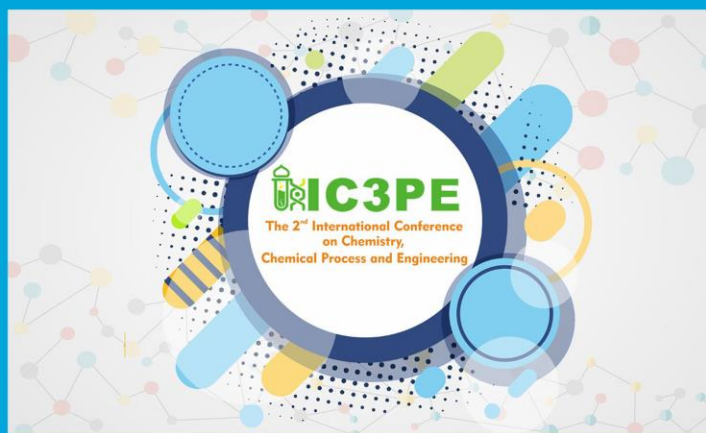


Volume 2026

 **Conference collection**

2nd International Conference on Chemistry, Chemical Process and Engineering (IC3PE)



Yogyakarta, Indonesia

14 August 2018

Editors

Is Fatimah, Hideya Kawasaki, Azlan Kamari, Laemthong Chuenchom,
M. Arsyik Kurniawan S., Imam Sahroni and Miqdam Musawwa

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[Nurul Hidayah](#), [David Arohman](#), [Istnaini 'Ainur Rohmah](#), [Damas Reza Pramuditya](#), [Desi Nasriyanti](#) and [Dhina Fitriastuti](#)

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Reducer of Glycemic Index in Rice (ROGER) : A Novel Device to Reduce The Glycemic Index in Rice for Diabetic Patient

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Abstract. Globally in 2010, the prevalence of patient with diabetes mellitus (DM) in 20-79 years old is 6.4% (285 million) and will increase until 7.7% (439 million) in 2030. DM is a disease characterized by hyperglycemia due to abnormality insulin secretion, insulin action, or both. If it uncontrolled can causes complications such as retinopathy, nephropathy, and neuropathy. The one of prevention for DM complication is lifestyle modification, such as setting the amount of glucose intake. Carbohydrate is thought as the highest glucose content, it's about 74% of the total composition. Carbohydrate contains SR (starch resistant) that include amylose lipid 1, the substance which can melt at <100°C and amylose lipid 2, the substance which can melt at >100°C. Therefore, we made an innovation of making carbohydrate in a low level of glucose and we called it ROGER (Reducer Glycemic Index in Rice). The process of making ROGER starts from March until July 2018 in the laboratory of mechanical engineering faculty, chemical laboratory, and hospital of PKU Muhammadiyah. The method used in this process is Kaizen, Usability method, LuffScholer method, and quasi-experiments. Basically, ROGER was made from two kinds of instruments there are centrifuge and heater. The result was 5 minutes to reached the appropriate rice, while the centrifuge speeds were 9000 rpm. To know the result, we have to do the identification test of glucose level by using Luff-Scholer method. The result of conventional rice were water content (65.48%) and glucose levels (1.22%). While in the treatment group using ROGER rice obtained water content (66.04%) and glucose levels (0.03%). After that, we did the test in uncomplicated diabetes mellitus type-2 patients. The comparison of in-time blood glucose and two-hour post-prandial on patient 1 (P1), P2, P3, P4, and P5 used ROGER's rice are 116 to 108, 172 to 79, 221 to 215, 173 to 167, and 93 to 91 ($P > 0.05$; $n = 5$).

INTRODUCTION

Patient of Diabetes Mellitus (DM) per year has increased. The prevalence of DM at the age of 20 until 79 years in the world in 2010 is 6.4% (285 million), and will increase to 7.7% (439 million) by 2030. In 1995, Indonesia ranked 7th out of 10 countries which suffered from DM that is 4.5 million people. It is estimated by 2050 Indonesia will occupy the number 5 with total sufferer as much as 12.4 million people [1]. When viewed in every area, it brings that in 2013 the sufferer DM encountered in special region of Yogyakarta (2.6%). Sufferers of DM in DKI Jakarta area i.e. amounting to (2.5%), North Sulawesi (2.4%), and East Kalimantan (2.3%) [2].

Diabetes Mellitus is a metabolic disease characterized by the increased of blood glucose level on the body. DM occurs due to the lack of insulin production or failure of the use of insulin by body's cells [3]. There are 2 types of DM i.e. DM type 1 and type 2. DM type 1 is a autoimmune reaction that caused damage to pancreatic beta cells, while the DM type 2 occurs due to the inability of the body to use insulin to the maximum quantity [4].

