

**EFFECT OF GIVING FIG FRUIT JUICE (*Ficus carica* Linn)
ON TOTAL CHOLESTEROL LEVELS OF RATS
WISTAR DYSLIPIDEMIA STRAIN**

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ABSTRACT

Factors that play an important role in the occurrence of dyslipidemia are the habit of consuming foods high in fat, such as increasing total cholesterol levels. High cholesterol in the blood can cause plaque to form on the walls of the arteries which can block blood vessels. Antioxidants play an important role in body health by preventing free radical oxidation reactions. Fig antioxidants can increase plasma antioxidant capacity and protect plasma phospholipids from an imbalance in the amount of oxidation in cells. This study aims to determine the effect of drinking fig juice on the total cholesterol levels of dyslipidemic *Wistar* rats. This research uses a *True Experimental* design with a *Pretest-Posttest Control Group Design* approach. This study used 24 *Wistar* rats aged 2-3 months weighing 130-230 grams which were divided into 3 groups, namely the negative control group which was given standard feed of 30 grams/head/day, the positive control group which was given standard feed of 24 grams/head/day which mixed with a total of 6 grams/head/day of high fat feed with 4.5 grams/head/day of pork fat and 1.5 grams/head/day of duck egg yolk (15% pork fat and 5% duck egg yolk) and the treatment group was given high fat feed and sonde drink "fig juice" 8 ml/day given 2 times. The results of this study showed that there was a significant difference in total cholesterol levels before and after the intervention in the negative control group ($p = 0,007$) and the positive control group ($p = 0,001$), while there was no significant difference in the treatment group ($p = 0,128$), and there was no significant difference in total cholesterol levels between groups ($p = 0,071$). There was no effect of giving "fig juice" drinks on the total cholesterol levels of dyslipidemic *Wistar* rats.

Keywords: Fig Fruit Juice; Total Cholesterol Levels; High Fat Feed