

***Effect of Giving Jeli Drinks Sari Okra Green and Red Guava on LDL Levels
Hyperlipidemic White Rats***

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ABSTRACT

Hyperlipidemia is an increase in fat and cholesterol levels in the blood which causes a decrease in HDL levels and an increase in total cholesterol, LDL, and triglycerides (Pekerti et al, 2019). Non-pharmacological therapy can be done by consuming fiber. One vegetable that contains fiber is green okra and red guava. In addition to containing fiber, red guava also contains vitamin C. In this study, the products used were jeli drinks, green okra juice and red guava. The purpose of this study was to determine the effect of drinking green okra juice and red guava juice on reducing LDL levels in dyslipidemic wistar white rats. This type of research is True Experimental with Pretest-Posttest Control Group Design approach. This study used 16 rats, aged 2-3 months with a body weight of 150-200 grams which were divided into 4 groups, namely the negative control group, the positive control group, the first treatment group, and the second treatment group. The negative control group was only given rat bio standard feed. The positive control group was given a high-fat diet in the form of quail egg yolk, margarine as feed, PTU 0.01%, oil, and quail egg yolk as drinking water. While the treatment group one and treatment group two were given high-fat feed in the form of quail egg yolk, margarine as feed, PTU 0.01% oil, quail egg yolk as drinking water and given green okra jeli drink with a dose of 4.8 ml in the first treatment and the second dose was 9.72 ml in the second treatment group. The results showed that there was a difference before and after the intervention in the negative control group ($p = 0.045$) but there was no difference in the positive control group ($p = 0.302$), treatment group one ($p = 0.435$) and treatment group two ($p = 0.135$). So it can be concluded that there is no effect of giving jeli drinks with green okra juice and red guava on LDL levels of dyslipidemic wistar white rats.

Key words : *Green Okra and Red Guava Jeli Drinks, LDL Dyslipidemia Levels*