daun kersen dapat menurunkan indeks plak senilai  $1,66 \pm 0,59$  dan *Chlorhexidine* senilai  $0,43 \pm 0,20$  dengan nilai *P-Value* < 0,05. **Simpulan :** Air rebusan daun kersen lebih efektif daripada *Chlorhexidine Gluconate* 0,2% dalam menurunkan indeks plak.

**Kata Kunci:** Plak, Kersen, *Chlorhexidine*

## COMPARISON EFFECTIVENESS OF KERSEN LEAF (*MUNTINGIA CALABURI L.*) BOILED WATER WITH *CHLORHEXIDINE GLUCONATE 0.2%* ON PLAQUE INDEX REDUCTION

Taufik Nur Ikhsan<sup>1</sup>, Nur Khamilatusy Sholekah<sup>2</sup>, Hayyu Failasufa<sup>3</sup>

<sup>1</sup>College Student Education Program S1 Dentistry, Faculty of Dentistry, University of Muhammadiyah Semarang. Phone: (024) 76740230, email:

[taufik.ikhsan7996@gmail.com](mailto:taufik.ikhsan7996@gmail.com)

<sup>2</sup>Lecturer Education Program S1 Dentistry, Faculty of Dentistry, University of Muhammadiyah Semarang

### ABSTRACT

**Introduction:** Dental and oral health is one of the most important parts in maintaining overall bodily health. Dental and oral health problems that often occur in the community, namely caries which is generally caused by plaque. Prevention of plaque accumulation or plaque control can be done by maintaining oral hygiene and health at all times. Control plaque mechanically by brushing teeth and flossing, while plaque control is chemically done with mouthwash. One of them is *Chlorhexidine Gluconate 0.2%*. There are side effects of using *Chlorhexidine Gluconate 0.2%* such as causing temporary taste sensation changes, tooth discoloration, oral mucosa and restoration material. *Chlorhexidine Gluconate 0.2%* can be reduced side effects by using alternative ingredients from herbs that can be used as a mouthwash. Choice of other herbal ingredients that can be used as an alternative ingredient for mouthwash is the kersen plant (*Muntingia Calabura L.*). Kersen leaves are chosen because they contain compounds such as flavonoids, tannins, saponins that are antibacterial. **Method:** This research is a quasi-experimental study using the type of pretest - posttest with control group design. In plaque index measurements using Patient Hygiene Performace (PHP). **Results:** Based on the calculation of the Dependent T-Test, the results of the kersen leaf boiled water can reduce the plaque index by  $1.66 \pm 0.59$  and *Chlorhexidine* for  $0.43 \pm 0.20$  with a P-value  $<0.05$ . **Conclusion:** The boiled water of kersen leaves is more effective than *Chlorhexidine Gluconate 0.2%* in decreasing the plaque index.

**Keywords:** Plaque, Kersen, *Chlorhexidine*