

Effect of Lamtoro Seed Flour on HDL Cholesterol in Male White Rats Induced by High Fat Diet

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ABSTRACT

HDL cholesterol is called the good cholesterol because of its role in getting rid of excess cholesterol in the blood. The purpose of this study was to analyze the effect of giving lamtoro seed flour on the HDL cholesterol of male white rats induced by High Fat Diet. This type of research is true experiment with pretest-posttest control group design. The samples used in this study were 15 male wistar strain white rats, rat age 2-3 months, rat weight between 150-200 grams and normal rat's HDL cholesterol levels of ≥ 35 mg/dl. The samples were grouped into 3 groups: The negatif control was given a standard diet of Rat Bio feed and ad libitum water. Positive control was given standard diet of Rat Bio, duck egg yolk, PTU and ad libitum water. Treatment group was given standard diet of Rat Bio, duck egg yolk, PTU, lamtoro seed flour orally at a dose of 0,5 grams/day and ad libitum water. Cholesterol HDL level data was analyzed using the One Way Anova, Kruskall Wallis, Paired T-Test and Wilcoxon. The results showed that there was no significant difference between the three groups before being given treatment ($p = 0.798$) it means HDL cholesterol level in rats was normal, there was no significant difference between the three groups after being given treatment ($p = 0.685$), there was no significant difference in the treatment group before and after being given treatment. ($p = 0.892$), there was no significant difference before and after administration of lamtoro seed flour ($p = 0.898$), there was no effect of giving a dose of 0.5 grams of lamtoro seed flour on HDL cholesterol levels in rats.

Keywords: HDL cholesterol, lamtoro seeds flour