

Bay Leaf (*Syzygium polyanthum* Wight) Decoction as a Complementary Therapy for Reducing Uric Acid Levels: A Literature Review

Helmi Aryosyaputra¹, Sumaryanti²

^{1,2}Departement of Sport Science, Faculty of Sport and Health Sciences, Yogyakarta State University, Yogyakarta, Indonesia

ABSTRACT:

Background: Hyperuricemia is a condition characterized by elevated serum uric acid levels, which may contribute to the development of metabolic disorders. Management of uric acid levels is commonly achieved through pharmacological therapy, such as allopurinol; however, long-term use may be associated with adverse effects. Therefore, safer alternative therapies are needed. Bay leaf (*Syzygium polyanthum*) is a herbal ingredient known to contain flavonoids and other active compounds with potential uric acid-lowering effects. This study aims to examine the benefits of bay leaf decoction in reducing blood uric acid levels.

Methods: This study employed a *Systematic Literature Review* (SLR) approach. Literature sources were obtained through a search of scientific articles in the Google Scholar database using the keywords "bay leaf" AND "uric acid."

Results: Of the 25 articles identified, 7 met the inclusion criteria and were deemed relevant. Article selection was conducted according to the *Preferred Reporting Items for Systematic Reviews and Meta-Analyses* (PRISMA) guidelines. Most studies demonstrated a significant reduction in uric acid levels following administration of bay leaf decoction. This effect is thought to be associated with the flavonoid content and diuretic properties of bay leaves. However, one study did not show a statistically significant difference, possibly due to variations in research methods and respondent characteristics.

Conclusion: Based on the literature review, bay leaf decoction has been shown to be effective in reducing uric acid levels in most of the reviewed studies. Its flavonoid content and diuretic effects suggest that bay leaf may serve as a relatively safe non-pharmacological alternative therapy for hyperuricemia. Its use is recommended to be accompanied by healthy lifestyle practices, such as a low-purine diet, regular physical activity, and adequate hydration.

KEYWORDS: Bay Leaf, Complementary Therapy, Uric Acid

I. INTRODUCTION

Uric acid is the end product of purine metabolism, with purines serving as the primary components of nucleotides (Kushiya *et al.*, 2016). Under normal physiological conditions, uric acid is eliminated by the kidneys through urinary excretion. However, in certain conditions, impaired renal function may hinder optimal uric acid excretion, leading to its accumulation in the bloodstream (Tari *et al.*, 2018). An abnormal increase in blood uric acid levels beyond the normal range is referred to as hyperuricemia. Clinically, uric acid levels are considered elevated when they exceed 7.0 mg/dL in men and 6.0 mg/dL in women (George *et al.*, 2025).

Epidemiologically, the prevalence of gout and hyperuricemia has shown an increasing trend over time. Globally, particularly in the United States, it is estimated that approximately 38 million individuals are affected, with incidence rates continuing to rise in parallel with unhealthy lifestyle and dietary patterns (George *et al.*, 2025). The incidence of hyperuricemia also increases with advancing age, with prevalence rates of approximately 7% among men aged over 75 years and 3% among women aged over 85 years. Although comprehensive national prevalence data remain limited, the prevalence of hyperuricemia in Indonesia is estimated to range from 18.6% to 47.6% (Manuaba *et al.*, 2024). In men, elevated uric acid levels are commonly associated with aging and risk factors such as obesity and hypertension. In contrast, in women, uric acid levels are influenced by hormonal status, particularly during menopause. Declining levels of estrogen and progesterone reduce the body's ability to facilitate uric acid excretion through urine, resulting in higher uric acid levels in postmenopausal women compared with those in the premenopausal period (Tari *et al.*, 2018).

Bay Leaf (*Syzygium polyanthum* Wight) Decoction as a Complementary Therapy for Reducing Uric Acid Levels: A Literature Review

Elevated uric acid levels, in addition to being influenced by age, are also affected by obesity and the consumption of foods and beverages high in purines—chemical compounds that are metabolized by the body into uric acid—such as alcohol, sugary foods and drinks (including syrup-based snacks), red meat, and shellfish (CDC, 2018). According to the 2022 gout management guidelines issued by the National Institute for Health and Care Excellence (NICE), the characteristic clinical manifestations of hyperuricemia include sudden-onset severe pain, typically occurring at night, accompanied by redness and swelling, particularly affecting one or both first metatarsophalangeal (MTP-1) joints; the presence of tophi may also be observed (NICE, 2025).

