

**Effectiveness Giving a Combination of Red Dragon Fruit Juice with *Virgin*
Coconut Oil Against LDL Levels of *Sprague dawley* Rats Dyslipidemia**

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ABSTRACT

Dyslipidemia is a lipid profile metabolic disorder characterized by an increase in LDL. The combination of red dragon fruit juice with VCO containing flavonoid can reduce blood LDL levels. The purpose of this study was to determine the effectiveness of giving a combination of red dragon fruit juice with VCO against LDL in dyslipidemic rats. This study used True Experimental Pretest-Posttest with Control Group Design using random sampling with a total sampel of 27 rats divided into 3 groupd. Group k- was given a standart diet in the form of Rat Bio 30g/head/day, group k+ was given hig-fat feed 30g/head/day and PTU 1,08 ml/200gBB/day for 28 days continued until the stude was complete and group p was feed high fat 30g/head/day, PTU 1,08ml/200gBB/day and given the intervention in the form of a combination of red dragon fruit juice with VCO 2ml/200gBB/day for 15 days. The result were analyzed using the One Way Anova test, Kruskal Wallis and Paired T-test. The result showed that were differences in LDL pretest ($p = 0,000$) and posttest ($p = 0,000$). There was a difference in pretest and posttest LDL in the k- group ($p = 0,013$), there was no difference between pretest and posttest LDL in the k+ group ($p = 0,69$) and there was a difference between LDL before and after the intervention ($p = 0,000$). The conclusion of this study, the combination of red dragon fruit juice and VCO for 15 days as much as 2ml/200gBB/day has not been effective in reducing LDL levels in dyslipidemic rats significantyl.

Keywords: Dyslipidemia, LDL, flavonoids, red dragon fruit, VCO