

***"The Effects of Consumption of Papaya Juice (*Carica papaya*) with Yam Bean (*Pachyrhizus erosus*) Essence on the Decrease of Total Cholesterol Levels in Hypercholesterolemia Patient***

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***ABSTRACT***

*Hypercholesterolemia is a metabolic disorder in lipoprotein characterized by high total cholesterol in the blood. Papaya juice with yam bean essence contains vitamin C that function to regulate the concentration of lipids in the blood, which inhibits the formation of micelles and binding of bile through feces, and produces short-chain fatty acid compounds that can reduce cholesterol synthesis. The aim of this study was to find out the effect of consumption of papaya juice (*Carica papaya*) with yam bean (*Pachyrhizus erosus*) essence on total cholesterol levels of patients with hypercholesterolemia in the Inpatient Clinic of Dr. M. Suherman Jember. This study uses a Quasy-Experimental design with Pretest-Posttest with Control Group Design. The sampling technique is purposive sampling with a total sample of 24 respondents divided into 2 groups: 20 subjects in the control group and 20 respondents in the treatment group that consuming papaya juice with 180 ml of papaya juice from 138 grams of papaya and 69 grams of yam bean which contains 65.45 mg of vitamin C which is consumed once a day. The results of this study were analyzed using the Independent sample t-test and Paired sample test. There was a difference in the decrease in total cholesterol levels before and after by  $49.92 \pm 24.05$  mg/dl in the treatment group and a decrease of  $35.25 \pm 17.68$  mg/dl in the control group. There is no effect ( $p = 0,103$ ) of giving papaya juice with yam juice to reduce total cholesterol levels in patients with hypercholesterolemia.*

**Keywords:** *Hypercholesterolemia, Papaya Juice with Yam Bean Essence, Total Cholesterol Levels.*