

“Giving Soybeans-Dragon Fruit Peels Powder Drinks to Triglyceride Levels of *Sprague-Dawley* male Dyslipidemia Rats”

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ABSTRACT

Dyslipidemia is an abnormality of blood lipid profiles characterized by increased levels of total cholesterol, triglycerides, *low density lipoprotein* (LDL) and decreased levels of *high density lipoprotein* (HDL). Dyslipidemia control can be done by giving fruits and nuts as a source of antioxidants. Soybeans and dragon fruit peels contain flavonoid compounds that can reduce triglyceride levels by increasing the activity of the lipoprotein lipase enzyme so that it can reduce triglyceride levels in the blood. The purpose of this study was to determine the provision of *Soybeans-Dragon Fruit Peels Powder* against triglyceride levels in *Sprague dawley* male D rats islipidemic. This type of research is *true-experimental with pre test - post test with control group design*. The sample used in this research is the male rat of *Sprague-Dawley* male as many as 24 individuals. Rats were divided into 3 groups, namely the negative control group (K-), positive control (K +) and treatment (P) which were carried out randomly. The treatment given was a drink of *Soybeans-Dragon Fruit Peels Powder* with 12.8 mL / kgBB / day for 14 days. Triglyceride levels were checked by the GPO-PAP method (*Glycerol Phospo Para Amino PhenaZone*). Data were analyzed using *Paired T-Test* and *Kruskal-Wallis* test, and *One Way Anova* test. The statistical results showed that the triglyceride levels between groups did not show a significant difference ($p = 0,058$; $p > \alpha$). Triglyceride level data before and after giving *Soybeans-Dragon Fruit Peels Powder drink* did not show any significant difference in the treatment group ($p = 0,117$; $p > \alpha$). So, it can be concluded that giving *Soybeans-Dragon Fruit Peels Powder drink* does not significantly reduce triglyceride levels in rats.

Keywords : *Soybeans-Dragon Fruit Peels Powder*, Triglyceride Levels, Dyslipidemia