

INTISARI

Peningkatan kadar trigliserida darah sebanyak 1,0 mmol/L dapat meningkatkan risiko penyakit jantung iskemik sebesar 14%. Salah satu tanaman yang berpotensi dalam menurunkan kadar trigliserida adalah daun kersen. Daun kersen diketahui mengandung beberapa senyawa, seperti flavonoid, saponin, tannin, triterpenoid dan alkaloid. Penelitian ini dilakukan untuk mengetahui pengaruh pemberian ekstrak etanol daun kersen terhadap kadar trigliserida pada tikus putih jantan dengan hipertrigliserid.

Penelitian ini merupakan penelitian eksperimental laboratories dengan desain penelitian *pre-post test control group design*. Penelitian ini dilakukan di laboratorium Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Yogyakarta dan LPPT UGM. Subjek yang digunakan pada penelitian ini yaitu 24 ekor tikus putih jantan galur wistar, berat badan ± 300 gram yang berusia 3-4 bulan yang dibagi menjadi 6 kelompok secara acak yaitu kontrol normal tanpa perlakuan, kelompok kontrol negatif diberi minyak babi dan tidak diberi terapi apapun, kelompok kontrol positif diberi minyak babi dan diberi terapi gemfibrozil, kelompok perlakuan 1 (P1) diberi minyak babi dan diberi terapi ekstrak etanol daun kersen 25 mg/KgBB, kelompok perlakuan 2 (P2) diberi minyak babi dan diberi terapi ekstrak etanol daun kersen 50 mg/KgBB, kelompok perlakuan 3 (P3) diberi minyak babi dan diberi terapi ekstrak etanol daun kersen 100 mg/KgBB. Kadar trigliserida diukur menggunakan metode GPO-PAP. Data dianalisis menggunakan uji *One Way Anova* dan uji *paired t test* untuk mengetahui kelompok yang memiliki penurunan kadar trigliserida secara signifikan akibat pengaruh ekstrak etanol daun kersen.

Selisih kadar trigliserida darah tikus putih jantan antar kelompok perlakuan tidak terdapat perbedaan yang bermakna. Penurunan kadar trigliserida yang signifikan terjadi pada pemberian ekstrak daun kersen 50 mg/KgBB dan 100 mg/KgBB dengan nilai $p < 0,05$. Penurunan kadar trigliserid paling besar pada kelompok pemberian ekstrak 50 mg/KgBB yakni sebesar 44,725 mg/dl.

Ekstrak etanol daun kersen dosis 50 mg/KgBB memberikan efek penurunan yang lebih baik dibandingkan dengan kelompok kontrol positif.

Kata kunci: Ekstrak etanol daun kersen, trigliserida, GPO-PAP

ABSTRACT

An increase in blood triglyceride levels of 1.0 mmol / L can increase the risk of ischemic heart disease by 14%. One of the plants that has the potential to reduce triglyceride levels is kersen leaves. Kersen leaves are known to contain several compounds, such as flavonoids, saponins, tannins, triterpenoids and alkaloids. This research was conducted to determine the effect of ethanol extract of kersen leaves on triglyceride levels in male white rats with hypertriglyceride.

This research is an experimental laboratories research with a pre-post test control group design research design. This research was conducted in the laboratory of the Faculty of Medicine and Health Sciences, Muhammadiyah University Yogyakarta and UGM LPPT. Subjects used in this study were 24 white male wistar rats, body weight \pm 300 grams aged 3-4 months divided into 6 groups randomly, ie normal control without treatment, negative control group were given pig oil and not given any therapy , the positive control group was given pork oil and given gemfibrozil therapy, treatment group 1 (P1) was given pork oil and given a 25 mg / KgBW ethanol extract therapy, the treatment group 2 (P2) was treated with pig oil and treated with ether extract 50 mg / KgBW, treatment group 3 (P3) was given pork oil and given 100 mg / KgBW of ethanol extract of cherry leaves. Triglyceride levels were measured using the GPO-PAP method. Data were analyzed using One Way Anova test and paired t test to find out which groups had significantly decreased triglyceride levels due to the influence of ethanol extract of kersen leaves.

Difference in blood triglyceride levels in male white rats between treatment groups showed no significant difference. Significant decrease in triglyceride levels occurred in the administration of 50 mg/KgBW cherry leaf extract and 100 mg/KgBW with $p < 0,05$. The greatest decrease in triglyceride levels in the 50 mg/KgBW extract group was 44,725 mg / dl.

Ethanol extract of kersen leaves at a dose of 50 mg/KgBW gave a better reduction effect compared to the positive control group.

Keywords: ethanol extract of kersen leaf, triglycerides, GPO-PAP