"Giving Soybeans-Dragon Fruit Peels Powder Drink to HDL Levels of Sprague Dawley Male Dyslipidemia Rats"

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ABSTRACT

Dyslipidemia is an abnormality of lipid profile which is characterized by an increase in total cholesterol levels, LDL levels, triglyceride levels and a decrease in HDL levels. Antioxidants are compounds that can suppress the reactivity of free radicals and can increase HDL levels by increasing the formation of Apo-AI as a precursor of HDL formation. Red dragon fruit peel and soybean are ingredients that contain antioxidants in the form of flavonoids and isoflavones. Both of these compounds play a role in increasing HDL levels. The purpose of this study was to determine the effect of Soybeans-Dragon Fruit Peels Powder Drinking on HDL Levels of Sprague Dawley Male Dyslipidemia Rats. The type of this research is true experimental with pre-post control group design. A total of 27 rats aged 2-3 months with a weight of 150-250g were divided into 3 groups namely K (-), K (+), and P. In group P were given Soybeans-Dragon Fruit Peels Powder drinks with a dose of 12.8 ml / Kg / day given for 14 days. Data were analyzed using One Way Anova test followed by Post Hoc test, and Paired T-Test test. The results showed there were significant differences in pretest HDL levels (p = 0.003), there were no differences in post-test HDL levels (p = 0.521). There were no differences in pretest and post-test HDL levels in the K (-) group (p = 0.417) and K (+) (p = 0.051), but there were significant differences in the P group (p = 0.002). There was a difference in the difference in HDL levels before and after the intervention (p = 0.033). The conclusion of this study is there were no differences HDL levels after administration of Soybeans-Dragon Fruit peels Powder.

Keywords: Dyslipidemia, HDL, Soybeans-Dragon Fruit Peels Powder.