

**Efek penurunan kadar glukosa darah kombinasi ekstrak etanol daun alpukat (*Persea americana* Mill) dan Buah Oyong (*Luffa acutangula* (L.) Roxb.) pada mencit putih jantan yang dibebani glukosa =
Hypoglycemic effect of combination ethanol extracts of avocado leaves and ridged gourd fruit in glucose loaded male mice**

Prawita Lintang Larasati, author

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Abstrak

ABSTRAK
Daun alpukat (*Persea americana* Mill) dan buah oyong (*Luffa acutangula* (L.) Roxb.) merupakan tanaman yang secara empiris digunakan untuk berbagai penyakit, salah satunya diabetes. Penelitian ini bertujuan untuk mengetahui efek penurunan kadar glukosa darah kombinasi ekstrak etanol daun alpukat dan buah oyong pada mencit. Dua puluh empat ekor mencit putih jantan galur ddY yang dibagi dalam enam kelompok. Mencit dipuasakan ± 16 jam, kemudian diukur kadar glukosa darah puasa, lalu diberikan ekstrak daun alpukat, ekstrak buah oyong, ekstrak kombinasi, metformin HCl, dan larutan CMC 0,5%. Tiga puluh menit setelahnya, diukur kembali kadar glukosa, lalu diberikan glukosa 2 g/kg bb peroral. Pengukuran dilakukan pada menit ke-30, 60, 90, 120 setelah pemberian glukosa. Kadar glukosa darah diukur menggunakan glukometer Accu-Chek Active®. Pemberian kombinasi ekstrak 1, daun alpukat 50 mg/kg bb dan buah oyong 200 mg/kg bb dapat menurunkan kadar glukosa darah yang bermakna secara statistik pada setengah jam setelah pemberian glukosa, sedangkan kombinasi ekstrak 2, daun alpukat 100 mg/kg bb dan buah oyong 200 mg/kg bb dapat menurunkan kadar glukosa darah yang bermakna pada satu jam setelah pemberian glukosa.

Abstract

Avocado leaves (*Persea americana* Mill) and ridge gourd fruit (*Luffa acutangula* (L.) Roxb) is a plant that empirically used for various diseases, one of them is diabetes. The aim of this research was to know the blood glucose lowering effect of combination extract ethanol avocado leaves and ridge gourd fruit on mice. Twenty-four of ddY mice white male which was divided into six groups. Each mice was fasted for ± 16 hours, then measured blood glucose levels of fasting, and administered extract avocado leaves, extract ridge gourd fruit, extract combinations, metformin HCl, and CMC liquid 0,5%. Thirty minutes later, measured back glucose levels, and administered glucose 2 g/ kg bw orally. Blood glucose then was measured in 30, 60, 90, and 120 minutes after glucose administration. Blood glucose was measured using Accu-Chek Active® glucometer. Combination extract 1, avocado leaves 50 mg / kg bb and ridge gourd fruit 200 mg/ kg bw was able to lower glucose levels in 30 minutes after glucose

administration, while combination extract 2, avocado leaves 100 mg / kg bw and ridge gourd fruit 200 mg/ kg bw was able to lower blood glucose levels in one hour after glucose administration.