

The Effect of giving the soybean juice (*Glycine max*) honey (*Trigona spp*) towards the amount of LDL and HDL in hyperlipidemia white rats (*Rattus novergicus strain wistar*) Pengaruh Pemberian Sari Kedelai (*Glycine max*) Madu (*Trigona spp*) Terhadap Kadar LDL dan HDL Tikus Putih (*Rattus novergicus strain wistar*) Hiperlipidemia

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ABSTRACT

Hyperlipidemia is an increase in total cholesterol, LDL (Low Density Lipoprotein), and decreased HDL (High Density Lipoprotein). Hyperlipidemia is caused by excess caloric intake, especially from fat, if not used to activity can cause an increase in blood fat levels. Non pharmacological therapy is now becoming popular in society now because it has little possibility of having side effects if compared to pharmacological therapy in the form of medicines. One alternative that can reduce LDL cholesterol is food that has antioxidants in the form of isoflavones, namely honey soy juice. The amount of isoflavone content in honey soy juice is 15.9 mg per 100 gr. Several studies have shown that isoflavones have a significant effect in decreasing serum LDL levels and increasing serum HDL. The purpose of this study is true-experimental with pre-post-test with control group design. This study used 24 white rats divided into 3 groups: negative control group, positive control group and treatment group which was given 4.52 ml / head / day of honey soy milk. Data were analyzed by One Way Anova and Paired T-Test. One Way Anova Test continued Duncan test. Honey soybean juice did not significantly influence LDL cholesterol levels in white rats in the treatment group with a dose of 4.52 ml ($p = 0.94$; $p > a$), and honey soy juice did not significantly influence HDL cholesterol levels in white rats in the treatment group. with a dose of 4.52 ml ($p = 0.27$; $p > a$).

Keywords: Soybean juice (*Glycerine max*). Honey (*Trigona spp*), LDL and HDL, Hyperlidemia