

The Intervention Effect Of Spinach Juice (*Amaranthus Hybridus L.*) With Pineapple (*Ananas Comosus (L) Merr*) Against Hemoglobin Level In White Rats (*Rattus Norvegicus L.*) Sodium Nitrite-Induced Strain Of Wistar

Annisa Maisaroh

Clinical Nutrition Study Program
Departement of Health

ABSTRACT

Anemia is a condition where the hemoglobin level is less than the normal limit. Low hemoglobin levels due to lack of availability of iron in the body. Anemia dapat disebabkan oleh defisiensi asupan gizi serta gangguan penyerapan zat gizi dari makanan. One of the efforts in increasing hemoglobin is to provide adequate dietary iron as well as supporting substances absorption of iron such as vitamin C. The effort can be done by giving a combination of spinach juice with pineapple. The purpose of this research is to know the effect of the intervention of spinach juice with pineapple in white rat hemoglobin level Sodium Nitrite-Induced Strain Of Wistar. Method of research using (True Experimental) with Pretest-Posttest Control Group design. The number of samples used were 24 rats of white rat Wistar strain. Sampling is done randomly and divided into 3 groups that are negative control group is not conditioned anemia, positive control group is conditioned to be given nitrite as much as 25mg/200g BB rats for 18 days and given standard feed, Treatment group conditioned anemia with given nitrite as much as 25mg/200g BB rats for 18 days later administered spinach juice with pineapple as much as 9.5 ml/day for 14 days. Data was analyzed using the One Way Anova test and the Paired T-Test test. The results of the test Paired T-Test before and after the intervention of spinach juice with pineapple showed no significant difference in the treatment group with Nolai p value negative control group 0.056; 0.136 positive control and treatment group 0.283. The conclusion of this research is the intervention of spinach juice with pineapple can not increase hemoglobin levels in rats anemia.

Keywords: *anemia, hemoglobin, proteins, iron, spinach juice combinations of pineapple*