The Effect of Giving Green Okra Jelly Drink with Red Guava on Total Cholesterol Levels in Hyperlipidemia White Rats

Dendio Krisna Bramantya
Clinical Nutrition Study Program
Department of Health

ABSTRACT

Hyperlipidemia is a condition when there is an abnormality in the level of fat in the blood. It's called hyperlipid if the total body cholesterol and triglycride level is above normal, several efforts can be made to overcome hyperlipidemia, hyperlipidemia can be cured by doing non-pharmacological therapy by adjusting diet patterns and consuming fiber. one of the various foods that contain fiber is green okra jelly drink with red guava, which is made from okra and red guava that contains a lot of fiber. This study aims to determine the effect of green okra juice jelly drink with red guava on total cholesterol levels in dyslipidemic white rats, this research is a True Experimental with a Pretest-Posttest Control Group Design. This study used 16 white rats 2-3 months old with a body weight of 150-200 grams, which were divided into 4 groups, namely a negative control group that was fed with standard food, a positive control group that was fed a high-fat diet made with a mixture of rat bio, margarine, eggs. quail and PTU 0.01% as drinking water, two treatment groups were given a high-fat diet and PTU 0.01% was mixed with drinking water and given jelly drinks with green okra juice and red guava with different doses. The results of this study indicate that there are significant differences before and after intervention, in the negative control group (p = 0.021), positive control (p = 0.01), treatment group 1 (0.014), treatment group 2 (p = 0.004). So it was concluded if there was a decrease in total cholesterol levels before and after the intervention, but this decrease occurred not only because juiceokra red guava, but also indicated because there was an effect of fasting time.

Keywords**:** *Green Okra Jelly Drink with Red Guava, Total Cholesterol, Dyslipidemic White Rats, Hyperlipidemia*