

The Effect Of Giving Celana Flower Tea In Combination With Lime On Triglyceride Levels Of Rats Induced By High Fat Diet

ABSTRACT

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Triglycerides are the main fat storage in adipose tissue that is hydrolyzed excessively will result in abnormal conditions in the lipid profile. Some ingredients have anthocyanin antioxidant content, including butterfly pea flowers and limes which can reduce triglyceride levels. The purpose of this study was to determine the effect of giving butterfly pea flower tea combined with lime on triglyceride levels in white mice induced by High Fat Diet. This type of research is pure research (true experimental). The research design used pretest posttest with control group. The study used 24 male wistar rats aged 2-3 months with a body weight of 150-250 grams, having normal triglyceride levels of 26-145 mg/dL. The rats were divided into 3 groups, namely group K- which was given standard feed and drinking water, K+ was given a high-fat diet induction and P was given a high-fat diet and butterfly pea flower tea for 14 days. The examination data were analyzed using the One Way Anova test and Paired T-test. The pretest results showed that there was no difference in each group $p = 0.516$. The posttest results showed that there was no difference in triglyceride levels between groups $p = 0.572$. The results of the pretest-posttest average difference showed that there was a difference, in the negative control group $p = 0.956$, the positive control group $p = 0.229$, the treatment group $p = 0.029$ and there was no difference in triglyceride levels $p = 0.51$. The conclusion of this study is that there is no significant effect in the administration of butterfly pea flower tea and lime on the decrease in triglyceride levels of white wistar rats induced by high-fat feed.

Keywords: *triglyceride levels, butterfly pea flowers, lime*