

The Effect of giving the steeped Okra (Abelmoschus esculentus) towards the amount of Total Cholesterol in hypercholesterolemia white rats (Rattus novergicus Strain wistar) Pengaruh Pemberian Okra (*Abelmoschus esculentus*) Terhadap Penurunan Kadar Kolesterol Total Pada Tikus Putih (*Rattus novergicus Strain wistar*) Hiperkolesterolemia

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ABSTRACT

Hypercholesterolemia is one of the disruptions about the amount of the lipid inside blood marked by the increase of lipid fraction in form of total cholesterol. Abnormal lipid levels are not a disease, but are a risk factor for other diseases, especially heart disease. One alternative that can lower cholesterol levels in the blood, the pharmacology of drugs and non-pharmacological form of food that has a high content of fiber such as okra. Okra ia a traditional commercial vegetable crop cultivated in the city of Jember. The amount of dietary fiber in okra is as much as 10 gr per 100 gr. Several researches proved that dietary fiber has the significant effect in reducing the amount of total cholesterol. The purpose of this research is to find out the effect of okra (Abelmoschus esculentus) steeped towards the level of total cholesterol hypercholesterolemia mice. This is a true-experimental with pretest - posttest and control group design. As many as 25 male mice weighed 100-200 gram aged 2-3 months are being experimented through this research. Mice are divided into four groups(positive control, negative control, treatment I 27 gr/kg BB/day and treatment II 45 gr/kg BB/day. The data were analyzed by Paired T-test, followed by One Way Anova test if normal distributed data continued Duncan Test. Okra can decrease cholesterol level of white rat at treatment dose I ($p = 0,000$; $p < \alpha$) and treatment dose II ($p = 0,000$; $p < \alpha$).

Keywords: Okra (*Abelmoschus esculentus*), total cholesterol, hypercholesterolemia, fiber.