

## ***The effect of a Combination of Tomato and Belimbing Wuluh on Total Cholesterol in White Rats***

**Shinta Umaha Berliana**  
*Clinical Nutrition Study Program*  
*Departement of Health*

### **ABSTRACT**

*Total cholesterol is the overall level of cholesterol circulating in the body. Beef brain and prophyliouracil (PTU) are foods and drugs that can influence the increase in total cholesteol levels. The combination of tomato and belimbing wuluh contains antioxidants such as flavonoids, vitamin C, and lycopene they are has antihyperlipidemic. The purpose is to determine the effect of the combination of tomato and belimbing wuluh on total cholesterol levels at white rats. This research design is True Experimental with the type Pretest-Posttest with Control Group Design. This research uses 18 wistar white rats with male sex, 2-3 months old and weighing 100-300 grams. Rats are divided into three groups, namely the negative control group (K-) is given standard BR-2 feed and drinking water ad libitum. The positive control group (K+) beef brain suspension as much as 2ml/rat/day, PTU solution 80 ml/rat/day, and solution of simvastatin 1ml/rat/day. The treatment group (P) is given a beef brain suspension as much as 2ml/rat/day, PTU solution 80ml/rat/day, and simvastatin solution 1ml/rat/day,an intervention combination of tomato and belimbing wuluh 6,5ml/rat/day. The total cholesterol levels are checked by using the CHOD-PAP method. Data are analyzed by using the Shapiro Wilk, Oneway Anova test, Post Hoc test, Kruskall Wallis test, Mann Whitney test and Paired T-Test. The results of the total cholesterol level test in the pretest data and posttest data showed that there were significant differences between groups. The test results between pretest and posttest showed no significant difference. The test results showed no significant difference in the difference in total cholesterol levels of the pretest and posttest. The combination of tomato and belimbing wuluh had no effect in reducing the total cholesterol levels of white rat.*

**Keywords:** *Total Cholesterol, Combination of Tomato and Belimbing Wuluh, White Rats.*