Uncontrolled diabetes can lead to the occurrence of complications of DM. According to [5], complication of DM were divided into 2 groups of disease (micro vascular disease and macro vascular disease). Micro vascular disease such as decreased vision (retinopathy), kidney damage (nephropathy), and nerve damage (neuropathy). While macro vascular disease include stroke, heart failure, dementia, and atherosclerosis.

The main key to prevent complication is to prevent the progressivity of the disease. This is mainly achieved by way of regulating sugar levels stabilized. Lifestyle modification is one of simple actions that can be performed by sufferers to prevent possible complications. One of the lifestyle modification efforts in people with DM is by setting the amount of glucose that enters the body. Carbohydrate is the main source and the most contributor to the high level of blood glucose in people. Generally, people in Indonesia always use carbohydrate from white rice as an energy source. According to [6], rice is thought to be a food that has a high glycemic index. Glycemic index is the level of foodstuffs according to the influence ability at blood sugar in human body. A diabetes mellitus patient can have elevated blood glucose level rapidly when they consume it with a high of glycemic index.

Rice obtained from conventional process. This process can trigger an increase in blood glucose due to the conventional cooking that result the increasing of fluid and glucose content as much as 74% [7]. Therefore, in-depth research needs to be done to create a modern rice processing technology that can lowering the glycemic index in rice. This research aim to create a modern rice processing tool that is capable of lowering the glycemic index of rice, which we call with ROGER (Reducer of Glycemic Index in Rice) is expected to help in producing rice with low glucose levels so as to expand the marketing target.

EXPERIMENTAL SECTION

Research Design

The design of this research are Kaizen and Usability method for making the ROGER device, Luff-Scholer method for glucose level examination, and quasi-experiments with Pretest-Posttest Only Control Group Design for checking blood glucose in patient.

Tools and Materials

The ROGER's tools are acrylic, aluminum plate, bolt, nut, aluminum wire, cable, male cable, female cable, gear, heater, temperature sensor, LCD, resistor, capacitor, DC motor, Arduino Uno, LED, glue and switch. The glucose level examination is Fehling solution. Further, for blood glucose examination are glucometer, ethanol, glucose strips, tissue, mask, and gloves.

Variable identify

This research contain two kind of variables there are independent variable include patient DM type 2 non-complicated and the ROGER. Then, dependent variable include blood glucose level, blood glucose 2 hour post prandial in patients with non-complicated DM, and glucose levels in the rice

Time and Place of Research

This research start from March – July 2018 in several place:

- 1) UII Mechanical Laboratory for the manufacture and trial of ROGER's device.
- 2) Chemistry Laboratory to examine the glucose level on rice by analysis of glucose level by Luff-scholer test and double beam UV-Vis spectrophotometer.
- 3) PKU Muhammadiyah hospital to get sample of DM type 2 patient

Research Subject

This study is a pilot study or a preliminary study so that the total respondents for the quasi-experimental are 10 people who will be divided randomly into 2 groups (groups with conventional rice processing and processing rice with BG trole).

Respondent referred to in this research is patient of type 2 diabetes non complication. Exclusion criteria are patients obtained from medical record data experiencing complications such as liver, eye, and kidney disorders. While, the inclusion criteria are all patients of Diabetes Mellitus Type 2 in PKU Muhammadiyah Hospital Yogyakarta.

The way to recruit research subjects is to conduct patient medical record analysis in RS PKU Muhammadiyah, then do random sampling of Diabetes Mellitus Type 2 patient, then done eksklusi on patient who have complication caused by DM Type 2. During the research process, the researcher undertakes the effort in maintaining patient's safety by performing the whole patient's history data collection, if there is dangerous

risk factor then the patient will be excluded and if the result is hypoglycemic or hyperglycemic in the patient then the intervention is stopped and then cooperate with the hospital to treat the patient. The intervention process carried out on the patient is by giving conventional rice as the control group and ROGER's rice as the experimental group. After the intervention of rice, then the patient will check the blood sugar level by Glucometer. The examination allows the pain to occur in the patient, to overcome this problem, the researcher attempts to do the best possible, not to do repetition in peripheral blood taking, and provide the act of handling pain as quickly as possible.

RESULT AND DISCUSSION

Carbohydrate levels in rice can be modified in various ways. It is known that the rice undergoing the heating process can increase the starch resistant (SR) [8]. SR is one component in carbohydrates that can function as dietary fiber, it can inhibit the absorption process in digestive and inhibit the release of glucose from the food. SR contains amylose lipid 1, the substance which can melt at <100°C and amylose lipid 2, the substance which can melt at >100°C. Based on [9] ratio of carbohydrate test results between dry rice and normal rice is 8.31% and 10.72%.

