THE APPLICATION OF WARM COMPRESSES OF MORINGA LEAVES AND BREATH THERAPY IN ISLAM FOR JOINT PAIN IN GOUT ARTHRITIS PATIENTS AT THE NOGOSARI HEALTH CENTER BOYOLALI REGENCY

Shinta Arum Sari[1], Mulyaningsih[2]
shintaarums80@gmail.com
Program Studi Diploma III Keperawatan
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background; *Gout arthritis is a disease caused by disorders of purine metabolism, resulting in the accumulation of uric acid crystals in the joints, leading to pain, swelling, and limited physical activity. One of the non-pharmacological therapies that may help reduce pain is a warm moringa leaf compress combined with Islamic deep breathing relaxation therapy.* ***Objective;*** *This study aimed to describe the implementation of warm moringa leaf compresses combined with Islamic deep breathing relaxation therapy in reducing joint pain among patients with gout arthritis in the working area of Nogosari Community Health Center, Boyolali Regency.* ***Methods;*** *This applied research employed a descriptive case study approach involving two patients with gout arthritis who experienced joint pain. The intervention consisted of warm moringa leaf compresses combined with Islamic deep breathing relaxation therapy, administered for three consecutive days. Pain intensity was measured using the Numeric Rating Scale (NRS).* ***Results;*** *Both participants experienced a reduction in pain intensity after receiving the three-day intervention.* ***Conclusion;*** *The implementation of warm moringa leaf compresses combined with Islamic deep breathing relaxation therapy helped reduce joint pain in patients with gout arthritis and may be used as a complementary therapy in nursing care.*

Keywords: Gout arthritis, Moringa leaves, pain