

INTISARI

Kombinasi koro pedang dan kedelai hitam diduga mempunyai kandungan yang dapat menurunkan kadar trigliserida. Penelitian ini bertujuan untuk mengetahui pengaruh kombinasi tepung koro pedang dan tepung kedelai hitam terhadap kadar trigliserida pada tikus putih jantan Sprague Dawley yang diberi diet tinggi lemak.

Penelitian eksperimental *post test only randomized control group design* menggunakan 30 tikus dibagi 5 kelompok, di adaptasi selama 3 hari dan perlakuan 14 hari. K-I hanya dapat pakan standard, K-II diberikan otak sapi dan pakan standart, K-III diberikan otak sapi 4ml, makan standar, ditambah tepung koro pedang 4g, K-IV diberi otak sapi 4ml, makan standar dan ditambah tepung kedelai hitam 4g, K-V diberi otak sapi 4ml, makan standar dan kombinasi 2g tepung koro pedang dan 2g tepung kedelai hitam. Hari ke 18 tikus diambil darah dengan metode GPO-PAP.

Hasil rerata kadar trigliserida (mg/dL) K-I $79,49 \pm 2,12$, K-II $154,43 \pm 4,93$, K-III $112,83 \pm 3,06$, K-IV $98,2 \pm 1,34$, K-V $104,31 \pm 2,98$. Rerata kadar trigliserida dianalisis dengan uji *one way anova* yang menunjukkan terdapat perbedaan signifikan $p=0,000$ ($p<0,005$) dan dilanjutkan uji *post hoc* bonferroni menunjukkan ada perbedaan bermakna pada tiap kelompok ($p<0,005$).

Berdasarkan hasil tersebut dapat disimpulkan bahwa pemberian kombinasi tepung koro pedang dan tepung kedelai hitam berpengaruh terhadap kadar trigliserida pada tikus putih jantan Sprague Dawley yang telah diberi diet tinggi lemak.

Kata Kunci : Koro pedang, kedelai hitam, kombinasi, kadar trigliserida, antihiperlipidemia

ABSTRACT

Canavalia ensiformis and *Glycin max* have been shown to lower cholesterol levels of triglyceride. There has been no study on the antihyperlipidemia effect of the combination of *Canavalia ensiformis* and *Glycin max*. This study aimed to determine the effect of the *Canavalia ensiformis* flour and *Glycin max* flour on triglyceride levels male rats fed a high-fat diet. In this experimental study with post test only control group design 30 male Sprague Dawley rats were divided into 5 groups randomly and adapted for 3 days and 14 days of treatment. KI and KII were the negative control and positive control respectively. KIII, KIV, KV were fed a high fat diet and treated with 4g *Canavalia ensiformis* flour, 4g *Glycin max* flour, combined 2g *Canavalia ensiformis* flour and 2g *Glycin max* flour, respectively. Data were analyzed using One Way Anova followed by post hoc test. The results showed mean levels of triglyceride (mg / dL) for the five groups were 79.49 ± 2.12 , 154.43 ± 4.93 , 112.83 ± 3.06 , 98.2 ± 1.34 , 104.31 ± 2.98 respectively. There was a significant difference in the triglyceride levels among all of the groups ($p = 0.000$). In conclusion, the combined *Canavalia ensiformis* flour and *Glycin max* flour has an effect on the triglyceride level in rats fed a high fat diet.

Keywords: Jack bean, black soybeans, combination, levels of triglyceride, antihyperlipidemia