In this research, we designed a tool called ROGER that can reduce the glycemic index of rice, based on existing theories, which in turn modify the workings of this tool with centrifuges. First, conventional rice is regularly tested glucose levels, and then compared with rice glucose levels that have been processed with our tools. Based on the analysis and results of our research, it was found that ROGER has an advantage in lowering glucose levels in rice, which has been proven by using Luff-scholer chemical test.

In this study also discusses the role of rice that has been lowered glucose levels to prevent the increase in blood glucose levels on diabetes mellitus patients. The result is appropriate with our hypothesis that we have proposed, the ROGER influential in lowering glucose levels in rice, and rice that has been dried by using ROGER proven effective in lowering blood glucose levels DM non-complicated patients.

ROGER's Device

The ROGER's device were made using Kaizen method and continued by processing white rice by boiling it, then the main process was decreasing the glycemic index by centrifuge it and the results is in five minute it can produce a white rice with the main characteristic is dry properly (Table 1).

TABLE 1. The time needed to centrifuge the white rice after boiled process.

No.	Time	Rice condition
1	30 second	Still Wet
2	1 minute	Still Wet
3	2 minute	Still Wet
4	3 minute	A small portion is dry
5	4 minute	A small portion is dry
6	5 minute	Dry properly
7	6 minute	Dry properly
8	7 minute	Dry properly
9	8 minute	Rice become darken

The result that suitable with theory is on the 5 minute with the appropriate rice structure, that is neither too dry nor wet. After that, we did the usability test using usability method. For about 31 respondents give the positive respond to ROGER's device. It shows in the result of usability test that 100% of respondent can use ROGER easily and they want to have the ROGER's device.

Glucose Level in Rice

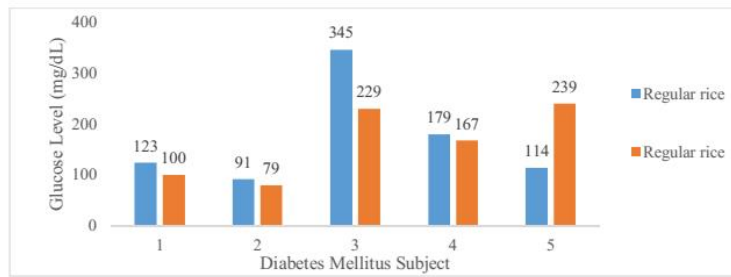
The next analysis is glucose test by Luff-scholer method to find out the decrease of glucose level in each rice. The result of glucose and water level in regular and ROGER rice are showed on Table 2. It shows that the water level of ROGER rice is increase for 0.56% than regular rice. The sugar level of ROGER rice is decrease for 1.19% from regular rice.

TABLE 2. Glucose and Water Level of Regular and ROGER Rice

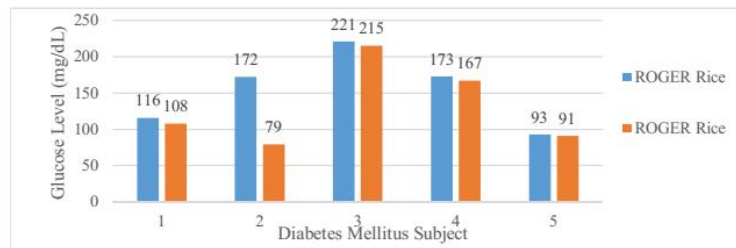
Sample	Analysis	
	Water level (%)	Sugar level (%)
Regular rice	65.48	1.22
ROGER Rice	66.04	0.03

Clinical Test

After ROGER's rice proved to decrease glucose level, the rice was then tested to DM patient, with minimum sample 10 persons, there are 5 persons as a control group that is given by conventional rice and 5 persons as a treatment group that is given by ROGER rice. The result obtained after testing on 10 subjects showed in Fig 1.



(a)



(b)

FIGURE 1. Clinical test result of Diabetes mellitus subject with (a) Regular rice and (b) ROGER rice.

Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 GDSK - GD2PP	7.600	86.037	38.477	-99.229	114.429	.198	4	.853

(a)

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	GDSK - GD2PP	23.000	39.192	17.527	-25.663	71.663	1.312	4	.260

(b)

FIGURE 2. Paired Sample of (a) Regular rice test and (b) ROGER rice test

From the results of the test, then we make a statistical test by IBM SPSS Statistic 2.0 program. In regular rice, the result shows that P value of the test is 0.853 ($P > 0,05$). It can be refer that there is no different result between pre and posttest. While the ROGER's rice the P value is 0.260 ($P > 0,05$). It is also shows that there is no significant differentiation between pre and post-test after ROGER's rice intervention.

CONCLUSION

Based on the results of our research on mechatronic laboratory, chemical laboratory, and PKU Muhammadiyah Yogyakarta Hospital, we found that ROGER rice has lower glycaemic index than conventional rice, and besides that ROGER rice was proved can inhibit the increase of blood glucose DM patients.

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