

Potential of Robusta Green Coffee Brewing Against triglyceride Levels in Hyperlipidemia Rats (Potensi Seduhan Bubuk Kopi Hijau Robusta Terhadap Kadar Trigliserida Tikus Hiperlipidemia)

Putri Dewi Novitasari
Clinical Nutrition Study Program
Department of Health

ABSTRACT

Hyperlipidemia is a disease caused by disorders of lipid metabolism caused by the interaction of genetic factors and environmental factors. One alternative can be used to reduce triglyceride levels by using robusta green coffee which contains chlorogenic acid. the content of chlorogenic acid in steeping robusta green coffee powder is 4.37 mg / 100 ml. The purpose of this study was to determine the potential of robusta green coffee brewed on hyperlipidemic rat triglyceride levels. This research is a True Experimental with Pretest-Posttest Control Group. This study used 28 male white rats. Rats were divided into 2 control groups and 1 treatment group who were given robusta green coffee powder steeping at a dose of 3.6 ml / day. Data were processed by Paired T-Test, Wilcoxon test, Oneway Anova and Kruskall Wallis. There are differences in the decrease in triglyceride levels before and after triglyceride levels of 83.10 ± 72.30 p value = 0.203. The conclusion of this study is that there is no significant difference in the levels of triglycerides before and after administration of Robusta coffee powder steeping in the treatment group. Steeping green coffee powder at a dose of 3.6 mg / day did not reduce triglyceride levels in hyperlipidemic rats.

Keywords: *Robusta Green Coffee Brewing, triglyceride Levels, Hyperlipidemia.*