ABSTRAK

PENGARUH KOMBINASI SEDUHAN BAWANG DAYAK (*Eleutherine palmifolia (L.) Merr)* DAN MADU TERHADAP PENURUNAN KADAR TRIGLISERIDA PADA TIKUS MODEL HIPERKOLESTEROLEMIA

Indah Sekar Tanji[1], Saryono[2], Hernayanti[3]

Latar Belakang: Meningkatnya kadar trigligliserida merupakan tanda terjadinya hiperkolesterolemia. *Eleutherine palmifolia (L.) Merr* dan madu berpotensi dapat menurunkan kadar trigliserida.

Tujuan Penelitian: Mengetahui pengaruh kombinasi seduhan *Eleutherine palmifolia (L.) Merr* dan madu terhadap penurunan kadar trigliserida pada tikus hiperkolesterolemia.

Metode: Metode yang digunakan ialah *true experiment pre-post test with control group design.* SampeI dibagi menjadi 6 kelompok. Kelompok kontrol sehat (A), kelompok kontrol sakit (B), kelompok perlakuan bawang dayak dosis 100 mg/KgBB + 1 ml/KgBB (C), kelompok perlakuan bawang dayak dosis 200 mg/KgBB + 1 ml/KgBB (D), kelompok perlakuan bawang dayak dosis 400 mg/KgBB + 1 ml/KgBB (E), kelompok pemberian simvastatin 0,18 mg/200 grBB (F). Uji statistik yang digunakan ialah One Way ANOVA dan dilanjutkan *Post Hoc Duncan*

Hasil: Hasil penelitian menunjukkan terdapat penurunan kadar trigliserida dengan rerata selisih kadar trigliserida pada masing-masing kelompok adalah 15,69 ± 10,46 mg/dL, 22,66 ± 7,42 mg/dL, dan 35,05 ± 7,49 mg/dL. Hasil uji One Way ANOVA menunjukkan p = 0,000 (p < 0,05). Hasil uji *Post Hoc Duncan* menunjukkan terdapat perbedaan signifikan (p < 0,05) anatara kelompok kontrol sakit dengan semua kelompok.

Kesimpulan: Dosis kombinasi seduhan *Eleutherine palmifolia (L.) Merr* 400 mg/KgBB + 1 ml/KgBB efektif dalam menurunkan trigliserida.

Kata Kunci: Hiperkolesterolemia, Trigliserida, Kombinasi *Eleutherine palmifolia (L.) Merr* dan madu.

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ABSTRACT

EFFECT OF COMBINATION DAYAK ONION (*Eleutherine palmifolia (L.) Merr)* AND HONEY FOR LOWERING TRIGLYCERIDE LEVELS IN HYPERCHOLESTROLEMIA RAT MODEL

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Background: Increased levels of trigliglycerides are a sign of hypercholesterolemia. Eleutherine palmifolia (L.) Merr and honey have the potential to reduce triglyceride levels.

Purpose: To determine the effect of the combination of Eleutherine palmifolia (L.) Merr and honey infusion on the reduction of triglyceride levels in hypercholesterolemic rats.

Method: This research uses a true experimental pre-post test with control group design. The sample was divided into 6. Healty contol group (A), sick control group (B), dayak onion treatment dose 100 mg/KgBB + honey 1 ml/KgBB (C), dayak onion treatment dose 200 mg/KgBB + honey 1 ml/KgBB (D), dayak onion treatment dose 400 mg/KgBB + honey 1 ml/KgBB (E), group giving simvastatin 0,18 mg/200 grBB (F). The statistical test used was One Way ANOVA and continued by Post Hoc Duncan

Result: The results showed that there was a decrease in triglyceride levels with the mean difference triglyceride levels in each group was 15,69 ± 10,46 mg/dL, 22,66 ± 7,42 mg/dL, dan 35,05 ± 7,49 mg/dL. The One Way ANOVA test results showed p = 0.000 (p <0.05). The results of Duncan's Post Hoc test showed that there was a significant difference (p <0.05) between the sick control group and all groups.

Conclusion: The combined dose of Eleutherine palmifolia (L.) Merr steeping 200 mg/KgBB + honey 1 ml/KgBB is effective in reducing triglycerides.

Key Word: Hypercholesterolemia, Trigyiceride, *Eleutherine palmifolia (L.) Merr,* Honey, Combination.

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