

Effect of "Delai Gama" Drink on Total Cholesterol Levels of Wistar Rats Induced by High Fat Diet

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ABSTRACT

High-fat diet is a diet that consists of a minimum of 35% of total calories consumed from fat. Consumption of high-fat foods is a risk factor for hypercholesterolemia. Efforts to reduce high cholesterol levels by administering non-pharmacological therapy in the form of giving drinks containing antioxidants, one of which is red dragon fruit skin soybean extract and honey, which is abbreviated as Delai Gama drink. This study aims to determine the effect of giving red dragon fruit skin soybean juice and honey on total cholesterol levels in HFD-induced white rats. This research is of the True Experimental type with the Pretest-Posttest Control Group Design approach. This study used 15 Wistar white rats aged 2-3 months with a body weight of 150-250 grams divided into 3 groups of 5 each. The mice were divided into a negative control group which was fed Comfeed AD II as much as 20 g/head/day, the positive control group was given a high-fat feed made with a mixture of Comfeed AD II, lard and duck egg yolks of 22g/day/for 28 days, the treatment group was given Comfeed AD II, lard and egg yolks of 22g/head and given extracts Sociology of red dragon fruit skin and honey as much as 5 ml with 2x administration for 14 days. The results showed that there was no significant difference in total cholesterol levels of the rats before the intervention ($p=0.468$), there was no significant difference in the total cholesterol levels of the rats after the intervention ($p=0.283$), there was no significant difference before and after the intervention between groups with a value ($p = 0.322$). In conclusion, there was no effect of giving red dragon fruit skin soybean extract and honey on total cholesterol levels of HFD-induced rats.

Keywords: Dragon Fruit, HFD Induction, Total Cholesterol Levels, Soybean