

Effect of Giving Tempe Flour on Triglyceride Levels of Hypercholesterolemia

White Rats

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ABSTRACT

Hypercholesterolemia is a condition in which cholesterol in the blood increases beyond the normal threshold which is characterized by increased LDL cholesterol and total cholesterol. Hypercholesterolemia is associated with an increase in triglyceride levels in the blood. One effort that can be done to reduce triglyceride levels is by consuming tempeh flour. The purpose of this study was to determine the effect of giving tempeh flour on triglyceride levels in hypercholesterolemia white rats. This type of research is true experimental with a pretest-posttest design with a control group. The study used 19 male Wistar rats aged 2-3 months with a body weight of 120-200 grams, had normal triglyceride levels of 26-145 mg/dL. Mice were divided into 3 groups, namely the negative control group which was given standard feed and drinking water ad libitum. The positive control group was given standard feed, quail egg yolk, used cooking oil and PTU ad libitum, the treatment group was given standard feed, quail egg yolk, used cooking oil, PTU ad libitum and tempeh flour 1.8 gram/200gBB for 28 days. The results showed that there was no significant difference between groups before the intervention ($p = 0.507$), there were significant differences between groups after the intervention ($p = 0.002$), there were no significant differences in pretest and posttest in the K- group ($p = 0.098$), the K+ group ($p = 0.068$) and the P group ($p = 0.073$), there was no significant difference in the difference before and after the intervention between groups ($p = 0.107$). Therefore, it can be concluded that giving tempeh flour had no effect on triglyceride levels in hypercholesterolemia white rats.

Keyword: *Hypercholesterolemia, Triglyceride Levels, Tempe Flour*