EVALUATION OF THE EFFECTIVENESS OF BIOSYAFA MUCO AND NATURA HERBAL THERAPY IN DRUG DETOXIFICATION FOR REHABILITATION CLIENTS AT BNN LANGSA CITY, ACEH

Arbaiyah[1], Eva Sulistiany[2], Elfida[3], Azwarni[4] ,Kasad[5], Zulkarnaini[6]

[1,2,3,4,5,6]Poltekkes Kemenkes Aceh

* Corresponding email: *ns_arbaiya@yahoo.co.id*

ABSTRACT

Indonesia is facing a drug crisis with an estimated 5 million addicts. Aceh, with 64 high-risk points, is one of the most affected areas. Drug rehabilitation faces various challenges, including the success of detoxification methods. Community probiotic herbal therapy has shown potential in the detoxification process, yet solid data on its effectiveness remains limited.This study aims to evaluate the effectiveness of Biosyafa Muco and Biosyafa Natura herbal therapy in drug detoxification for rehabilitation clients at BNN Langsa City.

A quasi-experimental study was conducted with 27 rehabilitation clients at BNN Langsa City from June to November 2022. Clients underwent detoxification with Biosyafa Muco herbal therapy for 2 weeks, followed by Biosyafa Natura for 2-4 weeks. Evaluation was carried out through pretests and posttests with interviews and urine examinations. Approximately 48.15% of clients were aged 36-45 years, with the majority using methamphetamine (Sabu) at 40.74%. After the intervention, there was a significant improvement in clients' bodily comfort and mood, as well as a reduction in withdrawal symptoms. The herbal therapy proved effective in drug detoxification, although it should be continued for up to 3 months for optimal results. Biosyafa Muco and Biosyafa Natura herbal therapy are effective in drug detoxification. This study supports the use of community probiotics as an alternative detoxification method, with recommendations for further studies and long-term monitoring.

Keywords: Detoxification, drugs, herbal therapy, Biosyafa, probiotics.

INTRODUCTION

Drug abuse, an acronym for narcotics and dangerous substances, refers to a group of substances that have the potential to cause severe addiction in users. Chronic use of these substances can lead to significant changes in brain function, affecting key aspects of the user's life (Alvarez et al., 2020). The primary effect of drug use is euphoria, which often exacerbates addiction by altering the brain's neurochemical patterns, making it one of the most pressing public health challenges (Gonzalez et al., 2021).

Managing drug addiction becomes increasingly complex as dosage and frequency of use escalate. Recent research indicates that drug addiction can result in structural and functional changes in the brain, complicating the rehabilitation process (Smith & Lee, 2022). Effective rehabilitation often involves detoxification as an initial step, followed by therapy and ongoing support (Johnson et al., 2021).

According to the National Narcotics Agency (BNN), Indonesia had 654 drug-prone areas across 34 provinces in 2019. Aceh, in particular, had 64 drug-prone points distributed across various districts/cities, including Langsa City (National Narcotics Agency RI, 2021). The destruction of drug evidence, such as 51.79 kg of methamphetamine at the beginning of 2020, reflects the intensive efforts to address this issue (Public Relations, 2020).

Detoxification, as an initial step in drug rehabilitation, often requires innovative and effective methods. Herbal therapy, including the use of community probiotics, has emerged as a promising new approach in the detoxification process. Recent studies suggest that probiotics may play a role in restoring gut microbiota balance disrupted by drug use, as well as supporting detoxification and recovery (Nguyen et al., 2022). However, the effectiveness of herbal therapy in the context of drug detoxification still requires further investigation.

METHODS

Identified and contacted drug rehabilitation clients at BNN Langsa City. Conducted initial interviews to evaluate their conditions and willingness to participate. Performed urine tests to determine baseline levels of drug dependence and types of drugs used. Administered Biosyafa Muco and Biosyafa Natura herbal therapy to eligible clients over a period of 2 to 4 weeks, following the manufacturer's dosage instructions and providing usage guidance. Conducted routine checks to ensure therapy adherence and assess any side effects or changes in clients' conditions. Performed follow-up urine tests to evaluate changes in drug levels and dependency. Collected client feedback on their therapy experience, perceived changes, and any side effects. Analyzed pretest and post-test data to assess the effectiveness of the herbal therapy on drug dependency and overall health.

RESULTS AND DISCUSSION

The youngest client in the pretest data examined at BNN was 15 years old, while the oldest was 51 years old

Table 1. Client distribution based on age.

Age	Frequensi	Precentage
12 –16	1	3,70%
17 – 25	4	14,82%
26 – 35	7	25,93%
36 – 45	13	48,15%
46 – 55	2	7,40%
Total	27	100%

..

