

The Effect of Giving Red Dragon Fruit Juice and Ambon Bananas to HDL Levels on Male White Rat (*Rattus norvegicus*) Wistar Dyslipidemia Strain

Putri Maulidhiya Utami

Clinical Nutrition Study Program

Departement of Health

ABSTRACT

Excessive consumption of fatty foods can cause lipid metabolism disorders in the body such as low HDL levels. Red dragon fruit and ambon banana contain flavonoids, vitamin C and fiber that can increase HDL. This study aims to determine the effect of giving red dragon fruit juice and banana ambon on HDL levels of male white rats (*Rattus norvegicus*) Wistar strain dyslipidemia. This study used a True Experimental design with a Pretest-Posttest with Control Group design. This study used 23 Wistar rats aged 2-3 months weighing 100-200 grams which were divided into 3 groups, namely the negative control group given comfeed AD II 15 grams/head, the positive control group given comfeed AD II 15 grams/head + HFD as much as 2 grams/head + PTU and the treatment group given comfeed AD II 15 grams/head + HFD as much as 2 grams/head + PTU and "Red Dragon Fruit Juice and Ambon Banana" as much as 13.2 ml / day. The results showed that HDL levels in each group before and after the intervention were significantly different in the positive control group ($p < 0.05$, pretest = 17.877 ± 3.62 SD, posttest 14.12 ± 2.69 SD) and treatment ($p < 0.05$, pretest = 14.98 ± 5.88 SD, posttest 23.008 ± 7.95 SD), while there was no significant difference in the negative control group ($p < 0.05$, pretest = 37.354 ± 4.73 SD, posttest 36.33 ± 6.09 SD), and there was a significant difference in the difference in HDL levels in the negative control group and treatment and in the positive control group and treatment ($p < 0.05$). There is an effect of giving red dragon fruit juice and ambon banana on HDL levels in dyslipidemic Wistar white male rats (*Rattus norvegicus*). The administration of Red Dragon Fruit and Ambon Banana juice significantly affected HDL levels, although the increase did not reach normal HDL levels.

Keywords : HFD Induction; Red Dragon Fruit and Ambon Banana Juice; HDL levels