

**PENGARUH PENAMBAHAN CMC DAN SEREH TERHADAP AKTIVITAS
ANTIOKSIDAN DAN TINGKAT KESUKAAN MINUMAN KUNYIT
(*Curcuma longa* L.)**

INTISARI

Kunyit merupakan tanaman yang memiliki berbagai khasiat. Kunyit digunakan sebagai obat perut kembung, nyeri dada, nyeri menstruasi, kolik, gangguan perut, gangguan hati, menyembuhkan dan memutihkan bekas luka dan juga kosmetik. Senyawa utama yang terkandung dalam rimpang kunyit adalah senyawa kurkuminoid.

Rancangan Percobaan yang digunakan pada penelitian ini adalah rancangan acak lengkap dengan pola faktorial (RAL Faktorial) dengan 2 faktor. Faktor pertama yaitu penambahan serih, faktor kedua yaitu konsentrasi penambahan CMC dengan konsentrasi 0,75%, 1,00% dan 1,25%. Minuman kunyit dibuat melalui proses penyaringan dan pencampuran, setelah itu dilakukan pengujian total padatan terlarut, fenol total, pH dan aktivitas antioksidan (DPPH).

Minuman kunyit dengan penambahan CMC dan serih yang mempunyai aktivitas antioksidan dan disukai panelis. Hasil penelitian menunjukkan minuman kunyit terpilih dengan konsentrasi penambahan CMC 0,75% dan serih 0,25% mempunyai aktivitas antioksidan dan disukai panelis.

Kata Kunci : kunyit, serih, CMC, aktivitas antioksidan

**THE EFFECT OF ADDITIONAL CMC AND LEMONGRASS ON
ANTIOXIDANT ACTIVITIES AND PREFERENCE LEVEL OF TURMERIC
DRINK (*Curcuma Longa L*)**

ABSTRACT

Turmeric (*Curcuma domestica val*) is a plant that has various properties, both used as a single traditional medicine or mixed with other plants. Turmeric is used to remedy flatulence, chest pain, menstrual pain, colic, stomach disorders, liver disorders, healing and whitening scars, and cosmetics. The main compound contained in the turmeric rhizome is curcuminoid compounds. This curcuminoid compound gives turmeric its yellow color. This curcuminoid is the center of attention of researchers studying its safety, antioxidant, antiinflammatory, cancer-preventing effects, plus its ability to reduce the risk of a heart attack. Turmeric has been widely used by the food, beverage, pharmaceutical, cosmetic, and textile industries.

The experimental design used in this study was a completely randomized design with a factorial pattern (CRD factorial) with two factors. The first factor is the addition of lemongrass, and the second factor is the concentration of the addition of CMC with a concentration of 0.75%, 1.00%, and 1.25%. Turmeric drink was made through a filtering and mixing process, and after that, the total dissolved solids, total phenol, pH, and antioxidant activity (DPPH) were tested.

Turmeric drink with lemongrass and CMC is stable and has antioxidant activity. The results showed that the selected turmeric drink with a concentration of 0.75% CMC addition and 0.25% lemongrass had antioxidant activity and was favored by panelist.

Keywords : Turmeric drink, lemongrass, CMC, antioxidant activity