High uric acid levels are associated with metabolic disturbances and an increased risk of mortality due to cardiovascular disease, as well as other metabolic disorders such as hypertension, diabetes mellitus, and dyslipidemia (Christina & Yullius, 2025). One pharmacological agent commonly used to lower uric acid levels is allopurinol. This drug acts by inhibiting the enzyme xanthine oxidase, which plays a key role in the conversion of hypoxanthine to xanthine and subsequently to uric acid (Ningtyas, 2023). Long-term use of allopurinol may result in adverse effects, including allergic or hypersensitivity reactions, worsening renal function, vasculitis, and even death. Continued use may lead to serious complications such as severe exfoliative dermatitis, hematological disorders, hepatomegaly, jaundice, hepatic necrosis, and renal damage. Therefore, the use of this medication should be minimized whenever possible (Ariyanti & Cahyani, 2020). An alternative approach to managing elevated uric acid levels is herbal therapy, as herbal medicines are generally associated with fewer and milder side effects compared with conventional pharmacological treatments (Sari & Syamsiyah, 2017).

One herbal plant that has been utilized as an anti-hyperuricemic agent to reduce uric acid levels is bay leaf (*Syzygium polyanthum* Wight). The plant parts used include both fresh and dried leaves. Bay leaves are known to contain various bioactive compounds, including tannins, flavonoids, alkaloids, and essential oils composed of citrate and eugenol. These compounds exert diuretic effects that increase urine output, thereby contributing to the reduction of blood uric acid levels (Ningtyas, 2023). The flavonoids present in bay leaves are believed to lower uric acid levels by inhibiting the activity of the xanthine oxidase enzyme, thus suppressing uric acid formation. In addition, tannins play a role in scavenging free radicals, while essential oils, including citrate and eugenol, possess antimicrobial properties (Alfian & Prasanti, 2023).

II. METHODS

This study employed a structured *Systematic Literature Review* (SLR) approach. The SLR method was conducted through two main stages, namely the review process and the systematic identification of journals based on established guidelines (Alfian & Prasanti, 2023). *Systematic Literature Review* was used as the research design with the aim of systematically collecting and synthesizing evidence from previous studies to address the formulated research questions (Dhamayanti, 2022). Furthermore, SLR serves as a foundation of scientific evidence to answer specific research questions through a transparent and reproducible approach, by including all published evidence related to the research topic and assessing the quality of that evidence (Lame, 2019).

This study also adopted the PRISMA (*Preferred Reporting Items for Systematic Reviews and Meta-Analyses*) guidelines (Asar *et al.*, 2016). PRISMA is a framework based on flow diagrams and scientific evidence, designed to assist researchers in conducting and reporting literature reviews in a systematic and standardized manner (Pati & Lorusso, 2018). The database used for this literature review was Google Scholar. According to Rafika *et al.* (2017), this platform facilitates researchers in accessing and identifying relevant journal publications in a practical and efficient manner through only a few search steps. In the sampling process, this study applied a total sampling technique using a search strategy with the keywords “Daun salam” AND “Asam urat.”

