Effect of Giving Gembili Flour Snack Bar (Dioscorea esculenta) and Soybean Flour (Glycine max) on Uric Acid Levels White Rat (Rattus novergicus)

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ABSTRACT

Uric acid is one of the end products of the catabolism (breakdown) of a substance called purine. Purines are produced by the body itself and obtained from food intake such as animal and vegetable. The normal level of uric acid in humans is less than 7.0 mg/dl while in male rats 4.7 mg/dl. High levels of uric acid can occur due to the habit of eating foods that contain high purines. In order for uric acid levels to remain at normal levels, it is necessary to pay attention to the choice of food consumed by providing purine nutritional intake with adjusted doses. One of the low-purine foods is a snack bar made with 90 grams of gembili flour and 10 grams of soy flour. In 100 grams of this snack bar contains purines as much as 0.192 mg of purines. The purpose of this study was to determine the effect of giving a snack bar made with gembili flour and soybean flour on uric acid levels in male white rats (Rattus novergicus) wistar strain. This type of research is True experimental with Pretest-Posttest Control Group Design approach. This study used 15 rats aged 2-3 months weighing 150-250 grams which were divided into 3 groups, namely the control group (K), treatment group 1 (P_1), and treatment group 2 (P_2). The control group was given standard feed. Meanwhile, treatment group 1 and treatment 2 were given standard snack bar feed with different doses that had been calculated. The results showed that there was no difference in uric acid levels before and after the intervention in the control group (p= 0,343), treatment group 1 (p= 0,715), and treatment group 2 (p= 0,068). So, it can be

concluded that there is no effect of giving gembili flour and soybean flour snack bars on uric acid levels in white rats.

***Key words** : Snack bar with gembili flour and soybean flour, uric acid level*