INTISARI

SARI, DE. 2014. EFEK PENURUNAN BERAT BADAN DAN PENURUNAN LEMAK ABDOMINAL DARI KOMBINASI DAUN BELIMBING WULUH*(Averrhoa bilimbi L.)* DAN DAUN JATI CINA*(Senna alexandrina)*YANG DIBUAT SEDIAAN INFUS PADA TIKUS PUTIH BETINA JALUR WISTAR (*Rattus norvegicus)*. SKRIPSI. FAKULTAS FARMASI, UNIVERSITAS SETIA BUDI, SURAKARTA.

Kegemukan dapat disebabkan oleh penumpukan lemak abdominal di rongga perut. Untuk mengatasinya dapat digunakan bahan alam yaitu kombinasi daun belimbing wuluh *(Averrhoa bilimbi L.)*dan daun jati cina *(Senna alexandrina)* yang memiliki kandungan tanin sehingga mengurangi penyerapan lemak dalam saluran cerna. Tujuan penelitian ini adalah mengetahui dosis efektif sediaan infus daun belimbing wuluhdan daun jaticina dalam menurunkan lemak abdominal pada tikus putih betina.

Hewan uji dikelompokkan dan diberi perlakuan sebagai berikut kontrol negatif diberi akuadest 1 ml/ekor tikus, kontrol positif diberi xenical® dosis 2,16 mg/200 g BB tikus dan kelompok uji I diberi daun belimbing wuluh dosis 36mg/200 g BB tikus, kelompok II diberi daun jati cinadosis36mg/200 g BB tikus, kelompok III diberi daun belimbing wuluhdosis 18 mg/200 g BB dan daun jati cina dosis 18 mg/200 g BB, kelompok IV diberi daun belimbing wuluhdosis 27mg/200 g BB dan daun jati cinadosis 9mg/200 g BB, kelompok Vdiberi daun belimbing wuluh dosis9mg/200 g BB dan daun jati cina dosis27mg/200 g BB. Data dianalisis secara statistik dengan uji *independent T-Test* menggunakan program SPSS *forWindows Release 17.0*.

Hasil penelitian menunjukkan bahwa infus daun belimbing wuluh dan daun jati cina menunjukkan efek penurunan lemak abdominal pada tikus betina jalur Wistar.Dosis yang paling efektif adalah infus daun jati cina dosis 36 mg/ 200 g BB sebesar 95 gram.

Kata kunci: lemak abdominal, daun belimbing wuluh, daun jati cina

ABSTRACT

SARI, DE. 2014. EFFECT OF WEIGHT LOSS AND ABDOMINAL FAT LOSS FROM COMBINATION OF STARFRUIT (*Averrhoa bilimbi* L.) AND CHINESETEAK (*Senna Alexandrina*) LEAVES WHICH MADE INFUSION IN WHITE FEMALE MICE WISTAR STRAIN(*Rattus norvegicus*). THESIS. FACULTY OF PHARMACY, SETIA BUDI UNIVERSITY, SURAKARTA.

Obesity can caused by accumulation of abdominal fat in abdominal cavity. To overcome can be used natural ingredient i.e combination of starfruit (*Averrhoa bilimbi* L.) and chinese teak (*Senna Alexandrina*) leaves which contains tannin so reduce fat absorption in gastrointestinal tract. The purpose of this study was to determine effective dose of starfruit and chinese teakleavesinfusionin reducing abdominal fat in female mice.

Test animals were grouped and treated as follows: negative control was given akuadest 1 ml/mice, positive control was given xenical ®dose of 2.16 mg/200 gBWmice and group I was given starfruit leaf dose of 36mg/200 g BWmice, group II was given chinese teak leaf dose of 36mg/200 g BW mice, group III was given starfruit leafdose of 18 mg/200 g BW and chinese teak leafdose of 18 mg/200 g BW, group IV was given starfruit leaf dose of 27 mg/200 g BW and chinese teak leaf dose of 9 mg/200g BW, group Vwere given starfruit leaf dose 9 mg/200 g BW and china teak leaf dose of 27 mg/200 g BW. Data were statistically analyzed by independent T-test using SPSS for Windows Release 17.0.

The results showed infusion of starfruit (*Averrhoa bilimbi* L.) and chinese teak (*Senna Alexandrina*) leaves shows effect of abdominal fat loss in female mice wistar strain. The most effective dose wasinfusion of chinese teak leafdose of36 mg/200 g BW as 95 gram.

Keywords: abdominal fat, starfruit leaf, chineseteak leaf