

***The Effect of Giving Kepok Banana Heart Flour and Okra Flour on LDL
Hypercholesterolemic Rats***

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ABSTRACT

Hypercholesterolemia is a condition of excess cholesterol in the blood. There are three types of cholesterol in the blood, namely LDL, HDL and Triglycerides. One way to lower LDL levels in the blood is to eat foods that are high in fiber. Banana Heart Kepok and Okra are alternative foods that have high fiber content. Fiber can bind bile salts and fats in the small intestine and then excreted in the form of feces, this can cause LDL levels in the blood to decrease by 5% or more. The purpose of this study was to determine the effect of giving kepok banana bud flour and okra flour to LDL in hypercholesterolemic rats. The type of research used is (True Experimental) with a Pretest-Posttest Control Group Design which was carried out randomly. This study used 24 rats aged 2-3 months weighing 150-250 grams which were divided into 4 groups; negative control (K-), positive control (K+), treatment one (P1) was given an intervention in the form of a suspension of banana bud flour and okra flour at a dose of 2.08g/200g rat body weight, and treatment two (P2) was given an intervention in the form of flour suspension. banana heart and okra flour at a dose of 3.47g/200g body weight of rats. LDL levels were checked by the Enzymatic End Point method. Data were analyzed by One Way Anova test, LSD test, Kruskal Wallis test, Mann Whitney test and Paired T-Test. The results showed that only the P2 group had hypercholesterolemia, and Kepok banana bud flour and okra flour could not significantly reduce LDL levels in white rats at treatment dose I ($p = 0.435$; $p >$) and dose II ($p = 0.121$; $p >$). So it can be concluded that there is no effect of giving kepok kepok banana flower flour and okra flour to hypercholesterolemic rats..

Keywords: *Kepok Banana blossom , okra, flour, hypercholesterolemic*