

Pengaruh Pemberian Kombinasi Jus Biji Pepaya dan Jeruk Nipis terhadap Kadar Triglicerida Tikus Hiperkolesterolemia (*The Effect of Giving of Combination of Juice Papaya Seed and Lime on Triglyceride Levels of Hypercholesterolemic Rats*)

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ABSTRACT

Hypercholesterolemia is a state of high cholesterol levels that can trigger an increase in triglyceride levels. Therapy in the treatment of Hypercholesterolemia conditions can be carried out with non-pharmacological therapies such as giving a combination of papaya seed and lime juice which are high in antioxidants such as flavonoids and vitamin C so as to reduce triglyceride levels. The purpose of this study was to determine the effect of combination of papaya seed and lime juice on triglyceride levels in rats induced by a high-fat diet. This type of research is true-experimental with pretest-posttest control group design. The sample of this research was 15 male wistar rats aged 3-4 months and weighing 100-300 grams. Mice were divided into 2 control groups, namely group (K-) was given standard feed in the form of rat bio and drinking water, group (K+) was given high fat feed in the form of a rat bio, quail egg yolk, and margarine as well as PTU and 1 treatment group with a dose of combination of papaya seed and lime juice as much as 6 ml/200 gBB/day. Triglyceride levels checked using the GPO-PAP method. Data analysis used the Kruskal Wallis test, One Way Anova, Pos Hoc and Wilcoxon. The results showed that there were differences in triglyceride levels before and after the intervention in the negative control group ($p=0.043$), in the positive control group ($p=0.042$) and in the treatment group ($p=0.043$). The conclusion in this study was that there was no effect of combination of papaya seed and lime juice on triglyceride levels in hypercholesterolemia rats.

Keywords : *Hypercholesterolemia, Triglyceride, Combination of Papaya Seed and Lime Juice*