Table 1. Keywords to search for articles

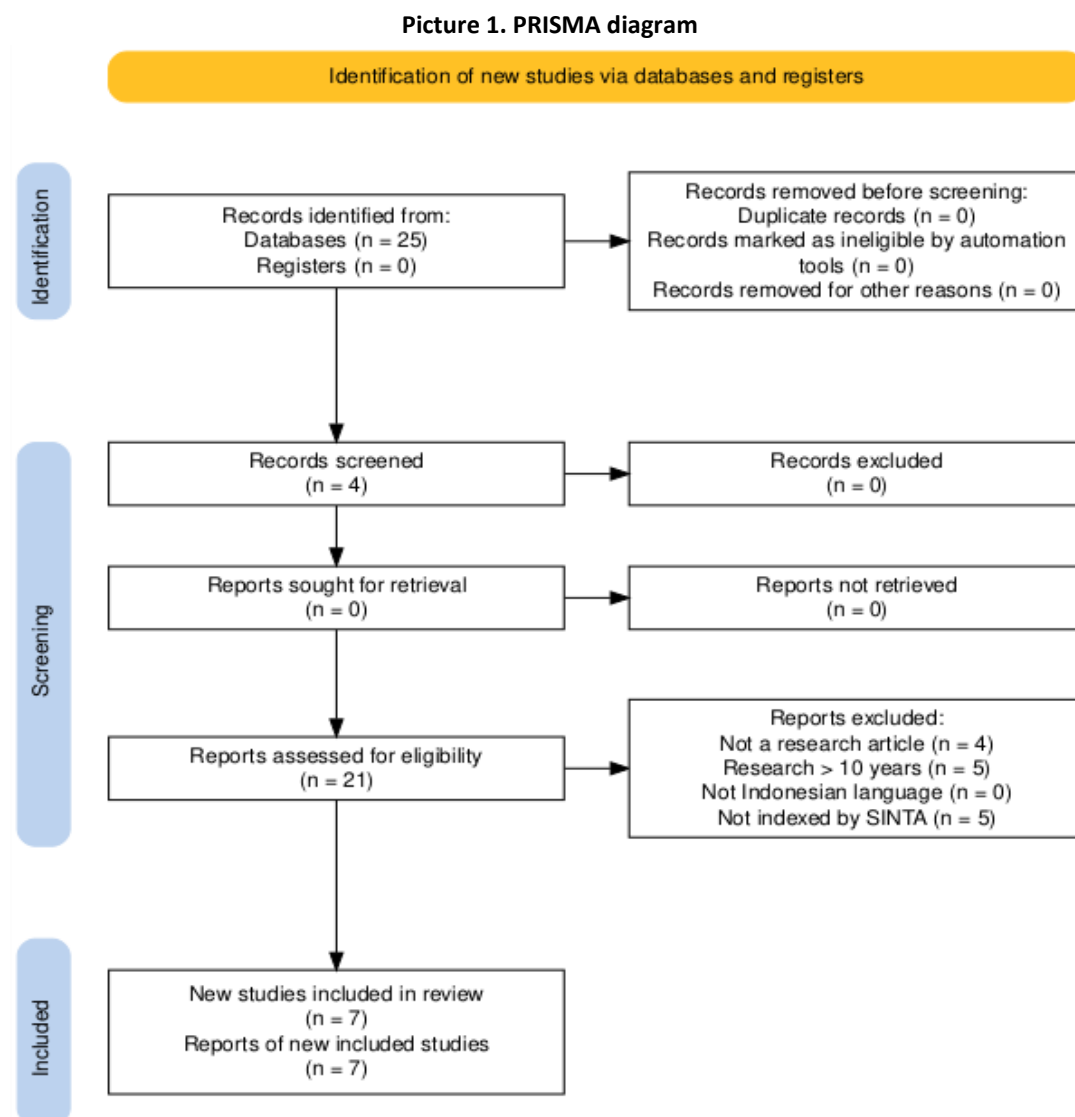
Data Source	Keywords
Google Scholar	“Daun salam” AND “Asam Urat”

During the screening stage, the researchers systematically selected the literature to determine which documents would be summarized and analyzed. In the subsequent stage, namely the eligibility assessment, the number of documents was increased or reduced based on considerations of data stability and content relevance. This study applied four criteria in the selection process. 1) regarding the type of articles, only studies containing empirical data were included; therefore, literature reviews, conference papers, and books were excluded. 2) the publication period was limited to the last ten years to ensure the relevance, accuracy,

Bay Leaf (*Syzygium polyanthum* Wight) Decoction as a Complementary Therapy for Reducing Uric Acid Levels: A Literature Review

and currency of the information. 3) only articles written in the Indonesian language were included. 4) articles indexed in SINTA were selected to ensure greater academic credibility and reliability of the sources.

