

**EFEK PEMBERIAN SEDUHAN TANAMAN SIRIH CINA (*Peperomia pellucida*) TERHADAP KADAR KOLESTEROL TOTAL PADA TIKUS PUTIH JANTAN HIPERKOLESTEROLEMIA**

**Abstrak**

**Latar Belakang:** Konsumsi makanan tinggi lemak secara berlebihan dapat menyebabkan hiperkolesterolemia. Hiperkolesterolemia yang berlangsung lama dapat menimbulkan arterosklerosis sehingga mengakibatkan terjadinya Penyakit Jantung Koroner (PJK). Tanaman sirih cina mengandung banyak senyawa aktif seperti flavonoid, tanin, saponin dan alkaloid yang diduga dapat menurunkan kadar kolesterol total dalam darah.

**Tujuan:** Mengetahui efek pemberian seduhan tanaman sirih cina terhadap kadar kolesterol total dan pemberian dosis paling efektif.

**Metode:** Penelitian eksperimental ini menggunakan metode *true experiment pretest-posttest with control group design*. Total sampel 36 ekor tikus Wistar jantan dibagi 6 kelompok (A kontrol sehat, B kontrol negatif, C perlakuan dosis 150 mg/kgBB, D dosis 300 mg/kgBB, E dosis 600 mg/kgBB dan F simvastatin 0,18 mg/200gBB). Induksi diberikan selama 7 hari dengan pakan standar dan campuran kuning telur bebek dengan jus hati ayam. Intervensi selama 14 hari pada perlakuan sesuai dosis. Uji hipotesis *one way ANOVA* dilanjutkan *post hoc Duncan*.

**Hasil:** Uji ANOVA *posttest* menunjukkan  $p=0.002$  ( $<0.05$ ) terdapat perbedaan yang bermakna. Hasil uji *post hoc Duncan* terdapat perbedaan bermakna kelompok A dengan kelompok B, D, E dan F. Namun, selisih terbesar pada kelompok E 34,84 mg/dL.

**Kesimpulan:** Terdapat efek pemberian seduhan tanaman sirih cina terhadap kadar kolesterol total namun tidak signifikan. Kelompok E (600 mg/dL) merupakan dosis dengan selisih penurunan terbanyak.

Kata kunci: seduhan, *peperomia pellucida*, kolesterol total

**EFFECT OF STEEPING SIRIH CINA PLANT (*Peperomia pellucida*) ON  
TOTAL CHOLESTEROL LEVELS IN HYPERCOLESTEROLEMIA MALE  
WHITE RATS**

***Abstract***

**Background back:** Excessive high fat diet could cause hypercholesterolemia. Hypercholesterolemia that can last a long time raises atherosclerosis so that cause occurrence Coronary Heart Disease (CHD). Sirih cina plant contain many active compound like flavonoids, tannins, saponins and suspected alkaloid can decrease total cholesterol of blood.

**Purpose:** Identifying effect of steeping sirih cina to decrease total cholesterol of blood and to know the most effective dose.

**Method:** The method of this research use true experiment with pretest-posttest control group design. Total samples are 36 male wistar rats divided into 6 groups (A healthy control, B negative control, C treatment dose of 150 mg/kg body weight, D dose of 300 mg/kg body weight, E dose 600 mg/kg body weight and F simvastatin 0,18 mg/200g body weight). Induction given for 7 days with feed standard and mixture duck yolk with chicken liver juice. Intervention spend 14 days on treatment corresponding dose. Hypothesis test using one way ANOVA continued by post hoc Duncan.

**Results:** Posttest ANOVA test showed  $p = 0.002$  ( $<0.05$ ) there were significant differences. The results of the Duncan post hoc test showed significant differences in group A with groups B, D, E and F. However, the biggest difference was in group E 34.84 mg / dL.

**Conclusion:** There is the effect of steeping sirih cina plants on total cholesterol levels but not significantly. Group E (600 mg / dL) is the dose with the most difference in decline.

**Keywords:** steeping, *Peperomia pellucida* , total cholesterol.