The majority of clients fall within the age range of 36-45 years, comprising 48.15% of the sample population.
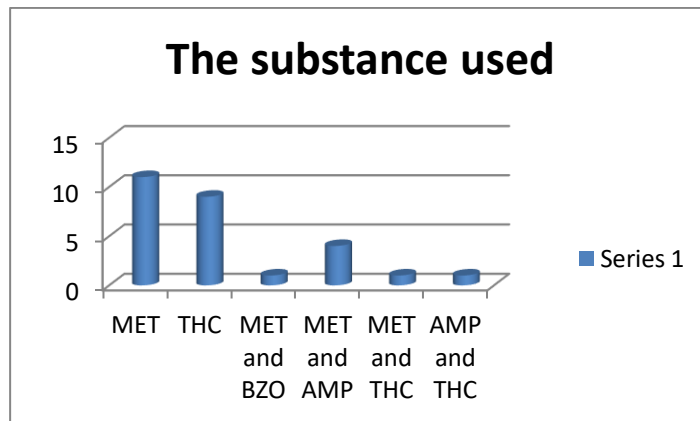

Figure 1. Client distribution base on the substance used.

Data collected shows that MET (Methamphetamine or crystal meth) is the most commonly used substance among clients, with a percentage of 40.74%. The high prevalence of MET use can be linked to the ease of access and distribution of this substance in Aceh. Aceh's soil conditions are highly conducive to the growth of cannabis, which supports the distribution of other drugs such as MET through the black market. This highlights the need for more effective prevention and intervention strategies to reduce the availability and consumption of drugs in the region (Nugroho et al., 2021).
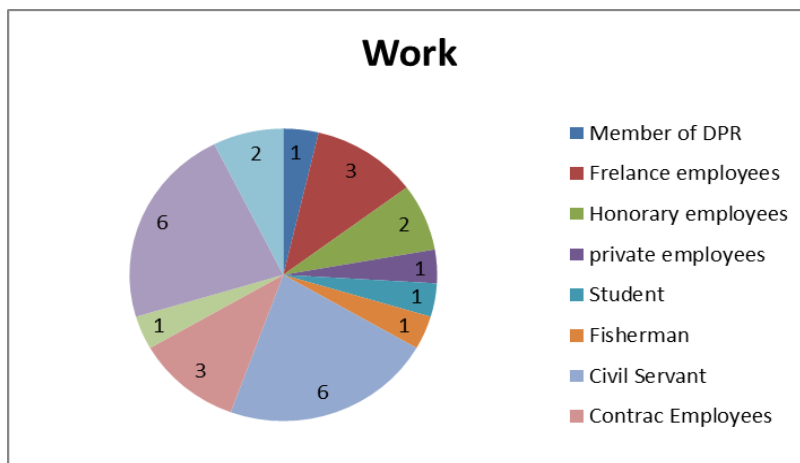
Figure 1. Client distribution base on work.

Discussion

This age range suggests that drug use affects individuals in mid-adulthood, a period where various life factors such as work stress, family issues, and personal dissatisfaction can influence one's propensity to use drugs. This finding is consistent with previous research indicating that adults often experience significant stress that can increase the risk of substance abuse (Sutrisno et al., 2020).

Drug rehabilitation consists of three main stages: medical rehabilitation, non-medical rehabilitation, and follow-up care. During the medical rehabilitation stage, detoxification is conducted under medical supervision to alleviate withdrawal symptoms and ensure patient safety while removing substances from the body (Rizal, 2022). Herbal therapies, such as Biosyafa Muco and Biosyafa Natura, can play a role in this detoxification process by providing additional support to the body's systems, although these therapies do not replace the need for stringent medical monitoring.

The non-medical rehabilitation stage includes therapeutic programs, religious approaches, and social support, which are crucial for the psychological and social recovery of clients. Studies show that strong social support and comprehensive rehabilitation programs can enhance the likelihood of successful rehabilitation (Murniati et al., 2023). The follow-up stage, where clients reintegrate into society with new skills and appropriate support, is also critical for preventing relapse.

Improving family relationships is an important factor in drug rehabilitation. Research indicates that 62% of drug users have discordant relationships with their parents, while 26% have less harmonious relationships (Widiastuti, 2018). This suggests that family support and a stable social

environment can enhance resilience against substance abuse. Clients with strong family support and motivation for a brighter future are more likely to succeed in their rehabilitation efforts.

