

The Effect of Giving Kepok Banana Blossom Flour and Okra Flour on Total Cholesterol Levels in Hypercholesterolemic Rats (*Pengaruh Pemberian Tepung Jantung Pisang Kepok Dan Tepung Okra Terhadap Kadar Kolesterol Total Tikus Hiperkolesterolemia*)

Sekar Alaya Roninsha Putri
Clinical Nutrition Study Program
Department of Health

ABSTRACT

Hypercholesterolemia is a lipid metabolism disorder characterized by an increase in total cholesterol levels. Lipid metabolism disorders are not a disease, but are a risk factor for degenerative diseases. The increase in total cholesterol levels can be overcome non-pharmacologically by consuming high-fiber foods, one of which is by consuming kepok banana blossom flour and okra flour. Okra and banana blossom in the form of flour have a long shelf life, high economic value and high fiber content. The purpose of this study was to determine the effect of kepok banana blossom flour and okra flour on total cholesterol levels in hypercholesterolemic rats. The type and design of the research carried out was an experimental type with a control group and an intervention with a mechanism before and after being given treatment. This study used 24 wistar rats aged 2-3 months with a weight of 150-250 g, and were divided into 4 groups which were selected randomly. The negative control group (K-) was only given ratbio feed, then the positive control group (K+), the intervention group, namely the first treatment group (P1) and the second intervention group (P2) were given a high-fat feed induction in the form of a mixture of 10% duck eggs, then 20 % lard, and 70% ratbio. The P1 group received an intervention in the form of a suspension of banana blossom flour and okra flour at a dose of 2.08 g/200 g body weight from rats per day, while the P2 group received an intervention in the form of a suspension of banana blossom flour and okra flour at a dose of 3.47 g/200 g body weight of rats per day. The results showed that there were differences in total cholesterol levels before and after treatment in treatment group 1 with a decrease in total cholesterol level of 28.50 mg/dl and treatment group 2 with a decrease in total cholesterol level of 62.50 mg/dl. Therefore, it can be concluded from this study that there is an effect of giving a mixture of kepok banana blossom flour and okra flour on total cholesterol levels as indicated by a decrease in total cholesterol levels in rats with indications of hypercholesterolemia.

Keywords: Kepok Banana blossom Flour, Okra Flour, Fiber, Content Total Cholesterol, Hypercholesterolemia