

Abstrak

PENGARUH PEMBERIAN KOMBINASI REBUSAN DAUN CIPLUKAN (*Physalis angulata L.*) DAN DAUN SALAM (*Syzygium polyanthum*) TERHADAP KADAR KOLESTEROL TOTAL TIKUS PUTIH HIPERKOLESTEROLEMIA

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Latar belakang : Hiperkolesterolemia merupakan salah satu faktor risiko terjadinya penyakit gangguan kardiovaskuler. Pada penelitian sebelumnya, daun ciplukan dan daun salam terbukti dapat menurunkan kadar kolesterol total karena mengandung flavonoid tetapi kombinasi keduanya belum diteliti. Kombinasi keduanya diharapkan dapat mengoptimalkan penurunan Tujuan penelitian ini adalah untuk mengetahui apakah terdapat pengaruh pemberian kombinasi rebusan daun ciplukan dan daun salam terhadap tikus putih hiperkolesterolemia.

Metode : Penelitian ini menggunakan *true eksperiment* dengan pendekatan *Pretest posttest control group design* pada tikus jantan galur wistar yang diinduksi HFD. Sampel sebanyak 36 tikus dibagi menjadi 6 kelompok yaitu kelompok A = kontrol sehat, B = kontrol negatif, C = kombinasi daun ciplukan : daun salam (160 : 720) mg/200 gBB, D= kombinasi daun ciplukan : daun salam (160 : 1.440) mg/200 gBB, E = kombinasi daun ciplukan : daun salam (320 : 720) mg/200 gBB dan F = simvastatin 0,18 mg/200 gBB selama 14 hari. Data yang diperoleh, diolah menggunakan *software* SPSS melalui uji One Way ANOVA pada derajat kemaknaan 5% dilanjutkan uji *Pos Hoc Duncan*.

Hasil : Penurunan rerata kadar kolesterol total *posttest* pada kelompok C = 68 mg/dL, kelompok D = 26,25 mg/dL, kelompok E = 44,75 dan kelompok F = 55 mg/dL. Terdapat perbedaan yang signifikan antara kelompok C dan F terhadap kelompok B ($p < 0,05$) pada uji *Pos Hoc Duncan*.

Kesimpulan : Kombinasi rebusan daun ciplukan dan daun salam berpengaruh terhadap kadar kolesterol total tikus putih hiperkolesterolemia dengan dosis paling efektif yaitu dosis kombinasi daun ciplukan dan daun salam (160 : 720) mg/200 gBB.

Kata kunci : Hiperkolesterolemia, Kolesterol Total, Kombinasi, Daun Ciplukan, Daun Salam, Simvastatin.

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Abstract

THE EFFECT OF THE COMBINATION OF BOILING OF CIPLUKAN (*Physalis angulata* L.) and Salam (*Syzygium polyanthum*) LEAVES ON THE TOTAL CHOLESTEROL LEVELS OF HYPERCHOLESTEROLEMIA WHITE RATS

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Background : Hypercholesterolemia is a risk factor for cardiovascular disease. In previous studies, ciplukan leaves and salam leaves have been shown to reduce total cholesterol levels because they contain flavonoids, but the combination of the two has not been studied. The combination of the two is expected to optimize the reduction. The purpose of this study was to determine whether there was an effect of giving a combination of boiled ciplukan leaves and salam leaves to hypercholesterolemic white rats.

Methods : This study used a true experiment with a pre-test post-test control group design approach on male Wistar rats induced by high fat diet. A sample of 36 rats was divided into 6 groups, namely group A = healthy control, B = negative control, C = combination of ciplukan leaves: salam leaves (160: 720) mg/200 gBB, D = combination of ciplukan leaves: salam leaves (160: 1,440) mg/200 gBW, E = combination of ciplukan leaves: salam leaves (320: 720) mg/200 gBW and F = simvastatin 0.18 mg/200 gBW for 14 days. The data obtained were processed using SPSS software through the One Way ANOVA test at a significance level of 5% followed by the Pos Hoc Duncan test.

Results : The average post-test total cholesterol decreased in group C = 68 mg/dL, group D = 26.25 mg/dL, group E = 44.75 and group F = 55 mg/dL. There was a significant difference between groups C and F against group B ($p < 0.05$) in Duncan's Post Hoc test.

Conclusion : Combination of decoction of ciplukan leaves and salam leaves has an effect on total cholesterol levels in hypercholesterolemic white rats with the most effective dose being the combined dose of ciplukan leaves and salam leaves (160: 720) mg/200 gBB.

Keywords : Hypercholesterolemia, Total Cholesterol, Combination, Ciplukan Leaf, Salam Leaf, Simvastatin.

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