

***The Effect of "Delai Gama" Drink on Triglyceride Levels of Wistar Rats
Induced by High Fat Diet***

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ABSTRACT

The habit of consuming excessive fatty foods can be a trigger for dyslipidemia. A person is said to have dyslipidemia if there is an increase or decrease in one or a combination of blood lipid fractions, one of which is an increase in triglyceride levels. High triglyceride levels can be reduced by non-pharmacological therapy, namely the consumption of antioxidants. One of the antioxidants is vitamin C which is contained in a combination drink of soybean juice, red dragon fruit skin and honey. The purpose of this study was to determine the effect of giving a combination of soy sauce, red dragon fruit skin and honey on triglyceride levels of HFD-induced Wistar rats (2 ml of duck egg yolk, 10% lard, and 90% Comfeed AD-2 standard feed). The type of research is True Experimental with the Pretest-Posttest with Control Group Design approach. This study used 15 male Wistar rats which were divided into 3 groups, namely the negative control group (K-), namely the group that was given standard feed, the positive control group (K+), which was the group induced by high-fat feed and the treatment group (P), which was the group that induced by high-fat diet and intervention by drinking a combination of soybean extract, red dragon fruit skin and honey as much as 5 ml/day for 14 days. Examination of triglyceride levels was carried out using the spectrophotometric method. Data analysis used the Shapiro Wilk test, Kruskal Wallis, One Way Anova, and Paired T-Test. The results showed that there was no significant difference in rat triglyceride levels before the intervention ($p=0.328$), there was no significant difference in rat triglyceride levels after the intervention ($p=0.289$), there was no significant difference in rat triglyceride levels before and after the intervention ($p= 0.839$). So it was concluded that there was no effect of giving a combination drink of soybean extract, red dragon fruit skin and honey on triglyceride levels of HFD-induced Wistar rats.

Keywords: *Soya Bean, Dragon Fruit Skin, Honey, High Fat Diet, Triglyceride.*