The following PRISMA flow diagram was used as a reference for this study.



The article search was conducted through the Google Scholar database using the keywords “Daun salam” AND “Asam urat,” which yielded a total of 25 articles. Subsequently, all identified articles were screened based on four predetermined criteria: publication year range, study design, language of publication, and article indexing. In addition, the relevance of each article to the research objectives was also considered. Through this selection process, a total of 7 articles met the inclusion criteria and were deemed eligible for inclusion in this literature review.

Table 2. Research Inclusion Criteria

Criteria	Inclusion
Article type	Primary / Research
Year of Research	10-year Range
Language	Indonesian
Index	SINTA

After the selection process using the PRISMA method, a number of studies relevant to the effect of bay leaf on uric acid levels were identified. Of the total 25 articles screened in this study, 7 articles specifically addressed the relationship between the use

Bay Leaf (*Syzygium polyanthum* Wight) Decoction as a Complementary Therapy for Reducing Uric Acid Levels: A Literature Review

of bay leaf and the reduction of uric acid levels. The analyzed articles and journals included information on the study title, authors, year of publication, research methodology, and research findings, which are summarized as presented below.

III. RESULT

Table 3. selected articles

No.	Title	Writer	Year	Method	Results
1.	Pemberian Air Rebusan Daun Salam (<i>Syzygium Polyanthum</i>) Terhadap Penurunan Kadar Asam Urat pada Penderita Asam Urat di Dusun Kadisoro Desa Gilangharjo Kecamatan Pandak Kabupaten Bantul DIY Tahun 2017	Pramukti Dian Setianingrum, Istika Dwi, Dwi Kurnia	2019	<i>Quasi Experimen Design</i>	There was a significant difference in uric acid levels before and after the administration of bay leaf decoction among elderly individuals with gout in Kadisoro Hamlet, Gilangharjo Village, Pandak, Bantul, Special Region of Yogyakarta, in 2017.
2.	Pengaruh Pemberian Rebusan Daun Salam (<i>Syzygium Polyanthum</i>) Terhadap Kadar Asam Urat Pada Lansia	Febriyanti & Mitra Andika	2018	<i>Pre-eksperiment with one group pretest-posttest</i>	There was a difference in the mean uric acid levels among older adults before and after the administration of bay leaf decoction, with a reduction of 3.9 mg/dL, indicating that bay leaf decoction was effective in lowering uric acid levels among older adults in Kuranji Subdistrict, Padang City.
3.	Pengaruh Pemberian Rebusan Daun Salam Terhadap Penurunan Kadar Asam Urat Pada Penderita Gout Arthritis di Wilayah Kerja Puskesmas Ranotana Weru	Vechya Z.L.P. Ndede, Wenda Oroh, Hendro Bidjuni.	2019	<i>Experiment with a pre-experimental approach</i>	The results of this study indicate that the administration of bay leaf decoction had an effect on reducing uric acid levels in patients with gout arthritis in the service area of Ranotana Weru Community Health Center, Manado.
4.	Pengaruh Rebusan Daun Salam Terhadap Kadar Asam Urat	Ghitza Darisa, Sri Mintarsih, Anik Enikmawati	2021	<i>Quasi Eksperimen with one grup pretest-posttest</i>	There was a difference in uric acid levels before and after the administration of bay leaf decoction, indicating an effect of the intervention on the respondents' uric acid levels. The analysis results showed a mean difference of 2.14 among 20 respondents.
5.	Rebusan Daun Salam untuk Penurunan Kadar Asam Urat dan Intensitas Nyeri Arthritis Gout di Puskesmas Andalas Padang	Ayuro Cumayunaro	2017	<i>Pre-eksperiment with one group pretest-posttest</i>	There were differences in the mean uric acid levels and pain intensity before and after the administration of bay leaf decoction. Data analysis using a paired sample <i>t</i> -test yielded a <i>p</i> -value of 0.000, indicating that the differences were statistically significant.

