

Pengaruh Pemberian Kombinasi Jus Biji Pepaya dan Jeruk Nipis terhadap Kadar Kolesterol Total Tikus Hiperkolesterolemia (The Effect Of Giving A Combination Of Papaya Seed Juice And Lime On Total Cholesterol Levels Of Hiperkolesterolemic Rats)

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ABSTRACT

Hypercholesterolemia is a metabolic disorder in which cholesterol levels increase above the normal value, which is ≥ 200 mg/dl. Non-pharmacological therapy for people with hypercholesterolemia is to consume high-fat diet drinks. One of the high-antioxidant drinks in the form of flavonoids and vitamin C is a combination of papaya seed juice made with 400 grams of papaya seeds, 221.1 ml and 1 ml of lime juice. The purpose of this study was to determine the effect of a combination of papaya seed juice and lime on total cholesterol levels in hypercholesterolemic rats. The research design used in this research is experimental research with Pretest-Posttest with Control Group Design. This study used 15 rats aged 3-4 months and weighing 100-300 grams which were divided into 3 groups: the negative control group, the positive control group and the treatment group. The negative control group was only given standard feed and drinking water (ad libitum), the positive control group was given a high-fat diet, quail egg yolks, margarine and given 0.01% PTU by sonde per oral. The treatment group was given a high-fat diet, quail egg yolks, margarine, a combination of papaya and lime seed juice and 0.01% PTU. Analysis of data on total cholesterol levels used the Shapiro Wilk test, one way ANOVA, post POC, Krustal Wallis and paired T-test. The results of the study showed that there were significant differences between groups before treatment ($p=0.004$), which means that cholesterol levels were normal, there were significant differences between groups after the intervention ($p=0.005$). There was no significant difference in the treatment group before and after treatment, namely in the K- group, namely $p = 0.545$, there was no significant difference between groups and in the K + group, there was a significant difference between groups, namely $p = 0.047$, it could reduce cholesterol levels and in the treatment group there was no significant difference before and after administration of a combination of papaya seed juice and lime ($p=0.091$). The conclusion in this study was that there was no effect of giving a combination of papaya seed juice and lime juice on total cholesterol levels in hypercholesterolemic rats.

Key : Hypercholesterolemia, Total Cholesterol, Combination of Papaya Seed and Lime Juice.

