

Effect of Several Doses of Raw Berlin Banana Flour on Decreasing Total Cholesterol Levels of Wistar Rats Dyslipidemia

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ABSTRACT

Dyslipidemia is a lipid metabolism disorder characterized by increased levels of total cholesterol, LDL, triglycerides, decreased HDL levels in the blood. High cholesterol level is a serious problem because it can cause degenerative diseases, is coronary heart disease. Efforts that can be made to reduce total cholesterol levels are consuming functional foods containing resistant starch and flavonoids, is raw berlin banana flour. The aim of this study was to determine the effect of various doses of raw berlin banana flour in reducing total cholesterol levels of dyslipidemic wistar rat. This type of research is true-experimental with pre test - post test with control group design. This study used 30 male Wistar rats aged 2-3 months, weighing 150-200 grams, aged 2-3 months. Rats were divided into five groups (k-, k+, P1 0.144g /head/ day, P2 0.288g/head /day, and P3 0.576g/head/day). Total cholesterol levels were checked by the CHOD-PAP method. Data were analyzed using the Shapiro Wilk normality test, One Way Anova test, Kruskall Wallis test, Paired T-Test, and Wilcoxon test. The results showed that there was no difference in total cholesterol levels between groups before treatment ($P=0.683$), there was no difference in total cholesterol levels between groups after treatment ($P=0.376$), there were differences in total cholesterol levels between all groups before and after treatment ($P<0.05$), there was no difference in total cholesterol levels before and after treatment ($P=0.604$), there was no effect of various doses of raw berlin banana flour on decreasing total cholesterol levels of dyslipidemic wistar rats.

Keywords: *dyslipidemia, total cholesterol, resistant starch, unripe berlin banana flour.*