

## Chapter V Conclusion and Suggestion

### A. Conclusion

1. The average results of *Very Low Density Lipoprotein* (VLDL) levels in the blood of Wistar rats increased after administration of *High Fat Diet* (HFD).
2. Giving a combination of boiled water from Moringa and Gedi leaves with a ratio of 1:1 can affect the decrease in *Very Low Density Lipoprotein* (VLDL) levels in rat blood from moderate to low with the highest difference value of 30.90mg/dL.
3. Giving a combination of boiled water from Moringa and Gedi leaves with a ratio of 1:2 can affect the decrease in *Very Low Density Lipoprotein* (VLDL) levels in rats blood from moderate to low with a difference value of 19.28mg/dL.
4. Giving a combination of boiled water from Moringa and Gedi leaves with a ratio of 2:1 can affect the decrease in *Very Low Density Lipoprotein* (VLDL) levels in rats blood from moderate to low with a difference value of 26.90mg/dL.
5. Giving simvastatine at a dose of 0.18 mg/200 gBW in Wistar rats can affect the decrease in *Very Low Density Lipoprotein* (VLDL) levels in the blood from moderate to low with a difference value of 26.26 mg/dL.
6. The results of each group after being given the intervention experienced a decrease in *Very Low Density Lipoprotein* (VLDL) levels. The treatment groups C, D, E, and F formed a group together with the positive control group (A), while the negative treatment group (B) did not form a group together with the other groups. This is because the negative treatment group (B) did not experience a significant decrease in *Very Low Density Lipoprotein* (VLDL) levels.
7. In this research, the most effective dose in reducing *Very Low Density Lipoprotein* (VLDL) levels in rats blood was a 1:1 dose.

## B. Suggestion

Suggestions for additional research, specifically the need for additional research on toxicity tests. This is to determine the safety of the compounds found in Moringa and Gedi leaves, which are used as traditional medicines to lower blood *Very Low Density Lipoprotein* (VLDL) levels.

