ABSTRAK

Dislipidemia merupakan penyakit yang ditandai peningkatan kadar trigliserida, LDL dan kolesterol total, serta penurunan kadar HDL. Obat tradisional yang dikenal oleh masyarakat salah satunya adalah kitolod (*Laurentia longiflora (L)*), mengandung flavonoid yang berperan dalam penurunan kadar trigliserida dan peningkatan HDL. Penelitian bertujuan untuk mengetahui pengaruh ekstrak daun kitolod terhadap kadar trigliserida dan HDL pada tikus jantan yang diberi pakan tinggi lemak.

Penelitian eksperimental rancangan *post test only control group design*, menggunakan 24 ekor tikus jantan dibagi empat kelompok. Kelompok 1 sebagai kontrol negatif, kelompok 2, 3 dan 4 sebagai kelompok perlakuan dengan ekstrak daun kitolod dosis 150, 300 dan 600 mg/KgBB tikus. Perlakuan dilakukan selama 28 hari dan hari ke-29 dilakukan pengukuran kadar trigliserida dan HDL. Data yang diperoleh diolah menggunakan program komputer SPSS dengan uji *One Way Anova* dan *Post Hoc LSD*.

Hasil rerata kadar trigliserida K1 34.46±1.19, K2 31.34±1.41, K3 39.04±2.34 dan K4 80.70 ± 1.56. Hasil rerata kadar HDL K1 37.40±1.14, K2 39.08±1.64, K3 55.00±0.71 dan K4 42.00±0.71. Hasil uji normalitas dan homogenitas setiap kelompok didapatkan nilai *p*=>0,05, dilanjutkan uji parametrik *One Way Anova* dengan nilai *p*=0,000. Uji *Post Hoc LSD* menunjukkan nilai *p*=<0.05 antar kelompok.

Kesimpulan penelitian ini bahwa pengaruh esktrak daun kitolod dosis 150 mg/KgBB tikus lebih rendah pada kadar trigliserida, sedangkan ekstrak daun kitolod dosis 300 mg/KgBB tikus lebih tinggi pada kadar HDL tikus jantan.

Kata kunci: Kadar trigliserida, kadar HDL, ekstrak daun kitolod (*Laurentia longiflora (L)*)

ABSTRACT

Background: Dyslipidemia is a disease characterized by increase in triglyceride, LDL and total cholesterol, and decrease in HDL. One of the traditional medicines known by the community is *kitolod (Laurentia longiflora (L)),* containing flavonoids playing a role in decreasing triglyceride levels and increasing HDL. The aim of the study was to determine the effect of *kitolod* leaf extract on triglyceride and HDL levels in male rats fed a high fat diet.

Method: An experimental research with the post test only control group design. 24 male rats were divided into four. Group 1 was negative control. Group 2, 3 and 4 were treatment by extract of kitolod leaf at the dose 150, 300 and 600 mg/ KgBW respectively. On day 29, triglyceride and HDL levels were evaluated. The data obtained was analysed using the SPSS computer program with *One Way Anova* and *Post Hoc LSD test*.

Result: Mean triglyceride levels of K1, K2, K3 and K4 was 34.46±1.19, 31.34±1.41, 39.04±2.34 and 80.70 ± 1.56 respectively. Mean HDL levels of K1, K2, K3 and K4 was 37.40±1.14, 39.08±1.64, 55.00±0.71 and 42.00±0.71. The normality and homogeneity test of each group result in a value of *p*=>0.05, parametric test *One Way Anova* result in a value of p=0.000. *Post Hoc LSD* test showed a value of p=<0.05 between groups.

Conclusion: *kitolod* at the dose of 150 mg/KgBW and 300 mg/KgBW lower in triglyceride levels and increase in HDL levels respectively.

Keywords: triglyceride levels, HDL levels, *kitolod* leaf extract (*Laurentia longiflora (L)*)