

***Description of Giving Steeping of Rosella Petals (*Hibiscus sabdariffa* L.) with
Emprit Ginger (*Zingiber officinale* var. *amarum*) to Fasting
Blood Glucose Levels of DM Type 2 Rats***
Firda Agustin S.Si., M.Si. *as caounselor*

Azzah Fatinah Fahma
*Clinical Nutrition Study Program
Department of Health*

ABSTRACT

DM type 2 is an increase in blood glucose levels due to insulin resistance. The decrease in fasting blood glucose (FBG) levels can be improved by giving functional drink steeped in Rosella petals with ginger emprit which contains flavonoids and vitamin C. The aim of this research was to determine the description of steeping rosella petals with emprit ginger on GDP levels in DM type 2 rats. Type of research true experimenta use pretest-posttest with control group design. The research sampel consisted of 18 male Wistar rats divided into group of normal rats (K-), rats induced by STZ (K+), and rats induced by STZ+steeping of rosella petals with emprit ginger 6.8 ml/200gBW (P). Intervention was given for 14 days. FBG levels are measured using the GOD-PAP method. The examination result data is analyzed to determine the average value. The result pretest showed the average for each group was 85,57 mg/dL (K-), 230,38 mg/dL (K+), and 239,33 mg/dL (P). The result posttest showed the average for each group was 86 mg/dL (K-), 169,63 mg/dL (K+), and 71 mg/dL (P). The results pretest-posttest showed that the average K- had increased by 85,57 mg/dL to 86 mg/dL, K+ had decreased by 230,38 mg/dL to 169,63 mg/dL, and P had decreased by 239,33 mg/dL to 71 mg/dL. The result of the difference in average pretest-posttest at K- 0,43 mg/dL (increased), K+ -60,75 mg/dL (decreased), and P -168,33 mg/dL (decreased). The conclusion of this research is that steeping rosella petals with emprit ginger can reduce FBG levels in DM type 2 rats.

Keywords: *DM Type 2 Rats, Fasting Blood Glucose Levels, Steeping of Rosella Petals with Emprit Ginger*