

The Effect of Juice Pumpkin Fruit Pulp on Total Cholesterol Levels of Dyslipidemia Wistar Rats (Efek Perasan Daging Buah Labu Kuning Terhadap Kadar Kolesterol Total Darah Tikus Wistar Dislipidemia)

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ABSTRACT

Dyslipidemia is the metabolism of lipids that abnormalities characterized by increased and decrease in fraction of lipid in the plasma such as an increase in total cholesterol levels of cholesterol Low Density Lipoprotein (LDL) and the levels of triglycerides and decrease levels of cholesterol High Density Lipoprotein (HDL) . One of the causes of the disease of heart and blood vessels , namely dyslipidemia. Dyslipidemia is a degenerative disease caused by the habit of consuming fatty foods and high cholesterol. Pumpkin contains many nutrients that are good for the body, one of which is beta carotene. Beta carotene can reduce total cholesterol levels because beta carotene can protect lipid membranes from peroxidation reactions, and at the same time stop chain reactions from free radicals and can prevent plaque / cholesterol deposits in blood vessels. This study aims to prove whether the juice of pumpkin fruit pulp with a dose of 0.121 ml / 200 grams BB of rats can have an effect in reducing total cholesterol levels in dyslipidemic wistar rats. This study used the True Experimental model with the research design used was the Pre-Test and Post Test with Randomized Control Group Design on 28 rats which were divided into 4 groups, namely the negative control group (K-), the positive control group (K +), the intervention group 1 (P1), and intervention group 2 (P2). Data were analyzed using one-way ANOVA test followed by post hoc test Bonferroni , and test paired t test . Pumpkin juice did not significantly affect the reduction of total cholesterol levels $p = 0,574$ ($p > 0.05$). The conclusion is no effect of giving pumpkin juice on total cholesterol levels of dyslipidemic wistar rats.

Keywords : *Juice of Pumpkin Fruit Pulp, Total cholesterol levels, Dyslipidemia*