PENGARUH JUMLAH ASUPAN BUBUK YOGURT ISOLAT PROTEIN KECIPIR TERHADAP KADAR KOLESTEROL TOTAL DAN TRIGLISERIDA PADA TIKUS HIPERKOLESTEROLEMIA

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INTISARI

Dewasa ini muncul berbagai macam penyakit yang berhubungan dengan tingkat kolesterol dalam darah. Penyakit yang disebabkan oleh tingginya tingkat kolesterol dalam darah adalah hiperkolesterolemia. Penyakit hiperkolesterolemia akan menyebabkan munculnya penyakit aterosklerosis (penebalan dinding pembuluh darah) dan pada akhirnya akan menyebabkan penyakit jantung koroner. Penelitian ini bertujuan untuk mengetahui pengaruh jumlah asupan yogurt isolat kecipir instan terhadap kadar kolesterol total dan trigliserida dalam darah tikus hiperkolesterolemia.

Penelitian ini menggunakan hewan uji tikus jenis *Sparague Dawley* jantan yang sehat berumur 3 bulan. Sebanyak 18 ekor tikus, dibagi menjadi 3 kelompok. Kelompok 1 diberi pakan standar, kelompok 2 diberi pakan standar dan yogurt susu kacang kecipir konsentrasi rendah (2 g/hari), kelompok 3 diberi pakan standar dan yogurt susu kacang kecipir konsentrasi tinggi (4 g/hari) selama 4 minggu. Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dimana tikus dibagi menjadi 3 kelompok perlakuaan. Analisis kadar kolesterol total menggunakan uji ANOVA bila terdapat perbedaan nyata maka dilanjutkan *Duncan’s multiple range test (DMRT)* pada tingkat kepercayaan α 5%.

Hasil penelitian menunjukan pemberian jumlah asupan yogurt isolat kecipir instan konsentrasi rendah (2 g/hari) dan konsentrasi tinggi (4 g/hari) pada tikus hiperkolesterolmia dapat menurunkan kadar kolesterol total, trigiserida, HDL dan LDL, semakin tinggi konsentrasi penurunun kolesterol semakin menurun.

Kata kunci: Bubuk yogurt isolat protein kecipir, hiperkolesterolemia, kolesterol total dan trigliserida.

EFFECT OF THE WINGED BEANS PROTEIN ISOLATE YOGURT POWDER INTAKE ON TOTAL CHOLESTEROL AND TRIGLYCERIDA LEVELS IN HYPERCHOLESTEROLEMIA RATS

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ABSTRACT

 Currently, there is a wide variety of diseases associated with cholesterol levels in the blood. Diseases caused by high levels of cholesterol in the blood is hypercholesterolemia. Hypercholesterolemia disease will lead to the emergence of atherosclerosis (thickening of blood vessel walls) and will eventually lead to coronary heart disease. This study aimed to determine effect of the amount of isolated wing beans instant yogurt intake on total cholesterol and triglyceride levels in hypercholesterolemia rats

 This research used Sparague Dawley rats which are healthy and 3 months old. A total of 18 rats, divided into 3 groups. One group was fed with a standard feed, group 2 were fed with standard feed and yogurt of winged bean milk that has the lowest concentration (2 g/day), group 3 were fed with standard feed and yogurt of winged bean milk that has the highest concentration (4 g/day) for 4 weeks. This study used a completely randomized design (CRD) in which rats were divided into 3 treatments. Analysis of total cholesterol using ANOVA test if there is a real difference then followed Duncan's multiple range test (Duncan Multiple) at confidence level of α 5%.

 The results showed that winged bean isolates instant yogurt with low concentration (2 g/day) and high concentration (4 g/day) in hypercholesterolemia rats can lower the total cholesterol, trigiserida, HDL and LDL, the higher concentration led the cholesterol’s reduction is increasing.

Keyword: Winged beans protein isolate yogurt powder, hypercholesterolemia, total cholesterol and triglyceride.