GIVING EFFECT OF MILK SEEDS JACKFRUIT (*Artocarpus heterophyllus lmk*) HEMOGLOBIN LEVELS OF CHANGES IN WHITE RAT (*Rattus norvegicus*) Wistar Anemia

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ABSTRACT

Jackfruit seeds are one of the wastes that have not been used optimally, jackfruit seeds have a high nutrient content of 36.7 g carbohydrates, 4.4 g protein, 165 kcal energy, and have mineral content of 200 mg phosphorus, 33 mg calcium and iron 1.0 mg. The iron has a significant effect on increasing HB (Hemoglobin) levels. The purpose of this study is to determine the Influence of Milk Jackfruit seeds against white rats blood hemoglobin levels of anemia. This research has been conducted for 14 days. This type of research is true-experimental with pre-test - post test with control group design. This study used 27 rats divided into 3 groups, each group consisting of 9 rats. Rats were given NaNO2 and given milk with jackfruit seeds at a dose of 4,716 ml. Data were analyzed by paired T-test and One Way Anova test, followed by Duncan test. The average change in hemoglobin levels in the treatment group after feeding jackfruit seeds are 12.38 mg / dl to 14.18 mg / dl. The provision of jackfruit seed milk had a significant effect on increasing hemoglobin levels with a value of p = 0.010. The results of this study indicate that the administration of jackfruit seed milk can affect changes in hemoglobin levels in anemia white mic.

Keywords: *Anemia, Blood hemoglobin levels, Jackfruit seed milk*