Bay Leaf (*Syzygium polyanthum* Wight) Decoction as a Complementary Therapy for Reducing Uric Acid Levels: A Literature Review

6.	Pengaruh Rebusan Daun Salam (<i>Syzygium polyanthum</i> Wight) Terhadap Penurunan Kadar Asam Urat Pada Lansia Di Panti Sosial Penyantunan Lanjut Usia Budi Agung Kota Kupang	Shinta Tari, Frans Salesman, Akto Yudowaluyo	2018	<i>Quasi Experiment. Non-Randomized PreTest Post-Test With Control Group Design.</i>	The administration of bay leaf decoction in the intervention group demonstrated an effect on the reduction of uric acid levels.
7.	Pengaruh Pemberian Air Rebusan Daun Salam Terhadap Kadar Asam Urat pada Penderita Asam Urat di Pustu Jasem - Ngoro Mojokerto	Fitria Wahyu & Nur Janna, D.C	2020	<i>Quasi eksperimen with Control Time series design.</i>	Consumption of bay leaf decoction was shown to have an effect on reducing uric acid levels among individuals with hyperuricemia at Jasem Auxiliary Health Center. Administration of 200 cc of bay leaf decoction consumed twice daily for 14 days was proven to be effective in lowering uric acid levels.

After the screening stage, seven documents remained that met the eligibility criteria and were subsequently examined and evaluated. These documents were then used to address the research questions and to conduct a detailed analysis by identifying the titles, reviewing the abstracts, and reading the full texts to assess the content of each article.

IV. DISCUSSION

Based on the study conducted by Setianingrum *et al.* (2019), the majority of respondents with hyperuricemia in Kadisoro Hamlet, Gilangharjo Village, Pandak District, Bantul, Special Region of Yogyakarta, in 2018 were aged between 45 and 59 years, totaling 22 individuals or approximately 61.1%. The study provided an intervention in the form of bay leaf decoction consumed twice daily for three days. Among the 18 older adults who received the intervention, a reduction in uric acid levels was observed in 14 individuals, while 4 individuals experienced an increase. In contrast, within the control group that did not receive the intervention, 15 older adults showed an increase in uric acid levels and only 3 experienced a decrease. Based on the results of the Wilcoxon statistical test, an *Asymp. Sig.* value of 0.001, which is less than 0.05, was obtained, indicating that the administration of bay leaf decoction had a statistically significant effect on reducing uric acid levels among patients in the area (Setianingrum *et al.*, 2019),

The study by Febriyanti and Andika (2018) involved 10 older adults in Kuranji Subdistrict, within the service area of Belimbing Community Health Center, Padang City. In this study, respondents were given bay leaf decoction for seven days, consumed twice daily (morning and evening), although the exact dosage was not described in detail. Following the intervention, a mean difference in uric acid levels of 3.9 mg/dL was observed between pre- and post-consumption of bay leaf decoction. Statistical analysis using a paired sample *t*-test yielded a *p*-value of 0.000 ($p < 0.05$), indicating a statistically significant difference. Thus, bay leaf decoction was shown to be effective in reducing uric acid levels among older adults in Kuranji Subdistrict, Padang City (Febriyanti & Andika, 2018)

These findings are consistent with a study conducted by Ndede *et al.* (2020) in the service area of Ranotana Weru Community Health Center, Manado, involving 16 respondents. In this study, participants were administered 200 mL (equivalent to one glass) of bay leaf decoction daily for one week. The results showed that the mean uric acid level prior to the intervention was 9.18 mg/dL, which decreased to 7.97 mg/dL after seven days of consuming the bay leaf decoction. Based on the results of the paired *t*-test, a *p*-value of 0.000, which is smaller than α , was obtained, indicating a statistically significant difference. These findings suggest that regular consumption of bay leaf decoction in accordance with proper procedures is effective in reducing uric acid levels among patients with gout arthritis (Ndede *et al.*, 2020)

A study conducted by Ramadani *et al.* (2021) in Mangurejo Hamlet, Ngemplak, Boyolali, involved 20 respondents. Prior to the administration of bay leaf decoction, the distribution of uric acid levels indicated that the majority of respondents (13 individuals) were within the range of 5.6–8.5 mg/dL, followed by 3 respondents in the range of 8.6–12.5 mg/dL, and 4 respondents in the range of 3–5.5 mg/dL. The intervention consisted of administering bay leaf decoction for seven days at a dose of one glass

