

The Effect of Giving Jelly Drinks Green Okra Juice and Red Guava on HDL Levels of Hyperlipidemic White Rats

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ABSTRACT

Hyperlipidemia is a condition where high concentrations of lipids, cholesterol and triglycerides occur in the blood. The lipid fraction that decreased was HDL levels. One alternative that can increase HDL levels is the consumption of food sources of fiber, one of which is green okra. Fiber can trap fat in the small intestine, stimulate increased bile acid excretion into the intestine, this will cause liver cells to increase the formation of bile acids in the liver so that HDL production in the liver increases. The purpose of this study was to determine the effect of green okra juice and red guava juice on changes in HDL levels in hyperlipidemic wistar white rats. This type of research is true experimental with pretest – posttest with control group design. This study used 16 male wistar rats weighing between 150-300 grams aged 2-3 months. Rats were divided into 4 groups, namely negative control, positive control, treatment 1 and treatment 2. Treatment group 1 was given an intervention dose of 4.8 ml per head, while treatment 2 was given a dose of 9.7 ml per animal. The intervention was given 2 times a day by sonde for 14 days. HDL levels were checked by the Precipitation method. Data analysis using Paired T-Test test, followed by One Way Anova test followed by Wilcoxon test. The conclusion of this study was that drinking green okra juice and red guava juice tended to increase HDL but had no significant effect on reducing HDL serum levels of wistar rats in the treatment group ($P=0.342$). In this study, the HDL levels of rats used were in the normal range, this was due to the low consumption of high-fat diet feed and the occurrence of leaks in the PTU drinking bottles.

Keywords: *HDL levels, Dyslipidemia, green okra and red guava juice jelly drink*