

**GAMBARAN EFEK PENGGUNAAN KAPSUL BRAZ 131
SEBAGAI *ADJUVANT* PADA PENYANDANG TALASEMIA**

SKRIPSI

**SURISTA NOVIA
A233029**



**SEKOLAH TINGGI FARMASI INDONESIA
YAYASAN HAZANAH
BANDUNG
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Sebagai salah satu syarat untuk memperoleh gelar Sarjana Farmasi

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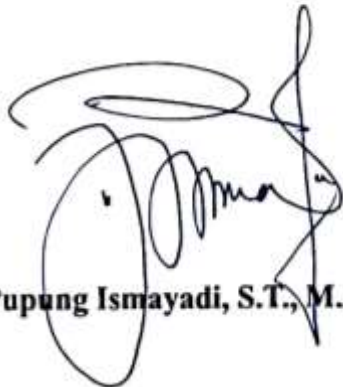
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**SURISTA NOVIA
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Juli 2025

Disetujui Oleh:

Pembimbing

A handwritten signature in black ink, featuring a large, stylized 'P' and 'I' that are interconnected, with a long horizontal stroke extending to the right.

Pupung Ismayadi, S.T., M.M

Pembimbing

A handwritten signature in black ink, consisting of a series of fluid, overlapping loops and a long, sweeping horizontal stroke at the end.

apt. Eky Septian Pradana, M.Farm

Kutipan atau saduran baik sebagian ataupun seluruh naskah, harus menyebut nama pengarang, dan sumber asalnya, yaitu Sekolah Tinggi Farmasi Indonesia

Skripsi ini saya persembahkan untuk sosok lelaki yang langkahnya tak pernah surut, meski lelah tak jarang singgah; yang diamnya mengajarkan keteguhan, dan selalu hadir dalam wujud yang tak diminta, namun selalu ada mengiringi setiap detik perjalanan ini dengan pengorbanan yang tak bersuara. Semoga Allah senantiasa menjaganya.

ABSTRAK

Beta talasemia mayor merupakan kelainan genetik yang memerlukan transfusi darah rutin dan terapi khelasi besi untuk mencegah kelebihan zat besi. Khelasi besi sintetik yang ada memiliki efek samping dalam penggunaannya, sehingga diperlukan *adjuvant* sebagai pendukung. BRAZ 131 adalah produk herbal mengandung ekstrak kayu secang, kunyit dan lada putih berpotensi sebagai antioksidan dan pengkhelat besi. Penelitian ini bertujuan mengetahui pola konsumsi BRAZ 131 serta efek subjektif yang dirasakan penyandang talasemia. Penelitian menggunakan metode kualitatif deskriptif, dengan data primer, tidak melakukan intervensi, pengambilan data menggunakan kuesioner, pengambilan sampel dengan teknik *purposive sampling* dan waktu pelaksanaan secara *cross-sectional* pada periode Mei sampai Juli 2025. Hasil menunjukkan 52,2% responden mengonsumsi BRAZ 131 bersamaan dengan khelasi besi, 2 kali sehari 1 kapsul (43,5%), dan 78,3% rutin setiap hari. Efek positif yang dirasakan meliputi peningkatan nafsu makan (34,4%), badan lebih segar (28,1%) kulit lebih lembab (12,5%) dan kestabilan Hb 9,4%, penurunan feritin, jarang sakit, badan bertenaga dan semangat masing masing 3,1%. Efek negatif tidak ada (87%), kenaikan kadar feritin (8,7%), pusing (4,3%). Kesimpulan pada penelitian ini pola penggunaan BRAZ 131 digunakan kombinasi dengan khelasi besi, 2 kali sehari 1 kapsul dengan efek yang dirasakan paling banyak yaitu nafsu makan bertambah dan dominan tidak mengalami efek samping.

Kata kunci: *Adjuvant*, BRAZ 131, efek subjektif, talasemia.

ABSTRACT

Beta thalassemia major is a genetic disorder that requires routine blood transfusions and iron chelation therapy to prevent iron overload. The existing synthetic iron chelation has side effects in its use, so an adjuvant is needed as a support. BRAZ 131 is an herbal product containing sappang wood extract, turmeric and white pepper with potential as antioxidants and iron chelator. This study aims to determine the consumption patterns of BRAZ 131 and the subjective effects felt by people with thalassaemia. The research used a descriptive qualitative method, with primary data, no intervention, data collection using questionnaires, sampling with purposive sampling techniques and the implementation time cross-sectional in the period from May to July 2025. The results showed that 52.2% of respondents took BRAZ 131 along with iron chelation, 1 capsule 2 times a day (43.5%), and 78.3% regularly daily. The positive effects felt included an increase in appetite (34.4%), a fresher body (28.1%), more moisturized skin (12.5%) and a 9.4% hemoglobin stability, a decrease in ferritin, less pain, a stronger body and a spirit of 3.1% each. Negative effects were absent (87%), increased ferritin levels (8.7%), dizziness (4.3%). The conclusion of this study is that the pattern of using BRAZ 131 is used in combination with iron chelation, 2 times a day 1 capsule with the most effects felt, namely increased appetite and dominantly do not experience side effects.

Keywords: *Adjuvant, BRAZ 131, subjective effect, thalassemia.*

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