

Effect of Melon Seed (*Cucumis melo* L.) Flour to Triglyceride Levels of Male White Rats Wistar Dyslipidemia (*Pengaruh Tepung Biji Melon (*Cucumis melo* L.) Terhadap Kadar Trigliserida Pada Tikus Putih Jantan Galur Wistar Dislipidemia*)

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ABSTRACT

*Dyslipidemia is a disorder of lipid metabolism in the blood characterized by increased levels of triglycerides, total cholesterol, LDL cholesterol, and followed by decreasing HDL cholesterol. Increased triglyceride levels are caused by weight gain, alcohol consumption, and excessive calorie consumption. High triglyceride levels can be derived by the administration of non-pharmacological therapies such as consuming vegetables, fruits or grains containing flavonoid. Melon seed is one type of grains that contain vitamins and minerals, as well as flavonoids compounds in the form of Alpha Spinasterol. The content of flavonoids that can reduce triglyceride levels by 20 mg / 200 g BW rats. The content of flavonoids contained in melon seeds (*Cucumis melo* L.) Sakata type is 114 mg/100g. The purpose of this study was to determine the effect of melon seed flour on triglyceride levels in male white rats in Wistar dyslipidemia. This research is a true experimental with Pre-Post Test Randomized Control Group Design. This study used 24 white male wistar rats with a body weight of 150-200 grams aged 2-3 months. Rats were divided into 3 groups: negative control, positive control and treatment. In the treatment group was given melon seed flour (*Cucumis melo* L.) as much as 8.7 grams / 200 grams BB rat / day. Data before and after treatment were analyzed using the Wilcoxon test. Pretest data were analyzed using the Oneway Anova test. Posttest data were analyzed using the Kruskal-Wallis test. The average triglyceride level in the treatment group after intervention was 77.86 mg / dL. Melon seed flour did not significantly influence the decrease in triglyceride levels $p = 0.091$ ($p > 0.05$).*

Keywords: *Melon seed flour (*Cucumis melo* L.), triglyceride levels, dyslipidemia.*