

**PENGARUH PENAMBAHAN BUAH LERAK (*Sapindus rarak*)
SEBAGAI SUMBER SAPONIN PADA RANSUM TERHADAP
KADAR KOLESTEROL DAGING AYAM BROILER**

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INTISARI

Penelitian ini bertujuan untuk mengetahui pengaruh penggunaan buah lerak (*Sapindus rarak*) sebagai sumber saponin terhadap kadar kolesterol darah dan daging serta performan ayam broiler. Ayam broiler umur 0-14 hari diberi pakan starter komersial dan ayam broiler umur 14-42 hari diberi pakan dengan ransum susunan sendiri. Mulai umur 14 hari, ayam broiler jantan sebanyak 60 ekor dibagi ke dalam 4 kelompok perlakuan penambahan saponin. Level penambahan saponin buah lerak pada ransum, yaitu 0; 0,02; 0,04 dan 0,06%. Masing-masing perlakuan terdiri dari 3 ulangan dan setiap ulangan menggunakan 5 ekor ayam broiler jantan. Parameter yang diamati adalah bobot potong, konsumsi pakan, pertambahan bobot badan harian, konversi pakan, kadar kolesterol darah dan daging. Data yang diperoleh dianalisis variansi pola searah dan jika menunjukkan perbedaan dilanjutkan dengan uji *Duncan's Multiple Range Test*. Hasil penelitian menunjukkan bahwa penambahan saponin buah lerak 0,02, 0,04 dan 0,06% dapat menurunkan kadar kolesterol daging dada ($P < 0,05$) sebesar 26,31, 18,34 dan 27,60% dibanding kontrol. Penambahan saponin buah lerak tidak berpengaruh terhadap bobot potong, konsumsi pakan, pertambahan bobot badan harian, konversi pakan, kadar kolesterol darah dan daging paha. Dari hasil penelitian dapat disimpulkan bahwa penambahan saponin buah lerak mampu menurunkan kadar kolesterol daging dada, tetapi tidak berpengaruh terhadap kadar kolesterol darah dan daging paha. Penambahan saponin buah lerak tidak berpengaruh negatif terhadap performan ayam.

Kata kunci : Buah lerak (*Sapindus rarak*), Saponin, Kadar kolesterol, Ayam broiler

EFFECT OF ADDITION OF *SAPINDUS RARAK* FRUITS AS SOURCES OF SAPONIN ON MEAT CHOLESTEROL FROM BROILER CHICKENS

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ABSTRACT

This experiment was conducted to determine the effect of *Sapindus rarak* fruits as sources of saponin on blood, meat cholesterol and performance of broiler chicken. Broiler chickens were divided into two phase, starter (0-14 days old) and finisher (14-42 days old). At starter phase, broiler chickens were fed with commercial starter feed, and at finisher phase, they were fed with feed formulation by ourselves. At 14 days old, 60 broiler chickens were divided into 4 groups of different saponin level treatment (0; 0.02; 0.04; 0.06%). Each treatment consisted of 3 replication, and each of it had 5 broiler chickens. Variable collected were body weight, feed consumption, average daily gain (ADG), feed conversion ratio (FCR), blood and meat cholesterol. Data were analyzed variance using one way design and the difference of mean value were analyzed by Duncan's Multiple Range Test. The result showed that addition of 0.02%; 0.04% and 0.06% saponin reduced breast meat cholesterol ($P < 0.05$) as much as 26.31%, 18.34% and 27.60% compared to control. Addition of *Sapindus rarak* fruit saponin had no effect on blood and thigh meat cholesterol, body weight, feed consumption, ADG and FCR. It can be concluded that the addition of *Sapindus rarak* fruit saponin reduces breast meat cholesterol, but it has no effect on blood and thigh meat cholesterol. Addition of *Sapindus rarak* saponin doesn't affect broiler chicken performance.

Keyword: *Sapindus rarak* fruit, Saponin, Cholesterol level, Broiler chicken