

Pengaruh ekstrak buah garcinia atroviridis pada kadar trigliserida dalam darah tikus lmr strain wistar yang diberi asupan lemak berlebih = Effect of garcinia atroviridis fruit extract on triglyceride level in high fat diet wistar strain rats blood

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Abstrak

[ABSTRAK

Penyakit kardiovaskular merupakan penyebab kematian nomor satu di dunia dengan angka kejadian yang terus bertambah. Salah satu faktor resiko dari penyakit ini adalah hipertrigliserida. Penelitian ini merupakan studi eksperimental yang ditujukan untuk mengetahui metode induksi peningkatan kadar trigliserida, dan efektifitas ekstrak buah Garcinia atroviridis sebagai antitrigliserida. Penelitian terbagi menjadi 2, pertama untuk mencari metode induksi, untuk membuktikan efektifitas ekstrak buah Garcinia atroviridis. Penelitian pertama terdiri dari kelompok tinggi lemak diberikan diet tinggi lemak (0,375ml gajih ayam, 1,5ml kuning telur puyuh, dan 1ml PTU) dan kelompok tanpa lemak diberikan diet standar dan PTU. Penelitian kedua terdiri dari kelompok uji diberikan diet tinggi lemak dengan jumlah yang sama ditambah dengan ekstrak buah Garcinia atroviridis dalam 3 dosis (10mg, 20mg, 30mg). Setiap kelompok tersebut kemudian dilakukan pemeriksaan kadar trigliserida darah. Hasilnya diuji dengan tes parametrik t-test untuk menguji metode induksi, dan one way ANOVA untuk menguji efektifitas ekstrak. Terdapat perbedaan tidak signifikan ($p=0,255$). Pada kelompok ekstrak didapatkan perbedaan yang signifikan pada kelompok uji 1a, dan 1c ($p=0,006$). Maka dapat disimpulkan bahwa terdapat efek yang signifikan dari ekstrak buah Garcinia atroviridis untuk menurunkan kadar trigliserida berdasarkan dosis pada darah tikus strain Wistar yang diberi asupan lemak berlebih.

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ABSTRACT

Cardiovascular diseases, the world's number one cause of death has certainly keep increasing. One of the risk factor is hypertriglyceride. This study is an experimental based study which was conducted to learn induction method to increase triglyceride level, and the effect of extract Garcinia atroviridis fruit extract as antitriglyceride. This study was separated into 2, first to look for induction method, second to prove the effect of Garcinia atroviridis fruit extract. The first study consists of high-fat group that was given high fat diet (0,375ml fatty portion of chicken meat; 1,5ml quail's egg yolk; and 1ml PTU) and non-fat group, that was given standard diet and 1ml PTU. The second study consists of group treatments, which were given high fat diet and extract of Garcinia atroviridis fruit in 3 doses (10mg, 20mg, 30mg). Each group then examined for their triglyceride level. The results were analyzed using t-test for induction method and one-way ANOVA test for the effect of extract There are no significance different between groups without extract ($p=0,255$). In groups with extract, there's a significance difference between groups ($p=0,006$). Therefore it concluded that there are significance effect of Garcinia atroviridis fruit extract in reducing triglyceride level in Wistar strain rats blood.;Cardiovascular diseases, the world's number one cause of death has certainly keep increasing. One of the risk factor is hypertriglyceride. This study is an experimental based study which was conducted to learn induction method to increase triglyceride level, and the effect of extract Garcinia

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