

## ABSTRACT

**Rizki Rahmawati Baisi, The Influence of Kiwi Fruit (*Actinidia deliciosa*) a Decrease In Total Cholesterol Levels Of Hiperkolesterolemia, Supervisor: Ir. Warsito, Heri. MP and Puspito Arum, S. Gz., M.Gizi.**

**Background:** *Hiperkolesterolemia is one of the risk factors of coronary heart disease (PJK) which is a condition when the cholesterol circulating in the blood exceeds its normal. Kiwi fruit contains vitamin C and fiber is capable of lowering total blood cholesterol levels. The purpose of this research was to analyze the effect of giving the kiwi fruit to total blood cholesterol levels.*

**Method:** *this type of research was experimental research laboratorik with pre test – post test control group design. Samples of the male Wistar Rat is 2 months old, induced hiperkolesterolemia, was given a dose of kiwifruit 1.8 gr/200gr w/day, 2.7 grams/200gr w/day, 3.6 grams/200gr w/day, and medicinal 0.18 mg/200gr w/day for 14 days. Total cholesterol levels checked by the method GOD-POD. Data were analyzed with paired t-test and Anova, followed test LSD using a computer program.*

**Results:** *There is a difference in total cholesterol levels before and after the awarding of kiwifruit in each dose, for a dose of I values ( $p = 0.012$ ) and the value of the Mean  $\pm$  SD before ( $59.3 \pm 1.7$ ) after ( $51.5 \pm 2$ ), for a dose of II rating ( $p = 0,016$ ) Mean  $\pm$  SD before ( $60 \pm 2.9$ ) after ( $50 \pm 2.4$ ), for a dose of III values ( $p = 0.0001$ ) Mean  $\pm$  SD before ( $61.8 \pm 6.7$ ) after ( $47.3 \pm 3.5$ ), to remedy the value ( ) Mean  $\pm$  SD before ( $63.3 \pm 6.2$ ) after ( $45.3 \pm 5$ ). Granting of kiwi fruit with a dose of 1.8 gr/200gr w/day, 2.7 grams/200gr w/day, 3.6 grams/200gr w/day, and medicinal 0.18 mg/200gr w/day can lower cholesterol levels a total of 13.08%, 16.67%, 23,48%, and drugs 28,45%.*

**Conclusion:** *Dose of kiwi fruit most lowers cholesterol levels of the rat hiperkolesterolemia dose III (3,6 gr/200gr w/day) equivalent to the drug (0,18 mg/200gr w/day).*

**Keywords:** *Kiwi fruit, Hiperkolesterolemia, Total Cholesterol Levels*