

## **The Effect of Giving Red Dragon Fruit Syrup on Triglyceride Levels in Hypercholesterolemic White Rats**

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### **ABSTRACT**

Hypercholesterolemia is a condition in which cholesterol levels exceed normal limits. Hypercholesterolemia is closely related to increased triglyceride levels. Efforts to reduce triglyceride levels can be done by consuming functional drinks that contain antioxidants such as red dragon fruit syrup. The purpose of this study was to determine the effect of giving red dragon fruit syrup on triglyceride levels in hypercholesterolemic white rats. This type of research is true-experimental with pretest posttest with control group design. The rats used were 15 male wistar rats weighing 130-230 grams aged 3-4 months. Rats were divided into 3 groups, namely the negative control group (K-) given *Rat Bio* and drinking water *ad libitum*, positive control (K+) given *Rat Bio*, quail egg yolk 2 ml/head/day and PTU 0.01%, and treatment (P) were given *Rat Bio*, quail egg yolk 2 ml/head/day, PTU 0.01% and red dragon fruit syrup 10.3 ml/head/day given 3 times a day for 14 days. Triglyceride levels were measured using the GPO-PAP method and analyzed using the *Shapiro Wilk* normality test, *Lavene Statistics*, *One Way Anova*, *Kruskal Wallis* and *Paired T Test*. The results of the triglyceride level test in the pretest data showed that there was no significant difference between groups ( $p=0.149$ ). The results of the triglyceride level test in the posttest data showed that there was no significant difference between groups ( $p=0.351$ ). The results of the triglyceride level test between the pretest and posttest in the treatment group (P) showed that there was no significant difference ( $p=0.124$ ). There was no significant difference between the pretest and posttest triglyceride levels ( $p=0.972$ ). Giving red dragon fruit syrup could not reduce triglyceride levels in hypercholesterolemic white rats.

**Keywords:** Hypercholesterolemia, Red Dragon Fruit Syrup, Triglycerides