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PLANT EXTRACTS AS CALCIUM SOLUTIONS IN KIDNEY STONE

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Objectives: Kidney stone is a health disorder that can cause infection and blockage of urine flow. The cause of kidney stones is the high salts dissolved in urine, dehydration, and increased triggers such as calcium and phosphate. The purpose of this study is to find out plant extracts that can be used as calcium solvents in kidney stones.

Methods: The method used is an electronic database of published journals. Ten of articles from several journals were selected in this study. The article search includes the following criteria, which were published in the last 11 years from 2008-2019, kidney stone samples came from patients in hospitals and white mice.

Results: Based on the similarity of the dependent variable, it was found 11 plants that could dissolve calcium kidney stones. The leaf extracts of the plants are dayak onions, avocado leaves, pandan leaves, bungur leaves, keji beling leaves, kelor leaves, mangkokan leaves, salam leaves, nona makan sirih leaves, celery and watermelon.

Conclusions: Based on the results of this study, plant extracts can be utilized by the community as an alternative treatment for kidney stones. Medical staff can provide socialization to the community to develop family medicinal plants as a prevention and alternative treatment for kidney stone disease.

Figure 1



DAYAK ONIONS



AVOCADO LEAVES



PANDAN LEAVES



BUNGUR LEAVES



KEJI BELING LEAVES



KELOR LEAVES

figure 2



MANGKOKAN LEAVES



SALAM LEAVES



NONA MAKAN SIRIH LEAVES



CELERY LEAVES



WATERMELON