

## ABSTRACT

Widya Agustini; Effect of Essence Soybeans Edamame blanching To Decrease Total Cholesterol Blood Swiss Webster Mice (*Mus musculus L.*) Hypercholesterolemic; Guided by dr. Arisanty Nur Setia Restuti and Agustina Endah. W. S.Sos, M.Kes.

Edamame is a soybean Japan are included in the species *Glycine max (L.) Merr* which contains isoflavones. Isoflavones in Edamame can lower your risk of heart disease by helping to lower cholesterol levels. This study aimed to determine the effect of essence soybeans edamame blanching to decrease total cholesterol blood of mice swiss webster (*Mus musculus L.*) with hypercholesterolemia. This research nature laboratory experimental dengan Control Group Pretest And Posttest Design. The sample was male mice species *Mus musculus L.* Strain swiss webster aged 2-3 months who were given a high-cholesterol diet for 14 days, on the 15th day of the examination total cholesterol pre-test, then on day 16 were given Essence edamame blanching for 21 days (n = 25). Sample is divided into five levels treatment that positive control, drug control, high-cholesterol diet + Essence Edamame dose 0.21 milliliters, high-cholesterol diet + Essence Edamame dose of 0.48 milliliter, diet high in cholesterol + Essence Edamame doses of 0,84 milliliters. At the end of the study, conducted examination cholesterol levels total post test. Research data using statistical tests One Way ANOVA which showed that administration of soybeans edamame blanching in mice hypercholesterolemic give influence not significantly to the decline in total cholesterol levels ( $p > 0,05$ ). The conclusion of this study is to Essence edamame blanching can reduce total cholesterol blood levels.

Keywords: Essence Soybeans Edamame blanching, Diet High Cholesterol, Total Cholesterol.