

**Effect of Combination of Red Guava Extract and Red Dragon Fruit on HDL Levels of Wistar Strain White Rats with Hypercholesterolemia**

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**ABSTRACT**

*Red guava and red dragon fruit are known to have the potential to increase HDL levels. This study aims to determine the effect of giving a combination of red guava juice and red dragon fruit on increasing HDL levels in hypercholesterolemic white rats. The combination of red guava juice and red dragon fruit has a vitamin C content of 72.6 mg/100 gr and a flavonoid content of 0.573 gr GEA/gr extract. This true experimental study with a randomized control group was conducted on 24 male white rats. Mice were divided into 4 groups with 6 rats in each group. Mice were induced using steamed cow brains for 29 days, then induced again using a mixture of beef brains and quail egg yolks for 14 days, then given a combination of red guava juice and red dragon fruit for 14 days through a sonde as much as 8.8 ml. Examination of HDL levels was examined enzymatically with the CHOD-PAP method. The measurement results were tested with the Paired T-Test, Kruskal-Wallis and One Way Anova. The results showed that there was no significant difference between the four groups before being given treatment ( $p=0.087$ ), meaning that the HDL levels of the rats were still normal, there was no significant difference between the four groups after being given treatment ( $p=0.192$ ), there was no significant difference between the four groups before and after being given treatment ( $p = 0.321$ ), there was no significant difference in the difference before and after giving the combination of red guava and red dragon fruit juice ( $p = 0.910$ ), from this study it could be concluded that there was no effect of dosing 8.8 ml combination of red guava juice and red dragon fruit on HDL cholesterol levels in rats.*

**Keywords:** *HDL cholesterol, red guava fruit, red dragon fruit*