

The Effect of Giving Brewed Rosella Petals with Dayak Onions on HDL Levels in Dyslipidemic Rats

Fara Ismi Fanisa

Study Program of Clinical Nutrition

Department of Health

ABSTRACT

Dyslipidemia is a disorder of plasma lipid metabolism characterized by increased or decreased levels of lipid fractions in blood plasma, one of which is HDL cholesterol, which is below the normal limit of ≤ 35 mg/dL. Stewing rosella petals with dayak onions contains antioxidants, such as flavonoids, polyphenols, vitamin C, and anthocyanins which can increase HDL cholesterol. This study aims to determine the effect of stewing rosella petals with dayak onions on changes in HDL cholesterol levels in dyslipidemia rats. This type of research is true-experimental with pre-test – post-test with random control group design. The sample used was 27 male Wistar rats which were divided into 3 groups, namely the negative control (K-), positive control (K+) and treatment (P) groups. Treatment of stewing rosella petals with dayak onions at a dose of 10 mL/rat/day for 14 days. HDL cholesterol levels were checked by precipitation method. Data were analyzed by One Way Anova, Post Hoc, Paired T-Test, Kruskal Wallis, and Mann Whitney tests. The results of the HDL level test on the pre-test data and post-test data showed significant results between groups. The results of the difference test between the pre test and post test also showed significant results. The results of the pre-test and post-test differences in HDL levels showed a significant difference, but between the negative control group (K-) and the treatment group (P) showed significant results, between the positive control group (K+) and the treatment group (P) were also significant while between the negative control group (K-) and the positive control group (K+) was not significant. The conclusion of this study states that stewing rosella petals with dayak onions has no effect on HDL levels in dyslipidemic rats.

Keywords: Dyslipidemia, Brewed of Rosella Petals with Dayak Onion, HDL Levels