The Effect of Seed Cowpea Sprouts Flour (Vigna unguiculata L. Walp) Against the HDL and LDL levels Male Wistar Strain Rats (Rattus norvegicus) Hypercholesterolemia (Pengaruh Tepung Kecambah Biji Kacang Tunggak *(Vigna Unguiculata L. Walp)* Terhadap Kadar HDL dan LDL Tikus Jantan Galur Wistar *(Rattus Norvegicus)* Hiperkolesterolemia).

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ABSTRACT

Hypercholesterolemia is a condition where an increase in total cholesterol levels were accompanied by increased levels of plasma LDL in the fasting state. One of the alternatives that can lower blood cholesterol levels are foods that contain fiber that sprouts cowpea flour. Fiber can lower LDL cholesterol levels and increase HDL cholesterol levels of cholesterol in the blood one of which increase the excretion of bile. Flour kaacang stump sprouts contain fiber amounted to 19.79 grams per 100 grams. The purpose of this study was to determine the effect of cowpea flour sprouts on levels of LDL and HDL serum hypercholesterolemia Wistar rats. This research is a true-experimental with pretest - posttest control group design. This study used 25 Wistar strain male rats weighing between 100-200 grams were aged 2 -3 months. Rats were divided into two groups of control and 3 treatment groups were given sprouts cowpea flour with the first dose of 2.7 g / day; II dose of 3.6 g / day; and the third dose of 4.5 grams / day. LDL and HDL cholesterol levels checked by reagen GOD-POD methods. Data were analyzed with Paired T-Test, One Way Anova followed continued test of Duncan. Wheat sprouts cowpea influence significantly lowering LDL cholesterol serum wistar rats at dose treatment I ($p = 0.001$; $p <\alpha$), dose II ($p = 0.000$; $p <\alpha$) and dose III ($p = 0.001$; $p <\alpha$) and increased HDL cholesterol at doses of I ($p = 0.001$; $p <\alpha$), dose II ($p = 0.004$; $p <\alpha$) and the third dose treatment group ($p = 0.002$; $p <\alpha$).

Keywords: *Cowpea, The Level of Cholesterol, Hypercholesterolemia.*