

The Influence of Nata Aloe vera (Aloe vera) on Total Cholesterol Levels White Rat (*Rattus novergicus*) Wistar Strain Hypercholesterolemia
*(Pengaruh Pemberian Nata Lidah Buaya (Aloe vera) Terhadap Kadar Kolesterol Total Tikus Putih (*Rattus novergicus*) Galur Wistar Hiperkolesterolemia)*

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ABSTRACT

Coronary heart disease (CHD) was irregularity of heart function caused by narrowed blood vessels. High cholesterol level or hypercholesterolemia was one of the causes of atherosclerosis process which may cause the heart disease. One of the alternatives that can lower the cholesterol level in blood was the high-fiber food. Increasing fiber consumption can actually lower the cholesterol in the blood, especially when it was done regularly. Aloe Vera Nata was functional food that contains 3gr of fiber per 100gr. This research aims to uncover the influence of Aloe vera nata toward the total cholesterol level of hypercholesterolemia rat. This research was true experimental research with pre test and post test with control group design. The sample was male wistar rat that was 2-3 months old, which is inducted with high level fat from a pig oil, and fed with aloe vera nata dose I (2,4 ml/feeding/day), dose II (3,2 ml/feeding/day), dose III (4 ml/feeding/day) in 14 days with 5 times feeding/day. The total cholesterol level of the sample was tested by Presenda clinic's laboratory using Enzymatic End Point method. The data were analyzed used paired t-test, One Way Anova continued by Duncan test, where to determine the effect Aloe vera nata toward used Regression test. Analyzed used Spss v.16 program. Aloe Vera Nata has a significant influence in lowering the total cholesterol level, there was 12.9% decrease in dose III group, a 4.52% decrease in dose II, and 1.02% in dose I. The decrease of that total cholesterol level did'nt reach the normal level of total cholesterol level for rats, which is < 54 mg/dl.

Keywords: Aloe vera nata, hypercholesterolemia, total cholesterol level, High Fiber Diet.