

## **The Effect of "Delai Gama" Drinking on LDL Levels in Wistar Rats Induced by High Fat Diet**

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### **ABSTRACT**

*The High Fat Diet (HFD) generally adopts a high fat diet. Fatty acids that increase in the blood will be taken up by the liver, causing fat accumulation in the liver and causing LDL levels to increase. Excessive increase in LDL in the blood will trigger coronary heart disease (CHD). Non-pharmacological therapy can be done by consuming foods that contain antioxidants, namely soybean extract, red dragon fruit skin and honey. The purpose of this study was to analyze the effect of giving a combination of red dragon fruit skin soybean extract and honey on LDL levels of HFD-induced rats. This type of research is True Experimental research using the Pretest-Posttest Control Group Design approach. This study used 15 male Wistar rats, aged 2-3 months with a body weight of 150-250 grams which were divided into 3 groups, namely the negative control group (K-), the positive control group (K+) and the treatment group (P). In the negative control group (K-) they were given standard Comfeed AD2 feed of 20g/head/day ad libitum. The positive control group (K+) was given a high-fat diet of 22 g/head/day ad libitum and the treatment group was given a high-fat diet, red dragon fruit skin soy extract and honey as much as 5 ml/head/day by giving gastric tube 2x/day. 2.5 ml each day. The results showed that there was no significant difference in LDL levels before and after the intervention in each of the K- group ( $p=0.382$ ), K+ group ( $0.596$ ) and P group ( $p=0.686$ ). So it can be concluded that there was no effect of giving the intervention of red dragon fruit skin soybean extract and honey on LDL levels in HFD-induced rats.*

**Keywords:** *HFD Induction, LDL Levels, Drink "Delai Gama"*