

**PENGARUH PEMBERIAN SEDUHAN KETUMPANG AIR (*Peperomia pellucida*) TERHADAP KADAR TRIGLISERIDA DARAH PADA TIKUS WISTAR MODEL HIPERLIPIDEMIA**

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**ABSTRAK**

**Latar Belakang:** Gaya hidup kurang sehat dapat meningkatkan kadar trigliserida darah yang dapat memicu penyakit kardiovaskuler. Ketumpang air terbukti mempunyai efek hipolipidemia karena memiliki aktivitas antioksidan. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian seduhan ketumpang air (*Peperomia pellucida*) terhadap kadar trigliserida darah pada tikus wistar model hiperlipidemia.

**Metode:** Penelitian ini menggunakan metode eksperimen murni dengan rancangan *pretest and posttest with control group design*. Jumlah sampel yang digunakan sebanyak 36 ekor tikus yang dibagi menjadi 6 kelompok yaitu kelompok A kontrol sehat, kelompok B kontrol negatif, kelompok C perlakuan seduhan ketumpang air dosis 150 mg/kgBB, kelompok D perlakuan seduhan ketumpang air dosis 300 mg/kgBB, kelompok E perlakuan seduhan ketumpang air dosis 600 mg/kgBB, kelompok F diberikan simvastatin. Tikus diberikan HFD dan PTU 0,01% selama 7 hari. Hasil pemeriksaan kadar trigliserida diuji dengan *One Way ANOVA* dilanjutkan *Post Hoc Duncan*.

**Hasil:** Hasil analisis post test *Post Hoc Duncan* kadar trigliserida plasma menunjukkan tidak terdapat perbedaan rerata kadar trigliserida plasma antara kelompok A, E dan F. Namun terdapat perbedaan rerata antara kelompok A dengan kelompok B, C dan D.

**Kesimpulan:** Pemberian seduhan ketumpang air dosis 600 mg/kgBB mempunyai pengaruh yang bermakna dalam menurunkan kadar trigliserida plasma tikus wistar yang diinduksi HFD.

**Kata Kunci:** HFD, Ketumpang Air, Trigliserida

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# THE EFFECT OF KETUMPANG AIR (*Peperomia pellucida*) INFUSED ON TRIGLYCERIDE LEVELS OF HYPERLIPIDEMIA WISTAR RATS MODEL

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## ABSTRACT

**Background:** An unhealthy lifestyle can increase blood triglyceride levels which can trigger cardiovascular disease. Ketumpang air has been shown to have the effect of hypolipidemia because it has antioxidant activity. This study aimed to determine the effect of ketumpang air (*Peperomia pellucida*) infused on triglyceride levels of hyperlipidemia wistar rats model.

**Method:** This study was true experimental using pretest and posttest with control group design. The total sample were 36 rats which were divided into 6 groups: group A as healthy control, B as negative control, C as treatment ketumpang air 150 mg/kgW, D as treatment ketumpang air 300 mg/kgW, E as treatment ketumpang air 600 mg/kgW, group F was given simvastatin. Rats were given HFD and PTU 0.01% for 7 days. The results of triglyceride levels were tested using One Way ANOVA followed by Post Hoc Duncan.

**Result:** The results of Post Hoc Duncan post test analysis showed no difference in mean plasma triglyceride levels between groups A, E and F. However, there were differences in mean between group A with groups B, C and D.

**Conclusion:** Ketumpang air infused dose 600 mg/kgW had a significant effect in reducing plasma triglyceride levels of wistar rats induced by HFD.

**Key Words:** HFD, Ketumpang Air, Triglyceride

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