

ABSTRAK

Bintang Dewi Marasandy Putri (2026). *Gambaran Keamanan dan Tolerabilitas Konsumsi Air Rebusan Daun Salam untuk Penurunan Kadar Gula Darah Penderita Diabetes Mellitus di Wilayah Kerja Puskesmas Gribig Kota Malang*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang, Pembimbing: Lucia Retnowati, SST., M.Kes.

Diabetes mellitus merupakan penyakit metabolik yang ditandai dengan peningkatan kadar gula darah akibat gangguan produksi maupun kerja insulin dalam tubuh. Kadar gula darah yang tidak terkontrol dapat menyebabkan berbagai komplikasi sehingga diperlukan penanganan yang tepat, baik secara farmakologis maupun nonfarmakologis. Salah satu terapi nonfarmakologis yang banyak digunakan masyarakat adalah konsumsi air rebusan daun salam. Daun salam mengandung senyawa aktif seperti flavonoid, tanin, dan alkaloid yang dipercaya dapat membantu menurunkan kadar gula darah. Penelitian ini bertujuan untuk menggambarkan keamanan dan tolerabilitas konsumsi air rebusan daun salam untuk penurunan kadar gula darah penderita diabetes mellitus. Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus pada 2 subjek penelitian yang dilakukan pada tanggal 14 Februari–20 Februari 2026. Pengumpulan data dilakukan melalui wawancara terbuka, observasi, dan pemeriksaan kadar gula darah menggunakan glucometer. Hasil penelitian menunjukkan bahwa setelah mengonsumsi air rebusan daun salam selama satu minggu, kedua subjek mengalami penurunan kadar gula darah secara bertahap tanpa mengalami efek samping serius, seperti reaksi alergi maupun gangguan kesehatan berat.

Kata Kunci: Diabetes Mellitus, Daun Salam, Keamanan, Tolerabilitas, Gula Darah

ABSTRACT

Bintang Dewi Marasandy Putri (2026). *Overview of the Safety and Tolerability of Bay Leaf Decoction Consumption for Reducing Blood Glucose Levels in Patients with Diabetes Mellitus in the Working Area of Puskesmas Gribig*. Scientific Paper Case Study, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Malang, Advisor: Lucia Retnowati, SST., M.Kes.

Diabetes mellitus is a metabolic disease characterized by increased blood glucose levels due to impaired insulin production or insulin function in the body. Uncontrolled blood glucose levels can cause various complications, therefore proper management, both pharmacological and non-pharmacological, is needed. One of the non-pharmacological therapies widely used by the community is the consumption of bay leaf decoction. Bay leaves contain active compounds such as flavonoids, tannins, and alkaloids which are believed to help reduce blood glucose levels. This study aimed to describe the safety and tolerability of bay leaf decoction consumption for reducing blood glucose levels in patients with diabetes mellitus. This study used a descriptive method with a case study approach involving 2 research subjects conducted from February 14 to February 20, 2026. Data collection was carried out through open interviews, observations, and blood glucose examinations using a glucometer. The results showed that after consuming bay leaf decoction for one week, both subjects experienced a gradual decrease in blood glucose levels without serious side effects, such as allergic reactions or severe health problems.

Keywords: Diabetes Mellitus, Bay Leaf, Safety, Tolerability, Blood Glucose Levels