

EFEK BOBA TERUNG BELANDA TERHADAP KADAR TRIGLISERIDA DAN KADAR KOLESTEROL PADA TIKUS SPRAGUE DAWLEY YANG DIBERI DIET TINGGI LEMAK

Fatma Zuhrotun Nisa¹, Rio Jati Kusuma², Lily Arsanti Lestari³

INTISARI

Latar Belakang: Dislipidemia yang tidak segera ditangani akan menyebabkan komplikasi dan masalah ekonomi. Mengatasi dislipidemia dapat dilakukan dengan mengonsumsi makanan fungsional seperti boba terung belanda. Boba terung belanda mengandung senyawa seperti fenolik, flavonoid, antosianin, saponin, dan tannin. Boba terung belanda diharapkan dapat menurunkan kadar kolesterol total dan kadar trigliserida agar prevalensi dislipidemia dapat menurun.

Tujuan: Mengetahui efek pemberian boba terung belanda (*Solanum betaceum*) untuk mengatasi dislipidemia.

Metode: Penelitian eksperimental menggunakan *pre-test* dan *post-test control group design*. Tikus Sprague dawley dibagi menjadi 4 kelompok: K1 (pakan standar), K2 (diet tinggi lemak), P1 (diet tinggi lemak + boba terung belanda 0,16 g/200 g BB), dan P2 (diet tinggi lemak + boba terung belanda 0,32 g/200 g BB). Tikus akan mengalami 7 hari masa adaptasi, 14 hari pemberian diet tinggi lemak, dan 28 hari masa intervensi. Kadar kolesterol total dan trigliserida diambil setelah 7 hari adaptasi (*pre-test*) dan setelah 28 hari intervensi (*post-test*).

Hasil: Pemberian boba terung belanda dengan dosis 0,16 g/200 g BB dan 0,32 g/200 g BB dapat menurunkan kadar kolesterol total sebanyak 36,5% dan 51,8% dan menurunkan kadar trigliserida sebanyak 27,5% dan 33,78%.

Kesimpulan: Boba terung belanda dapat menurunkan kadar kolesterol total dan kadar trigliserida pada tikus *Sprague dawley* yang diinduksi diet tinggi lemak.

Kata kunci: Boba; Kolesterol total; Terung belanda; Trigliserida.

THE EFFECT OF DUTCH EGGPLANT BOBA ON TRIGLYCERIDE LEVELS AND CHOLESTEROL LEVELS IN SPRAGUE DAWLEY RATS GIVEN A HIGH FAT DIET

Fatma Zuhrotun Nisa¹, Rio Jati Kusuma², Lily Arsanti Lestari³

ABSTRACT

Background: Dyslipidemia that is not treated immediately will cause complications and economic problems. Overcoming dyslipidemia can be done by consuming functional foods such as eggplant boba. Eggplant boba contains compounds such as phenolics, flavonoids, anthocyanins, saponins, and tannins. Eggplant boba is expected to reduce total cholesterol levels and triglyceride levels so that the prevalence of dyslipidemia can decrease.

Objective: To determine the effect of giving tamarillo boba (*Solanum betaceum*) to overcome dyslipidemia.

Methods: Experimental study using pre-test and post-test control group design. Sprague dawley rats were divided into 4 groups: K1 (standard feed), K2 (high-fat diet), P1 (high-fat diet + tamarillo boba 0.16 g/200 g BW), and P2 (high-fat diet + tamarillo boba 0.32 g/200 g BW). The rats will undergo 7 days of adaptation period, 14 days of high-fat diet, and 28 days of intervention period. Total cholesterol and triglyceride levels were taken after 7 days of adaptation (pre-test) and after 28 days of intervention (post-test).

Results: Administration of tamarillo boba at a dose of 0.16 g/200 g BW and 0.32 g/200 g BW can reduce total cholesterol levels by 36.5% and 51.8% and reduce triglyceride levels by 27.5% and 33.78%.

Conclusion: Dutch eggplant boba can reduce total cholesterol and triglyceride levels in Sprague dawley rats induced by a high-fat diet.

Keywords: Boba, Dutch eggplant, Total cholesterol, Triglycerides