

INTISARI

Behar, R.A. 2024. Uji Aktivitas Antijamur Ekstrak Jamur Ling Zhi (*Ganoderma lucidum*) Terhadap *Candida albicans* ATCC 10231. Program Studi D4 Analis Kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi.

Jamur Ling zhi (*Ganoderma lucidum*) merupakan jenis jamur obat yang diakui dalam *Traditional China Medicine* (TCM). Jamur Ling zhi memiliki kandungan senyawa aktif diantaranya flavonoid, alkaloid, tanin dan terpenoid yang bermanfaat sebagai antijamur. Penelitian ini bertujuan untuk menguji aktivitas antijamur ekstrak jamur Ling zhi terhadap *Candida albicans* ATCC 10231 dan untuk mengetahui nilai KHM dan KBM terhadap *Candida albicans* ATCC 10231.

Penelitian ini termasuk penelitian eksperimental. Ekstrak jamur Ling zhi diperoleh dengan proses maserasi menggunakan etanol 70%. Metode pengujian yang digunakan dalam penelitian ini adalah metode dilusi. Penentuan efektifitas antijamur ekstrak jamur Ling zhi terhadap jamur uji *Candida albicans* metode dilusi dengan seri konsentrasi 0,15%, 0,31%, 0,62%, 1,25%, 2,5%, 5%, 10%, 20%, 40%, 80%.

Hasil penelitian menunjukkan bahwa ekstrak jamur Ling zhi (*Ganoderma lucidum*) memiliki aktivitas antijamur yang terhadap *Candida albicans* ATCC 10231. Ekstrak jamur Ling zhi dapat menghambat dan membunuh pertumbuhan jamur *Candida albicans*. Konsentrasi Hambat Minimum (KHM) dari ekstrak jamur Ling zhi adalah 5% dan Konsentrasi Bunuh Minimum (KBM) terhadap *Candida albicans* ATCC 10231 adalah 40%

Kata kunci : antijamur, jamur Ling zhi, *Candida albicans* ATCC 10231

ABSTRACT

Behar, R.A. 2024. Antifungal Activity Test of Ling Zhi Mushroom (*Ganoderma lucidum*) Extract Against *Candida albicans* ATCC 10231. Health Analyst D4 Study Program, Faculty of Health Sciences, Setia Budi University.

The Lingzhi mushroom (*Ganoderma lucidum*) is a medicinal fungus recognized in *Traditional Chinese Medicine* (TCM). Lingzhi mushroom contains active compounds including flavonoids, alkaloids, tannins, and terpenoids, which are beneficial as antifungal agents. This study aimed to test the antifungal activity of Lingzhi mushroom extract against *Candida albicans* ATCC 10231 and determine the Minimum Inhibitory Concentration (MIC) and Minimum Fungicidal Concentration (MFC) against *Candida albicans* ATCC 10231.

This research employed an experimental design. Lingzhi mushroom extract was obtained through maceration using 70% ethanol. The testing method used in this study was the dilution method. The effectiveness of Lingzhi mushroom extract as an antifungal agent against *Candida albicans* was determined using dilution series of concentrations: 0,15%, 0,31%, 0,62%, 1,25%, 2,5%, 5%, 10%, 20%, 40%, 80%.

The results indicated that Lingzhi mushroom extract (*Ganoderma lucidum*) exhibited antifungal activity against *Candida albicans* ATCC 10231. The extract could inhibit and kill the growth of *Candida albicans*. The Minimum Inhibitory Concentration (MIC) of Lingzhi mushroom extract was 5%, and the Minimum Fungicidal Concentration (MFC) against *Candida albicans* ATCC 10231 was 40%.

Keywords : antifungal activity, Lingzhi mushroom, *Candida albicans* ATCC 10231