

## Effects of Guava Leaf Tea on HDL Levels in Dyslipidemic Wistar Rats

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### ABSTRACT

*An unhealthy diet, especially consuming high-fat foods frequently and in excessive amounts, will cause fat to accumulate on the endothelium of blood vessels so that it can trigger dyslipidemia. Efforts can be made to support healing by consuming guava leaf tea which contains flavonoid, tannin and phenol compounds. These three compounds include polyphenols that function as antioxidants to suppress fatty acid synthesis and can increase lipoprotein lipase activity that can prevent HDL damage. This study aims to determine the effect of guava leaf tea on HDL levels in dyslipidemic Wistar rats. This type of research is a laboratory experimental (True Experimental) research design Pre test - Post test design using a control group that is carried out randomly and randomly divided into three groups, namely the negative control group (standard feed), positive control group (high fat diet in the form of beef fat, cooking oil and quail egg yolk), treatment group (high fat diet and guava leaf tea). The results of this study showed that there were significant differences before and after the intervention, negative control group ( $p = 0.028$ ), positive control group ( $p = 0.020$ ), and treatment group ( $p = 0.018$ ). The test of differences in HDL levels before and after the intervention also showed significant results, namely ( $p = 0.020$ ). However, in the Post Hoc test, the treatment group did not show significant results with group K, namely ( $p = 1.000$ ). So it can be concluded that there is no effect of giving guava leaf tea on increasing HDL levels before and after the intervention.*

**Keywords:** *Dyslipidemia, HDL, Guava Leaf Tea, Wistar Rats.*