

INTISARI

KLAU, ICS., 2016, EFEK RENDAMAN DAUN JAMBU BIJI (*Psidium guajava*) DALAM NIRA LONTAR (*Borrasur flabellifer*) TERHADAP KADAR TRIGLISERIDA TIKUS PUTIH JANTAN GALUR WISTAR. SKRIPSI. FAKULTAS FARMASI. UNIVERSITAS SETIA BUDI, SURAKARTA.

Kondisi yang disebabkan makan yang berlebihan salah satunya adalah hiperlipedemia, secara langsung dapat meningkatkan penyakit kardiovaskuler. Hiperlipedemia merupakan keadaan dimana terjadi peningkatan kadar semua fraksi lipid dalam plasma terutama kolesterol dan trigliserida. Penelitian ini bertujuan mengetahui efek rendaman daun jambu biji dalam nira lontar terhadap kadar trigliserida tikus putih jantan jalur wistar yang diberi diet kuning telur puyuh dan lemak babi.

Penelitian ini menggunakan hewan percobaan tikus putih jantan, berumur 2-3 bulan dengan berat badan 150-200 gram. 30 ekor ke dalam 6 kelompok, diberi pakan BR II dan minum air putih matang. Kecuali kontrol normal, lima kelompok lainnya diinduksi lemak babi dan kuning telur puyuh. Hari ke-21, kelompok IV, V dan VI diberi rendaman daun jambu biji dosis 30mg/200gram BB tikus, 60mg/200gram BB tikus dan 120mg/200gram BB tikus. Kontrol positif diberi simvastatin dosis 0,18mg/200gram BB tikus. Kontrol negatif dan kontrol normal diberi CMC 0,5%. Kadar trigliserida diukur dengan metode GPO-PAP pada hari ke-0, 21 dan 35. Data hasil pengukuran kadar trigliserida dan berat badan dianalisis menggunakan *Paired-Samples T Test* dan *Two Way Anova*.

Hasil penelitian menunjukkan rendaman daun jambu biji dalam nira lontar dosis 30mg/200gram BB tikus, 60mg/200gram BB tikus dan 120mg/200gram BB tikus memiliki kemampuan menurunkan kadar trigliserida. Efek paling baik ditunjukkan pada dosis 60mg/200gram BB tikus.

Kata kunci: trigliserida, daun jambu biji, nira lontar.

ABSTRACT

KLAU, ICS., 2016, SOAKING EFFECT OF GUAVA LEAVES (*psidium guajava*) IN PALM SAP (*borrasur flabellifer*) ON TRIGLYCERIDES LEVEL IN MALE WHITE MOUSE WISTAR STRAIN, THEDIS, FACULTY OF PHARMACY, SETIA BUDI UNIVRSITY, SURAKARTA .

One condition caused by excessive eating is hyperlipidemia which can directly improve cardiovascular disease. Hyperlipidemia is a condition of an increase in the levels of all lipids fraction in plasma particularly cholesterol and triglycerides. This study was aimed to find out the soaking effect of guava leaves in palm sap on the triglycerides levels in male white mouse whistar strain fed with a diet of quail egg yolk and lard.

This study used male white mice aged 2-3 months, weighing 150-200 grams. 30 mice were randomly divided into 6 groups, fed BR II and drink boiled water. Except for the normal control, five other groups were induced with lard and egg yolk quail. Day 21, groups IV, V and Vi were given guava leaves immersion was given simvastatin dose 0,18mg/gram BW. The negative control and normal control were given CMC 0,5%. The triglyceride level was measured by COD-PAP method on day-0, 21 and 35. Data was analyzed using paired-sampels T Test and Two Way anova.

The result of the study showed that guava leaves immersion dose 30mg/200gram BW, 120mg/200gram BW had the ability to lower triglycerides levels. The best effect was shown at dose 60mg/200gram BW.

Keywords: triglyceride, guava leaf, palm sap,