

Efek penurunan kadar glukosa darah dari ekstrak etanol daun alpukat (*persea americana mill*) pada tikus putih jantan yang dibebani glukosa

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Abstrak

Daun alpukat (*Persea americana Mill*) mempunyai khasiat untuk mengobati berbagai penyakit, diantaranya diabetes. Penelitian ini bertujuan untuk mengetahui efek penurunan kadar glukosa darah dari ekstrak etanol daun alpukat pada tikus putih jantan yang dibebani glukosa. Metode yang digunakan adalah tes toleransi glukosa oral (TTGO). Dua puluh lima ekor tikus dibagi dalam 5 kelompok yaitu kontrol normal, kontrol pembanding, kelompok dosis 1 (10 mg/kg BB), dosis 2 (20 mg/kg BB), dan dosis 3 (40 mg/kg BB). Tikus dipuasakan selama 18 jam dan diukur kadar glukosa darah puasanya, kemudian diberikan larutan uji. Setelah satu jam, kadar glukosa darah diukur kembali, dan diberikan larutan glukosa 2 g/kg BB. Pengukuran kadar glukosa darah menggunakan glukometer Accu-chek Active® dan pengukuran dilakukan pada menit 30, 60, 90, dan 120 setelah pemberian glukosa. Hasil penelitian menunjukkan bahwa ekstrak etanol daun alpukat tidak memberikan efek penurunan kadar glukosa darah. Berdasarkan uji statistik tidak menunjukkan adanya perbedaan bermakna antar kelompok.

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Abstract

Avocado leaves (*Persea americana Mill*) have benefits in treating various diseases, including diabetes. The aim of study was to determine the effect of ethanolic extract of avocado leaves on decreasing blood glucose level in male albino rats in glucose loaded. The method of this study was oral glucose tolerance test. Twenty five rats were divided into 5 groups. They were group 1 (CMC 0,5%), group 2 (Metformin HCl), and the other 3 group given the extract. The rats were fasted for 18 hours, and then glucose level was measured, after that given the extract. One hour after administration, blood glucose level was measured, then administered glucose solution (2 g/kg BW) orally. The measurement of blood glucose level used Accu-chek Active® and then evaluated the sample in 30, 60, 90, and 120 minutes post glucose administration. The result of this study showed that ethanolic extract of avocado leaves has not given the effect on lowering blood glucose level. According to statistical test, it showed that there was no significant differences among the groups.