

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

**Adiyana Dwigiyati
Clinical Nutrition Study Program
Department of Health**

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-A1 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.*