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KAJIAN PRAKLINIK AKTIVITAS FARMAKOLOGI DAUN PEPAYA (*Carica papaya Linn.*) SEBAGAI OBAT HERBAL ANTI DIABETES

ABSTRAK

Latar Belakang: Diabetes mellitus (DM) adalah suatu penyakit metabolik yang ditandai dengan adanya hiperglikemia, yang disebabkan oleh kurangnya produksi insulin, resistensi insulin, atau keduanya. Pepaya (*Carica papaya*) merupakan dari keluarga Caricaceae yang banyak ditemukan di daerah tropis dan subtropis.
Tujuan : Penelitian ini bertujuan untuk mengetahui aktivitas anti diabetes daun pepaya dan kandungan kimia daun pepaya
Metode: Penelitian ini bersifat non-eksperimental dengan studi literature mengenai aktivitas dan kandungan metabolit sekunder yang berpotensi memberikan anti diabetes pada tanaman daun pepaya (*Carica papaya*). Data menggunakan jurnal terakreditasi pada 10 tahun terakhir, yakni jurnal nasional yang terindeks pada situs SINTA dan jurnal internasional yang terindeks pada situs SCIMAGO.
Hasil : Daun pepaya memiliki aktivitas anti diabetes yang didukung berdasarkan pendekatan metababolit sekundernya yaitu Alkaloid, Flavonoid, dan Tannin. Ekstrak etanol daun pepaya (*Carica papaya*) pada dosis 170 mg/kg BB efektif dalam menurunkan kadar glukosa darah tikus yang hiperglikemia akibat diinduksi dengan aloksan.
Kesimpulan: Daun pepaya memiliki aktivitas anti diabetes dan didukung berdasarkan pendekatan metababolit sekundernya yaitu flavonoid, alkaloid, saponin, dan tannin.

Kata Kunci: *Carica papaya*, daun, anti diabetes, metabolit sekunder
Kepustakaan: 40 (1981-2020)

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PRACLINICAL STUDY OF PHARMACOLOGICAL ACTIVITIES OF PAPAYA LEAF (*Carica papaya Linn.*) AS ANTI DIABETIC HERBAL MEDICINE

ABSTRACT

Background: Diabetes mellitus (DM) is a metabolic disease characterized by hyperglycemia caused by a lack of insulin production, insulin resistance, or both. Papaya (*Carica papaya*) is from the Caricaceae family which is found in many tropical and subtropical areas.
Objective : This study aims to determine the anti diabetic activities of papaya leaf and chemical content of papaya leaves
Methods: This study was non-experimental with a literature study on the activity and content of secondary metabolites that have the potential to provide anti diabetic properties in the papaya leaves (*Carica papaya*). The data uses accredited journals in the last 10 years, namely national journals indexed on the SINTA website and international journals indexed on the SCIMAGO website.
Results: Papaya leaves have anti diabetic activity which is supported based on their secondary metabolite approach, namely Alkaloids, Flavonoids, and Tannins. Papaya leaf (*Carica* papaya) ethanol extract at a dose of 170 mg/kg BW was effective in reducing blood glucose levels in rats that were hyperglycemic due to alloxan induction.
Conclusion: Papaya leaves have anti diabetic activity and are supported based on their secondary metabolite approach, namely flavonoids, alkaloids, saponin, and tannins.

Keywords: *Carica papaya* , leaf, anti diabetic, secondary metabolites
Bibliography: 40 (1981-2020)