Bay Leaf (*Syzygium polyanthum* Wight) Decoction as a Complementary Therapy for Reducing Uric Acid Levels: A Literature Review

consumed twice daily. On the eighth day, after reassessment of uric acid levels, the results showed that 15 respondents were within the range of 3–5.5 mg/dL and 5 respondents were within the range of 5.6–8.5 mg/dL. These results indicate a reduction in the average uric acid levels following the bay leaf decoction intervention (Ramadani *et al.*, 2021)

A study conducted by Cumayunaro (2017) at Andalas Community Health Center, Padang, involved 12 respondents. In this study, participants were given bay leaf decoction twice daily for seven days, although the dosage was not described in detail. Prior to the intervention, the mean uric acid level of the respondents was 8.317 mg/dL, with the highest value of 9.7 mg/dL and the lowest of 7.1 mg/dL. After the administration of bay leaf decoction, the mean uric acid level decreased to 7.0 mg/dL, with the highest level at 7.8 mg/dL and the lowest at 5.8 mg/dL. These results indicate a reduction in uric acid levels as well as pain intensity among patients with gout arthritis. Statistical analysis using a paired *t*-test yielded a *p*-value of 0.000 ($p < 0.05$), indicating a statistically significant difference between pre- and post-intervention conditions (Cumayunaro, 2017)

A study by Tari *et al.* (2018) was conducted at the Budi Agung Social Institution for Older Adults in Kupang, involving 30 respondents with hyperuricemia who were equally divided into control and intervention groups. The mean uric acid level in the control group was 6.66 mg/dL, while the intervention group had a mean level of 8.24 mg/dL. Respondents in the intervention group were administered 200 cc of bay leaf decoction consumed twice daily for seven days. The results showed that all respondents in the intervention group experienced a reduction in uric acid levels. However, the majority (80%) had not yet reached normal levels, while the remaining 20% achieved uric acid levels within the normal range. The mean uric acid level decreased from 8.24 mg/dL before the intervention to 7.07 mg/dL after the intervention, with a difference of 1.17 mg/dL. Based on the results of the *simple paired t*-test, a *p*-value of 0.00, which is smaller than $\alpha = 0.05$, was obtained, indicating that the administration of bay leaf decoction had a statistically significant effect in reducing uric acid levels in the intervention group (Tari *et al.*, 2018)

The study conducted by Ariyanti & Cahyani (2020) at Pustu Jasem, Ngoro, Mojokerto involved 22 respondents with hyperuricemia who were divided into an intervention group and a control group. Participants in the intervention group received a bay leaf (*Syzygium polyanthum*) decoction of 200 cc, consumed twice daily for 14 days. After the intervention period, serum uric acid levels were measured. The results showed that 9 respondents (81.8%) in the intervention group achieved normal uric acid levels, whereas in the control group, 8 respondents (72.7%) continued to have elevated uric acid levels. Although descriptively there appeared to be a reduction in uric acid levels following the administration of the bay leaf decoction, statistical analysis using the Wilcoxon Signed Rank Test yielded a *p*-value of 0.083, which was greater than $\alpha = 0.05$. This indicates that statistically, there was no significant effect of bay leaf decoction administration on the reduction of uric acid levels among patients with hyperuricemia at Pustu Jasem, Ngoro, Mojokerto Regency (Ariyanti & Cahyani, 2020)

The observed reduction in uric acid levels is associated with the flavonoid compounds present in bay leaves, which have the ability to bind to the enzyme xanthine oxidase. This interaction inhibits the formation of xanthine, an intermediate compound involved in uric acid production. The presence of double bonds in the flavonoid structure facilitates interaction with the enzyme, thereby suppressing uric acid metabolism and contributing to a decrease in serum uric acid levels.²³ In addition, flavonoids in bay leaves also exhibit diuretic properties that promote the excretion of uric acid through urine (Andriani & Chaidir, 2016).

