INTISARI

Peningkatan penyakit degeneratif, penyakit menular, dan paparan radikal bebas menyebabkan masyarakat semakin perhatian terhadap pencegahan dan pengobatan penyakit. Sawo bludru (*Chrysophyllum cainito* L.) merupakan salah satu tumbuhan yang berpotensi sebagai sumber alternatif terapi penyakit. Namun, sawo bludru termasuk tumbuhan langka di Indonesia akibat kurangnya pemanfaatan dan budidaya oleh masyarakat. Penelitian ini bertujuan untuk mengetahui profil kandungan kimia dan aktivitas farmakologis dari sawo bludru sehingga dapat menjadi bukti ilmiah tentang khasiat sawo bludru.

Penelitian dilakukan dengan metode *narrative review*. Literatur dicari dari sumber utama dan tambahan. Proses seleksi literatur mengacu pada kriteria inklusi dan ekslusi. Kajian kritis dilakukan pada seluruh literatur terinklusi untuk memastikan kevalidan dan keterpercayaan data. Sebanyak 59 literatur digunakan dalam penyusunan *review* ini.

Daging buah merupakan bagian yang kaya akan air, karbohidrat, vitamin, dan mineral serta rendah lemak. Fitokimia utama dari sawo bludru adalah asam fenolat, flavonoid, dan triterpen yang berperan dalam aktivitas farmakologis. Uji aktivitas ekstrak secara *in vitro* dan *in vivo* menunjukkan potensi sawo bludru sebagai agen antinyeri, antidiabetes, antiinflamasi, antikanker, antioksidan, antiosteoporosis, antimikroba, anti-HIV, anticacing, antihiperlipidemia, antihipertensi, antiobesitas, gastroprotektif, hepatoprotektif, nefroprotektif, dan perbaikan luka. Sawo bludru berpotensi sebagai agen pencegahan dan pengobatan berbagai penyakit walaupun masih memerlukan uji aktivitas dan toksisitas lebih lanjut.

Kata Kunci: *Chrysophyllum cainito*, sawo bludru, kandungan kimia, aktivitas farmakologis

ABSTRACT

Increasing in the incidence of degenerative and infectious diseases as well as exposure of free radicals lead to increase of public attention to disease prevention and treatment. Sawo bludru (Chrysophyllum cainito L.) is one of the plants which potential as an alternative source for therapy. However, sawo bludru is one of the rare plants in Indonesia because of lack of utilization and cultivation by the community. Aim of this study is to know the profile of the chemical content and pharmacological activity of sawo bludru so it can be scientific evidence about the health benefits of sawo bludru.

The research was conducted by using a narrative review method. Literature was searched from main and additional sources. The selection process of literature refers to the inclusion and exclusion criteria. A critical appraisal was carried out on all included literature to ensure the validity and reliability of the data. A total of 59 literature were used in this review.

The pulp is the part which is rich in water, carbohydrates, vitamins and minerals, and low in fat. The main phytochemicals of sawo bludru are phenolic acid, flavonoid, and triterpen which contribute to pharmacological activity. The in vitro and in vivo tests of extract of sawo bludru showed the potential of sawo bludru as an analgesic, antidiabetic, anti-inflammatory, anticancer, antioxidant, antiosteoporosis, antimicrobial, anti-HIV, antihelminthic, antihyperlipidemic, antihypertensive, antiobesity, gastroprotective, hepatoprotective, nephroprotective, and wound healing agent. Sawo bludru may be used as an agent for the prevention and treatment of various diseases, although it still requires further investigation on its activity and toxicity profile.

Keywords: Chrysophyllum cainito, sawo bludru, chemical contents, pharmacological activity