

**The Effect of Giving a Combination of Papaya Seed  
Juice and Lime on HDL Levels of  
Hypercholesterolemia Rats**

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**ABSTRACT**

*Papaya and lime seed juice contains vitamin C which can help raise HDL levels. The purpose of this study was to determine the effect of giving a combination of papaya seed juice and lime on the HDL levels of hypercholesterolemia rats. This study used True Experimental with Pretest-Posttest with Control Group Design design. The sampling technique used was random sampling with a total sample of 15 mice divided into 3 groups of negative control, positive control, and treatment. Rats were given induction in the form of high-fat feed of 30 g and PTU of 1.08 ml. The intervention given was in the form of papaya seed juice and lime 6 ml / head / day. Analysis using one way anova, Post Hoc and Paired T-Test tests. There was a difference in pretest HDL levels ( $p= 0.003$ ), and there was no difference in posttest HDL levels ( $p= 0.358$ ). And there is a difference in HDL levels between the K- pretest group and the K- posttest group ( $p= 0.00$ ), there is a difference in HDL in the K+ pretest group with the posttest K+ group ( $p= 0.003$ ), there is a difference in HDL in the pretest P group with the posttest P group ( $p= 0.006$ ). There was a difference in HDL levels before and after the intervention ( $p= 0.003$ ). Conclusion there was no effect of the combination of papaya seed juice and lime on the HDL levels of hypercholesterolemia rats.*

**Keywords :** *Combination of Papaya Seed Juice, HDL, Hypercholesterolemia*