

**“The Effect of Juice Pumpkin Fruit on HDL Levels of Hyperlipidemia Wistar Rats” (Efek Perasan daging Buah Labu Kuning terhadap Kadar HDL Darah Tikus Wistar Hiperlipidemia)**

**Evita Dewi Ayu Amalia**  
Study Program of Clinical Nutrition  
Department of Health

***ABSTRACT***

Hyperlipidemia is a disease characterized by an increase in total cholesterol, an increase in triglycerides, an increase in low density lipoprotein, without a decrease in high density lipoproteins. In patients with hyperlipidemia, total cholesterol levels increase to > 200 mg / dl. The squash of turmeric pumpkin contains beta-carotene which is an antioxidant that can help increase HDL levels in the blood. The purpose of this study was to determine the effect of pumpkin juice on HDL levels of dyslipidemia wistar rats. This research used true experimental design with pretest-posttest with control group design. The sampling technique used was random sampling with a total sample of 28 divided into 4 groups. The negative control group was given standard feed, the positive control group was given high-fat feed for 28 days, the first treatment group was given high-fat feed for 14 days then continued with simvastatin for 14 days, the second treatment group was given high-fat feed for 14 days then continued with juice pumpkin flesh for 14 days. The results of this study were analyzed using the One Way Anova test and Paired T Test. The results showed that the mean HDL level before the intervention was in the negative control group 56.43 mg / dL, the positive control group 65.14 mg / dL, the treatment group 1 55.00 mg / dL, the treatment group 2 52.00 mg / dL, and the mean HDL levels after the intervention in the negative control group were 53.29 mg / dL, the positive control group was 57.00 mg / dL, the treatment group 1 was 56.00 mg / dL and the treatment group 2 was 51.86 mg / dL. There was no significant effect of pumpkin juice on HDL levels in group of rats before and after the intervention.

**Keywords:** Hyperlipidemia, juice of pumpkin fruit pulp, beta carotene, HDL