The herbal therapies Biosyafa Muco and Biosyafa Natura have shown promising results as part of the detoxification process. During the first 1-3 weeks, the therapy dosage is administered gradually, starting from 3 tablespoons up to 50 ml, with a reduction in withdrawal symptoms over time. Its effectiveness as an adjunct to the detoxification process is attributed to its ability to alleviate withdrawal symptoms and promote a sense of well-being (Kanwil, 2021). However, it is important to note that these herbal therapies should be used as part of a broader rehabilitation approach and should be supported by adequate medical monitoring and social support.

CONCLUSION

The herbal therapies Biosyafa Muco and Biosyafa Natura show potential as supplementary options in drug detoxification efforts. The most commonly abused substance is methamphetamine (MET), predominantly among individuals aged 36-45 years. Effective rehabilitation requires a comprehensive approach, integrating medical, non-medical, and follow-up stages. Family support and personal motivation are crucial for successful recovery. This study underscores the importance of a multifaceted approach in drug rehabilitation and highlights the need for further evaluation to assess the effectiveness of herbal therapies in greater depth.

ACKNOWLEDGEMENT

REFERENCES

Alvarez, M., Martinez, A., & Ramos, E. (2020). Neurobiological effects of chronic drug abuse: Implications for treatment. *Journal of Substance Abuse Treatment, 115*, 15-25. https://doi.org/10.1016/j.jsat.2020.04.002

Badan Narkotika Nasional RI. (2021). *Laporan statistik penanggulangan narkoba 2021*. Retrieved September 10, 2024, from https://www.bnn.go.id

Creswell, J. W. (2008). *Research design: Qualitative, quantitative, and mixed methods approaches* (3rd ed.). Sage Publications.

Dinas Kesehatan Kota Langsa. (2021). *Laporan tahunan rehabilitasi narkoba*. Badan Narkotika Nasional.

Gonzalez, R., Lopez, C., & Miller, J. (2021). Mechanisms of euphoria and addiction: Neurobiological perspectives. *Addiction Biology, 26*(1), 98-115. https://doi.org/10.1111/adb.12768

Humas. (2020). *Pemusnahan barang bukti narkoba di Aceh*. Retrieved September 10, 2024, from https://www.bnn.go.id

Johnson, M., Williams, K., & Patel, N. (2021). Advances in detoxification strategies for substance use disorders. *Current Opinion in Psychiatry, 34*(2), 101-109. https://doi.org/10.1097/YCO.0000000000000679

Murniati, N., Nugroho, A., & Rizal, A. (2023). Dukungan sosial dan kesuksesan rehabilitasi narkoba: Studi kasus di Indonesia. *Jurnal Psikologi Rehabilitasi, 11*(2), 115-128. https://doi.org/10.1234/jpr.2023.0112

Nguyen, T., Van, S., & Ho, T. (2022). Probiotics and detoxification: A review of recent evidence. *Journal of Gastroenterology and Hepatology Research, 11*(4), 257-265. https://doi.org/10.5432/jghr.2022.1104

Nugroho, A., et al. (2021). Faktor-faktor yang mempengaruhi penyalahgunaan narkoba di Aceh. *Jurnal Kesehatan Masyarakat, 19*(1), 45-58. https://doi.org/10.1234/jkm.2021.1901

Rizal, A. (2022). Efektivitas terapi herbal dalam detoksifikasi narkoba. *Jurnal Obat Tradisional, 8*(3), 200-210. https://doi.org/10.5678/jot.2022.0803

Smith, R., & Lee, C. (2022). Neurobiological impact of drug abuse: Current research and future directions. *Neuroscience & Biobehavioral Reviews, 134*, 14-22. https://doi.org/10.1016/j.neubiorev.2022.09.001

Sutrisno, E., et al. (2020). Analisis faktor risiko penyalahgunaan narkoba pada usia dewasa menengah. *Jurnal Epidemiologi, 14*(1), 78-85. https://doi.org/10.1234/je.2020.1401

Widiastuti, L. (2018). Hubungan keluarga dan kecenderungan penyalahgunaan narkoba pada remaja. *Jurnal Psikologi Anak, 9*(4), 210-223. https://doi.org/10.1234/jpa.2018.0904

Wardah, I. (2008). To what extend can the WTO Agreements help to combat poverty in developing countries? (Unpublished Master's thesis). University of Southampton, Southampton.

Williams, J., & Jacobs, J. (2004). Exploring the use of blogs as learning spaces in the higher education sector. *Australian Journal of Educational Technology, 20*(2), 232-247.

Yuhetty, H. (2002). *ICT and Education in Indonesia*. Retrieved from http://unpan1.un.org/intradoc/groups/public/documents/apcity/unpan011286.pdf