Elevated uric acid levels may be influenced by various factors, as uric acid is the end product of purine metabolism. Purines are naturally present in the human body and are also obtained from dietary sources, including plant-based foods such as vegetables, fruits, and legumes, as well as animal-based foods such as meat, organ meats, fish, and processed or canned foods. Therefore, controlling uric acid levels requires not only pharmacological and non-pharmacological therapies but also the adoption of a healthy dietary pattern and the limitation of high-purine food intake (Ulya, 2017).

V. CONCLUSION

Based on the analysis of seven studies, bay leaf (*Syzygium polyanthum* Wight) decoction has been shown to be effective in reducing serum uric acid levels, both among older adults and patients with gout arthritis. This effectiveness is supported by the flavonoid content of bay leaves, which inhibits the activity of the xanthine oxidase enzyme involved in uric acid formation, and also exhibits diuretic properties that facilitate the excretion of uric acid through urine.

Among the seven studies reviewed, only one did not demonstrate a statistically significant effect, which may be attributed to differences in participant characteristics or variations in the intervention methods employed. Overall, bay leaf decoction may serve as a safe and effective non-pharmacological alternative for controlling uric acid levels, particularly for individuals seeking to avoid the adverse effects associated with long-term pharmacological treatment for hyperuricemia.

Bay Leaf (*Syzygium polyanthum* Wight) Decoction as a Complementary Therapy for Reducing Uric Acid Levels: A Literature Review

