

**PENGARUH PUASA RAMADAN TERHADAP
KADAR *NUCLEAR FACTOR KAPPA BETA* DAN
INTERLEUKIN 6 PADA PENYAKIT GINJAL
KRONIS**



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ABSTRAK

Effect of Ramadan Fasting Nuclear Factor Kappa Beta and Interleukin 6 in Chronic Kidney Disease

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Latar Belakang: Penyakit ginjal kronis (PGK) merupakan masalah kesehatan global dengan prevalensi yang terus meningkat. Penelitian ini bertujuan menganalisis pengaruh puasa Ramadan terhadap biomarker penting pada pasien PGK. **Metode:** Penelitian kohort prospektif dilakukan pada 30 pasien PGK stadium 1, 2, dan 3A yang menjalani puasa Ramadan minimal selama 21 hari. Pengukuran kadar NF- κ B dan IL6 dilakukan sebelum puasa, dan setelah puasa menggunakan metode ELISA. **Hasil:** Terjadi penurunan signifikan pada kadar NF- κ B dan IL6 ($P < 0,05$).

Kesimpulan: Puasa Ramadan memiliki efek signifikan pada penurunan kadar NF- κ B dan IL6. Perubahan ini menunjukkan potensi perbaikan pada stres oksidatif, dan respon inflamasi. Penelitian lebih lanjut diperlukan untuk mengevaluasi efek langsung dan waktu jangka panjang serta implikasi klinis dari temuan ini dalam manajemen PGK.

Kata Kunci: Penyakit ginjal kronis, inflamasi, puasa ramadan, stres oksidatif.

ABSTRACT

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Background: Chronic kidney disease (CKD) is a global health problem with increasing prevalence. This study aims to analyze the effect of Ramadan fasting on important biomarkers in CKD patients. **Methods:** A prospective cohort study was conducted on 30 CKD patients with stages 1, 2, and 3A who underwent Ramadan fasting. Measurements of NF- κ B and IL6 levels were carried out before fasting, and after fasting using the Enzyme-linked immunosorbent assay (ELISA) method. **Results:** There were significant decreases in NF- κ B and IL6 ($p < 0.05$).

Conclusion: Ramadan fasting has significant effects on several biochemical parameters and biological markers in early-stage CKD patients. These changes indicate potential improvements in oxidative stress and inflammation regulation. Further studies are needed to evaluate the long-term effects and the direct clinical implications of these findings in CKD management.

Keywords: Chronic kidney disease, inflammation, Ramadan fasting, oxidative stress.