

Abstrak

PENGARUH KOMBINASI SEDUHAN BAWANG DAYAK DAN MADU TERHADAP PENURUNAN KADAR *LOW DENSITY LIPOPROTEIN* PADA TIKUS MODEL HIPERKOLESTEROLEMIA

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Latar Belakang: Tingginya kadar *Low Density Lipoprotein* (LDL) merupakan salah satu tanda hiperkolesterolemia. Kombinasi seduhan bawang dayak dan madu berpotensi menurunkan kadar LDL. Tujuan penelitian untuk mengetahui pengaruh kombinasi seduhan bawang dayak dan madu terhadap penurunan kadar LDL pada tikus model hiperkolesterolemia.

Metode: Penelitian ini menggunakan *true experimental pre and post test with control group design*. Kombinasi seduhan bawang dayak dan madu diberikan selama 14 hari. Sampel berjumlah 30 ekor tikus dikelompokkan menjadi enam kelompok yaitu kontrol sehat (A), kontrol sakit (B), perlakuan (C, D, dan E) diberi seduhan bawang dayak dosis 100 mg/kgBB, 200 mg/kgBB, 400 mg/kgBB yang dikombinasikan dengan madu 1 ml/kgBB. Kontrol positif (F) diberi simvastatin 0,9 mg/kgBB. Analisis data kadar LDL *pretest* dan selisih menggunakan *One-way ANOVA* dan *post hoc Duncan*, sedangkan *post-test* menggunakan *Welch's ANOVA* dan *post hoc Games-Howell*.

Hasil Penelitian: Hasil *One-way ANOVA* selisih kadar LDL menunjukkan kombinasi seduhan bawang dayak dan madu berpengaruh terhadap penurunan kadar LDL ($p < 0,05$). Hasil uji *post hoc Duncan* terdapat perbedaan signifikan antar kelompok kecuali kelompok D, E, dan F.

Kesimpulan: Kombinasi seduhan bawang dayak 200 mg/kgBB dan madu 1 ml/kgBB merupakan dosis paling efektif untuk menurunkan kadar LDL.

Kata kunci: Bawang dayak, madu, kombinasi, LDL, hiperkolesterolemia.

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Abstract

EFFECT THE COMBINATION OF STEEPED DAYAK ONIONS AND HONEY FOR LOWERING LOW DENSITY LIPOPROTEIN LEVELS IN HYPERCHOLESTEROLEMIA RATS MODEL

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Background: High levels of Low Density Lipoprotein (LDL) are a sign of hypercholesterolemia. The combination of steeped Dayak onions and honey have potential to reduce LDL levels. The aim of this research to know the effect by giving steeped of Dayak onion and honey towards the decreasing of LDL level in hypercholesterolemia rats model.

Method: The research used *true experimental pre and post test with control group design*. The combination of steeped Dayak onions and honey for 14 days. The sample used 30 rats were divided into 6 groups consisting of healthy control (A), sick control (B), treatment (C, D, and E) was given steeped of Dayak onions each dose of 100 mg/kgBW, 200 mg/kgBW, 400 mg/kgBW combined with honey 1 ml/kgBW. Positive control (F) was given simvastatin 0.9 mg/kgBW. Data analysis of pretest and difference LDL levels used *One-way ANOVA* and *post hoc Duncan*, while post-test used *Welch's ANOVA* and *post hoc Games-Howell*.

Results: The result of *One-way ANOVA* showed that the combination of steeped Dayak onion and honey had an effect on reducing LDL levels ($p < 0.05$). The results of *Duncan's post hoc test* showed significant differences between groups except groups D, E, and F.

Conclusion: The combination of steeped Dayak onions 200 mg/kgBW and honey 1 ml/kgBW were the most effective dosage to decreasing LDL level.

Keywords: Dayak onion, honey, combination, LDL, hypercholesterolemia.

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