

**Effect Of Several Doses Of Raw Berlin Banana Flour
On Decreasing Ldl Levels Of Wistar
Rats Dyslipidemia**

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ABSTRACT

Dyslipidemia is an abnormal condition (increase or decrease) in cholesterol lipoproteins which include; increased levels of total cholesterol, triglycerides, Low Density Lipoprotein (LDL) and decreased levels of High Density Lipoprotein (HDL). The non-pharmacological therapy given is raw berlin banana flour which contains resistant starch and flavonoids. The purpose of this study was to determine the effectiveness of raw berlin banana flour on LDL levels in dyslipidemic wistar rats. This type of research is an experimental research with a pretest-posttest design with control group. The samples used were 30 white Wistar rats, male gender, 2-3 months old, and 150-250 grams body weight. Samples were taken randomly and divided into five groups. The negative control group (K-) was given a standard diet, the positive control (K +) was given a high-fat diet, treatment 1 (P1) was given 0.144 grams of raw berlin banana flour / head per day, treatment 2 (P2) was given raw berlin banana flour as much as 0.288 grams / head per day, and treatment 3 (P3) was given raw berlin banana flour as much as 0.576 grams / head per day. LDL levels were analyzed using the precipitation method. The data were analyzed using the One Way Anova test and continued with the pretest and posttest tests. There were differences in LDL cholesterol levels before and after treatment in all treatment groups. The largest decrease in LDL levels was in the P1 group with a dose of 0.144 g / rat / day of 92.92%. But in this study, we could not determine the dose that had an effect on reducing LDL levels in Wistar dyslipidemic rats because the difference was not significant.

Keywords: Dyslipidemia, HFD, LDL Levels, RatBio, Raw Berlin Banana Flour