

INTISARI

GATUNG MG. 2015. EFEK EKSTRAK ETANOL KULIT BUAH ALPUKAT (*Persea americana* Mill.) TERHADAP KADAR KOLESTEROL TOTAL SERUM DARAH DAN LEMAK ABDOMINAL TIKUS PUTIH JANTAN HIPERLIPIDEMIA. SKRIPSI. FAKULTAS FARMASI. UNIVERSITAS SETIA BUDI.

Kadar kolesterol di dalam darah penting untuk dipantau, karena tingginya kadar kolesterol dalam darah dapat menyebabkan keadaan hiperlipidemia dan berujung pada penyakit kardiovaskuler. Lemak abdominal merupakan lemak pada perut, timbunan dari trigliserida dan kolesterol sehingga kelebihan lemak dapat meningkatkan kadar kolesterol. Tujuan penelitian ini adalah untuk melihat efek kulit buah alpukat terhadap kadar kolesterol total serum darah dan berat lemak abdominal tikus putih jantan hiperlipidemia.

Kulit buah alpukat diekstraksi dengan etanol 96%. Ekstrak diuji pada tikus jantan putih hiperlipidemia sejumlah 30 ekor. Kelompok I kontrol normal tanpa induksi lemak, kelompok II kontrol positif dan kelompok III kontrol negatif dengan induksi lemak. Kelompok IV, V, VI perlakuan dengan ekstrak dosis 7 mg/200 g BB tikus, 14 mg/200 g B tikus, dan 21 mg/200 g BB tikus. Kadar kolesterol total serum darah diukur menggunakan metode CHOD-PAP dan lemak abdominal diambil dan ditimbang sebagai data. Data kadar kolesterol dan lemak abdominal yang diperoleh dianalisis secara statistik menggunakan SPSS uji t dan *Two-Way* ANOVA dilanjutkan *post hoc* SNK.

Hasil penelitian ekstrak etanol kulit buah alpukat dengan variasi 3 dosis memberikan efek penurunan kadar kolesterol total dan berat lemak abdominal pada tikus putih jantan hiperlipidemia. Dari ekstrak yang paling efektif 21 mg/200 g BB tikus.

Kata kunci: antihiperlipidemia, kulit buah alpukat, lemak abdominal.

ABSTRACT

GATUNG MG. 2015. THE EFFECTS OF ETHANOL EXTRACT OF AVOCADO (*Persea americana* Mill.) PEEL ON TOTAL CHOLESTEROL LEVELS OF BLOOD SERUM AND ABDOMINAL FAT OF HYPERLIPIDEMIA MALE WHITE RATS. THESIS. PHARMACY FACULTY. SETIA BUDI UNIVERSITY.

The blood cholesterol levels are essential to be monitored because high levels of blood cholesterol can cause hyperlipidemia circumstances and lead to cardiovascular disease. Abdominal fat is fat on the abdominal, a heap of triglycerides and cholesterol so that excess fat can raise cholesterol levels. The study purposes was determined the effects of an avocado peel to the total cholesterol levels on blood serum and abdominal fat weight of hyperlipidemia male white rats.

The avocado peel was extracted with 96% etanol. The extracts were tested in hyperlipidemia male white rats amounted to 30 rats. First group is normal control without fat induction, second group is positive control and third group is negative control with the fat induction. Fourth, fifth and sixth group are treatment with extract dose of 7 mg/200 g BW of rat, 14 mg/200 g BW of rats, and 21 mg/200 g BW of rats. The total cholesterol level of blood serum was measured using the CHOD-PAP method and abdominal fat were taken and weighed as data. The data of cholesterol level and abdominal fat were statistically analyzed using t-test and *Two-Way* ANOVA which continue with *post hoc* SNK.

The study results of ethanol extract of the avocado peel with 3-dose variation were given the effect of decreasing the total cholesterol and abdominal fat weight in hyperlipidemia male white rats. The most effective extract is 21 mg/200 g BW of rats.

Keywords: anti-hyperlipidemia, avocado peel, abdominal fat.