The Effect of Giving Fig Fruit (Ficus carica L.) Juice on HDL Levels of Dyslipidemia Wistar Rats

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ABSTRACT

Dyslipidemia is a lipid metabolism disorder characterized by an increase or decrease in the levels of lipid fractions in plasma. One of the abnormalities in the lipid fraction is a decrease in HDL cholesterol levels. This condition plays a role in the pathogenesis of coronary heart disease and stroke. Figs contain antioxidant compounds in the form of flavonoids which can help increase good cholesterol (HDL) and prevent coronary heart disease. This study aims to determine the effect of giving fig juice on HDL levels of male white Wistar rats with dyslipidemia. The plan or design in this research uses Pretest Posttest With Control Group. This study used 24 Wistar rats aged 2-3 months with a weight of 130 - 230 grams which were divided into 3 groups by random sampling, namely the negative control group (K-) which was given standard feed of 30 gr/rat/day, the control group positive (K+) were given high-fat feed in the form of 15% lard and 5% duck egg yolk mixed with standard feed and the treatment group (P) was given high-fat feed in the form of 15% lard and 5% duck egg yolk and fruit juice. tin as much as 8ml/rat/day with each administration of 4ml/rat in the morning and evening. The results showed that there was no significant difference in the HDL levels of each group before and after the intervention in the negative control group (p = 0.075, pretest = 60.12 ± 11.93 SD, posttest = 50.38 ± 4.83) and there were group differences positive control (p = 0.039, pretest = 68.38 ± 14.54, posttest = 55.00 ± 5.78) and treatment group (p = 0.038, pretest = 56.75 ± 8.22, posttest = 49.88 ± 8.25). And there was a significant difference in the HDL levels between the positive control and treatment groups (p = 0.031). The conclusion of this study is that there is no effect of giving fig juice on the HDL levels of male Wistar dyslipidemic white rats.

Keywords: *HDL, Dyslipidemia, Fig Fruit Juice*