REFERENCES

- 1) Alfian, I., & Adriani, P. (2023). Asuhan keperawatan gerontik pada lansia dengan pemberian air rebusan daun salam terhadap penurunan kadar asam urat dan intensitas nyeri arthritis gout pada lansia di Panti Pelayanan Sosial Lanjut Usia Dewanata Cilacap. *Jurnal Ventilasi*, 1(4), 177–184.
- 2) Andriani, A., & Chaidir, R. (2016). Pengaruh pemberian air rebusan daun salam (*Syzygium polyanthum*) terhadap penurunan kadar asam urat. *Jurnal Ipteks Terapan*, 10(2), 112–119.
- 3) Ariyanti, F. W., & Cahyani, N. J. D. (2020). Pengaruh pemberian air rebusan daun salam terhadap kadar asam urat pada penderita asam urat di Pustu Jasem–Ngoro Mojokerto. *Medica Majapahit*, 12(2), 39–47.
- 4) Asar, S. H., Jalalpour, S. H., Ayoubi, F., Rahmani, M. R., & Rezaeian, M. (2016). PRISMA: Preferred reporting items for systematic reviews and meta-analyses. *Journal of Rafsanjan University of Medical Sciences*, 15(1), 68–80.
- 5) Centers for Disease Control and Prevention. (2018). *Things that increase risk of gout*. <https://www.cdc.gov/arthritis/gout/index.html>
- 6) Christina, E., & Martha, A. Y. (2025). Pengaruh terapi senam Lien Tien Kung terhadap penurunan kadar asam urat pada lansia. *Jurnal Kesehatan dan Pembangunan*, 15(1), 152–158.
- 7) Cumayunaro, A. (2017). Rebusan daun salam untuk penurunan kadar asam urat dan intensitas nyeri arthritis gout di Puskesmas Andalas Padang. *Menara Ilmu*, 6(75), 1–8.
- 8) Dhamayanti, P. V. (2022). Systematic literature review: Pengaruh strategi pembelajaran inkuiri terhadap kemampuan berpikir kritis peserta didik. *Indonesian Journal of Education Development*, 3(2), 209–219.
- 9) Febrianti, & Andika, M. (2018). Pengaruh pemberian rebusan daun salam (*Syzygium polyanthum*) terhadap kadar asam urat pada lansia. *Menara Ilmu*, 12, 1–8.
- 10) George, C., Leslie, S. W., & Minter, D. A. (2025). *Hyperuricemia*. In *StatPearls*. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK459218/>
- 11) Kushiya, A., Nakatsu, Y., Matsunaga, Y., Yamamotoya, T., Mori, K., & Ueda, K. (2016). Role of uric acid metabolism-related inflammation in the pathogenesis of metabolic syndrome components such as atherosclerosis and nonalcoholic steatohepatitis. *Mediators of Inflammation*, 2016, Article 8603164. <https://doi.org/10.1155/2016/8603164>
- 12) Lame, G. (2019). Systematic literature reviews: An introduction. *Proceedings of the Design Society: International Conference on Engineering Design*, 1, 1633–1642.
- 13) Manuaba, R. W., Marpaung, B., Pramudiyo, R., HP, F., Syahriani, F., & Hellmi, Y. (2024). *Pedoman diagnosis dan tatalaksana hiperurisemia & arthritis gout*. Ikatan Reumatologi Indonesia. <http://bit.ly/BukuGoutIRA2024>
- 14) National Institute for Health and Care Excellence. (2022). *Gout: Diagnosis and management (NICE Guideline NG219)*. <https://www.nice.org.uk/guidance/ng219>
- 15) Ndede, V. Z. L. P., Oroh, W., & Bidjuni, H. (2019). Pengaruh pemberian rebusan daun salam terhadap penurunan kadar asam urat pada penderita gout arthritis di wilayah kerja Puskesmas Ranotana Weru. *E-Jurnal Keperawatan*, 7.
- 16) Ningtyas, F. (2023). Pengaruh pemberian air rebusan daun salam (*Syzygium polyanthum*) terhadap penurunan kadar asam urat dalam darah. *Infokes*, 12(2), 523–529.
- 17) Pati, D., & Lorusso, L. N. (2018). How to write a systematic review of the literature. *Health Environments Research & Design Journal*, 11(1), 15–30. <https://doi.org/10.1177/1937586717747384>
- 18) Patyawargana, P. P., & Falah, M. (2021). Pengaruh rebusan daun salam terhadap penurunan kadar asam urat pada lansia: Literature review. *Healthcare Nursing Journal*, 3(1), 47–51.
- 19) Rafika, A. S., Putri, H. Y., & Widiarti, F. D. (2017). Analisis mesin pencarian Google Scholar sebagai sumber baru untuk kutipan. *Jurnal CERITA*, 3(2), 193–205.
- 20) Ramadani, G. D. R., Mintarsih, S., & Enikmawati, A. (2021). Pengaruh rebusan daun salam terhadap kadar asam urat. *Jurnal Mitra Kesehatan*, 4(1), 24–29.
- 21) Sari, Y. A., & Syamsiyah, N. (2017). *Berdamai dengan asam urat*. Tim Bumi Medika.
- 22) Setianingrum, P. D., Kusumaningrum, I. D., & Rini, D. K. (2019). Pemberian air rebusan daun salam (*Syzygium polyanthum*) terhadap penurunan kadar asam urat pada penderita asam urat di Dusun Kadisoro Desa Gilangharjo Kecamatan Pandak Kabupaten Bantul DIY tahun 2017. *Jurnal Kesehatan*, 7(1), 12–23.

Bay Leaf (*Syzygium polyanthum* Wight) Decoction as a Complementary Therapy for Reducing Uric Acid Levels: A Literature Review

- 23) Tari, S., Salesman, F., & Yudowaluyo, A. (2018). Pengaruh rebusan daun salam (*Syzygium polyanthum* Wight) terhadap penurunan kadar asam urat pada lansia di Panti Sosial Penyantunan Lanjut Usia Budi Agung Kota Kupang. *CHMK Applied Science Journal*, 1(1), 1–10.
- 24) Triandini, E., et al. (2019). Metode systematic literature review untuk identifikasi platform dan metode pengembangan sistem informasi di Indonesia. *Indonesian Journal of Information Systems*, 1(2), 63–77.
<https://doi.org/10.24002/ijis.v1i2.1916>
- 25) Ulya. (2017). Asam urat, hiperurisemia dan arthritis gout. <https://ulyadays.com/tag/obat-anti-hiperurisemia>



There is an Open Access article, distributed under the term of the Creative Commons Attribution – Non Commercial 4.0 International (CC BY-NC 4.0) (<https://creativecommons.org/licenses/by-nc/4.0/>), which permits remixing, adapting and building upon the work for non-commercial use, provided the original work is properly cited.