

INTISARI

LESTARI. MURNI., 2016, UJI EFEK LAKSATIF EKSTRAK ETANOL DAUN BAYAM MERAH (*Amaranthus tricolor.*, L.) PADA TIKUS JANTAN GALUR WISTAR DENGAN METODE TRANSIT INTESTINAL, SKRIPSI, FAKULTAS FARMASI, UNIVERSITAS SETIA BUDI SURAKARTA.

Tanaman bayam merah (*Amaranthus tricolor.*, L.) secara empiris berkhasiat sebagai laksatif. Penelitian ini dilakukan untuk membuktikan secara ilmiah khasiat laksatif ekstrak etanol daun bayam merah dan dosis yang paling efektif sebagai laksatif.

Penelitian ini menggunakan metode transit intestinal dengan hewan uji tikus putih jantan galur Wistar. Hewan uji diinduksi loperamid oral 3mg/kg BB setiap hari selama 3 hari. Tikus konstipasi dibagi menjadi 5 kelompok secara homogen. Secara berturut-turut diberi CMC 0,5%, ekstrak dosis 5mg, 10mg, 20mg, dan Na.Dokusinat 0,9 mg/200 g BB tikus. Tikus didiamkan selama 45 menit, lalu dioral marker 1 ml/ ekor. Selang 20 menit tikus dibedah dan diukur panjang usus yang dilalui norit dan panjang usus seluruhnya.

Hasil penelitian menunjukkan semua kelompok ekstrak memiliki efek laksatif. Ekstrak dosis 5mg dan 10mg memiliki efek yang sebanding dengan Na.dokusinat. Ekstrak dosis 20 mg memberikan efek laksatif lebih tinggi dibandingkan Na.Dokusinat. Diduga efek laksatif berasal dari kandungan ekstrak seperti saponin dengan sifat detergensia, alkaloid, flavonoid dan polifenol yang dapat menstimulasi usus.

Kata kunci : Daun Bayam Merah (*Amaranthus tricolor.*,L.), laksatif, metode transit intestinal.

ABSTRACT

LESTARI. MURNI., 2016, LAXATIVE EFFECT OF ETHANOLIC EXTRACT OF LEAVES RED SPINACH (*Amaranthus tricolor.*, L.) ON WHITE RATS WISTAR BY INTESTINAL TRANSIT METHODE, THESIS, FACULTY OF PHARMACY, SETIA BUDI UNIVERSITY SURAKARTA.

Red spinach plants (*Amaranthus tricolor.*, L.) was folk medicinal plants which leaves represent an laxative effective medicine empirically on it. This research aims to find out an laxative effect of ethanol extract of red spinach and the most effective dose as the laxative.

The research used intestinal transit methode with an experiment of white Wistar rats. The experimented rats were induced loperamid orally as much as 3 mg/kg BB every day for three days. The constipation rats were divided into five groups in homogeny. Continually the rats were given CMC 0.5%,with extract dose as much as 5 mg, 10 mg, 20 mg and Na.Dokusinat as much as 0.9 mg/200 g BB to the rats. They were remaited alone for 45 minutes and given marker as much as 1 ml for each rats. After 20 minutes, they were dissected and measured the length of their intestines that were passed by norit and the length of all intestines.

The Result showed that all doses extract had a laxative effect. Extract 5 mg and 10 mg had the same laxative effect with Na.dokusinat. Extract 20 mg given the most laxative effective than Na.dokusinat. It was supposed that the effect of laxative comes from extract contain such as saponin with characteristic of detergensia, alkaloid, flavonoid and polifenol that can stimulate intestines.

Key words: Red Spinach (*Amaranthus tricolor.*,L.). Laxative, Intestinal Transit Method.