INTISARI

Safinatun Elis. 2019. Pengaruh Pemberian Ekstrak dan Serbuk Daun Kemangi (Ocimum basilicum) Terhadap Penurunan Kadar Kolesterol pada Cumi-cumi (Loligo sp.) dan Udang Vaname (Litopenaeus vannamei). Program Studi D-IV Analis Kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi.

Cumi-cumi *(Loligo sp.)* dan udang vaname (*Litopenaeus vannamei*) memiliki kandungan gizi yang tinggi, namun mempunyai kandungan kolesterol yang tinggi. Kemangi (*Ocimum basilicum*) memiliki kandungan senyawa flavonoid, minyak atsiri, saponin dan tanin. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian ekstrak dan serbuk daun kemangi (*Omicum bacilicum*) terhadap penurunan kadar kolesterol pada cumi-cumi (*Loligo sp*.).

Ekstrak daun kemangi (*Ocimum basilicum*) diperoleh menggunakan metode maserasi dengan pelarut etanol 70%. Kadar kolesterol cumi-cumi dan udang vaname ditetapkan dengan variasi konsentrasi perendaman dan metode CHOD-PAP pada panjang gelombang 546 nm.

Hasil penelitian kadar kolesterol sebelum perendaman daun kemangi (*Ocimum basilicum*) pada cumi-cumi sebesar 163 mg/100g dan udang vaname sebesar 125 mg/100g. Kadar kolesterol cumi-cumi pada perendaman media ekstrak konsentrasi 0,5%, 1,0%, 1,5% sebesar 93 mg/100g, 73mg/100g, 60 mg/100g. Pada perendaman serbuk sebesar 106 mg/100g, 81 mg/100g, 68 mg/100g. Kadar kolesterol udang vaname pada perendaman media ekstrak konsentrasi 0,5%, 1,0%, 1,5% sebesar 86 mg/100g, 72 sebesar mg/100g, 66 mg/100g. Pada perendaman serbuk sebesar 95 mg/100g, 85 mg/100g, 75 mg/100g. Persentase penurunan kadar kolesterol udang vaname pada perendaman media ekstrak didapatkan hasil sebesar 40%, 58% dan 62% sedangkan pada perendaman seduhan serbuk didapatkan hasil sebesar 23%, 36%, dan 40%. Persentase penurunan kadar kolesterol cumi-cumi pada perendaman media ekstrak didapatkan hasil sebesar 55%, 60% dan 71% sedangkan pada perendaman seduhan serbuk didapatkan hasil 39%, 43% dan 48%.

Kata kunci: kolesterol, cumi-cumi, udang vaname, daun kemangi (*Ocimum basilicum*)

ABSTRACT

Safinatun Elis. 2019. Influence of Giving Extract and Basil Leaf Powder (*Ocimum basilicum*) to Decrease in Cholesterol Levels in Squid (Loligo sp.) and Vaname Shrimp (*Litepenaeus vannamei*). Bachelor of Applied Science in Medical Laboratory Technology Program, Health Science Faculty, Setia Budi University.

Squid (Loligo sp.) and vaname shrimp (Litopenaeus vannamei) have high nutrient content, but have high cholesterol content. Basil (*Ocimum basilicum*) contains flavonoids, essential oils, saponins and tannins. This study aims to determine the effect of giving basil extract (*Ocimum basilicum*) extract and powder to decrease cholesterol levels in squid (*Loligo sp.).*

Basil leaf extract (*Ocimum basilicum*) was obtained using maceration method with 70% ethanol. Cholesterol and squid and vaname shrimp cholesterol levels were determined by variations in immersion concentration and CHOD-PAP method at a wavelength of 546 nm.

The results of the research on cholesterol levels before soaking the leaves of basil (*Ocimum basilicum*) on squid were 163 mg / 100g and vaname shrimp at 125 mg / 100g. Cholesterol levels of squid in media immersion extract concentrations of 0.5%, 1.0%, 1.5% of 93 mg / 100g, 73mg / 100g, 60 mg / 100g. In soaking powder at 106 mg / 100g, 81 mg / 100g, 68 mg / 100g. The cholesterol content of vaname shrimp in soaking media extract concentration of 0.5%, 1.0%, 1.5% of 86 mg / 100g, 72 of mg / 100g, 66 mg / 100g. Soaking powder is 95 mg / 100g, 85 mg / 100g, 75 mg / 100g. The percentage of reduction in cholesterol content of vaname shrimp in the soaking of extract media obtained results of 40%, 58% and 62% while the yield of soaking powder was 23%, 36%, and 40%. The percentage reduction in squid cholesterol levels in the soaking of extract media obtained results of 55%, 60% and 71% while the soaking of powder steeping yielded 39%, 43% and 48%.

Keywords: cholesterol, squid, vaname shrimp, basil leaves (*ocimum basilicum*)