INTISARI

SURYAWAN, F.A., 2021, UJI AKTIVITAS ANTIDEPRESAN MINYAK ATSIRI DAUN SELASIH PADA MENCIT SWISS WEBSTER JANTAN, SKRIPSI, FAKULTAS FARMASI, UNIVERSITAS SETIA BUDI SURAKARTA.

Depresi didefiniskan sebagai gangguan perasaan yang ditandai adanya efek disforik (kehilangan kegembiraan/gairah) disertai gejala gejala lain, seperti gangguan tidur, menurunnya selera makan disertai perlambatan gerak dan fungsi tubuh. Daun selasih mengandung beberapa zat aktif salah satunya *eugenol* yang diketahui memiliki efek antidepresan. Mekanisme Kandungan *eugenol* dalam memberikan efek antidepresan yaitu dengan menghambat enzim *Mono Amine Oksidase* A dan B. Penelitian ini bertujuan untuk mengetahui efektivitas minyak atsiri daun selasih sebagai antidepresan pada mencit *Swiss Webster* jantan dan untuk mengetahui dosis efektifnya.

Penelitian antidepresan menggunakan metode *forced swim test* dengan mengamati *immobility time* mencit. Hewan uji menggunakan 15 ekor mencit putih jantan yang dibagi menjadi 5 kelompok, yaitu kelompok kontrol sakit (kontrol negative) menggunakan CMCNa 0,5%, kelompok kontrol sehat (kontrol positif) mengunakan amithriptyllin, dan kelompok emulsi minyak atsiri dengan 3 variasi dosis (dosis 1 yaitu 11,9 mg/kg BB, dosis 2 yaitu 23,8 mg/kg BB, dan dosis 3 yaitu 47,6 mg/kg BB). Hewan uji dinduksi depresi dengan cara direnangkan pada alat *forced swim test* selama 10 hari, lalu setelah induksi diberi perlakuan hingga hari ke-18. Immobility time mencit dihitung pada hari ke-1; ke 10 dan ke-18.

Hasil penelitian menunjukkan bahwa minyak atsiri dosis 11,9 mg/kg BB, 23,8 mg/kg BB, dan 47,8 mg/kg BB dapat menurunkan depresi mencit *Swiss Webster* putih jantan dengan melihat parameter immobility time mencit. Dosis efektif dalam menurunkan depresi mencit adalah dosis 23,8 mg/kg BB.

Kata kunci: daun selasih, minyak atsiri, antidepresan, *immobility*.

ABSTRACT

SURYAWAN, F.A., 2021, ANTIDEPRESSANT ACTIVITY TEST OF SELASIH LEAVES IN MISS SWISS WEBSTER, THESIS, FACULTY OF PHARMACY, SETIA BUDI UNIVERSITY SURAKARTA.

Depression is defined as a feeling disorder characterized by a dysphoric effect (loss of excitement / arousal) accompanied by other symptoms, such as sleep disturbances, decreased appetite accompanied by slowed movement and bodily functions. Basil leaves contain several active substances, one of which is eugenol, which is known to have an antidepressant effect. The mechanism of eugenol content in providing an antidepressant effect is by inhibiting the Mono Amine Oxidase A and B enzymes. This study aims to determine the effectiveness of essential oil of basil leaves as an antidepressant in male Swiss Webster mice and to determine its effective dosage.

The antidepressant research used the forced swim test method by observing the immobility time of mice. The test animals used 15 male white mice which were divided into 5 groups, namely the sick control group (negative control) using 0.5% CMCNa, the healthy control group (positive control) using amithriptyllin, and the essential oil emulsion group with 3 variations of doses (dose 1 is 11.9 mg / kg BW, dose 2 is 23.8 mg / kg BW, and dose 3 is 47.6 mg / kg BW). The test animals were induced with depression by immersion in a forced swim test for 10 days, then after induction they were treated until the 18th day. The immobility time of mice was calculated on day 1; 10th and 18th.

The results showed that essential oil doses of 11.9 mg / kg BW, 23.8 mg / kg BW, and 47.8 mg / kg BW were able to reduce depression in male white Swiss Webster mice by seeing a patameter immobility time in mice. The effective dose in reducing depression in mice was 23.8 mg / kg BW.

Key words: basil, essential oil, antidepressant, immobility.