THE EFFECT OF HYPERCHOLESTEROL HERBS FORMULA ON THE QUALITY OF LIFE

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ABSTRACT

Background: Hypercholesterolemia is a metabolic disorder that is often found in the community. Hypercholesterolemia is a chronic disease, which requires a long treatment, even for long life. This study aimed to determine the effectiveness of hypercholesterol herbs formula, in improving quality of life.

Subjects and Method: A quasi experimental study before and after with no control design was conducted at the Jamu Research House, Tawangmangu, Central Java. A sample of 78 hypercholesterolemia patients received hypercholesterol herbs formula for 42 days. The dependent variable was quality of life. The independent variable was hypercholesterol herbs administration. Quality of life was measured by short form-36 (SF-36) questionnaire. The data were analyzed by paired t-test.

Results: The score of quality of life of subjects after treatment (mean = 80.72; SD = 12.16) was higher than before (mean= 73.44; SD= 14.71) and it was statistically significant ($p < 0.001$).

Conclusion: Hypercholesterol herbs formula is effective to improve the quality of life of patients with hypercholesterolemia.

Keywords: Hypercholesterolemia, herbs formula, quality of life

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