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PENGARUH EKSTRAK ETANOL DAUN PETAI (*Parkia speciosa Hassk.*) TERHADAP PENINGKATAN KADAR HDL DAN PENURUNAN KADAR LDL PADA TIKUS PUTIH JANTAN HIPERLIPIDEMIA

INTISARI

Latar belakang: Populasi hiperlipidemia berdasarkan RISKESDAS menunjukkan yang berusia ≥ 15 tahun mempunyai proporsi LDL (≥ 190 mg/dl) sebesar 15,9 %, dan mempunyai kadar HDL (<40 mg/dl) sebesar 22,9 %. Daun petai (*Parkia speciosa Hassk.*) mengandung senyawa kimia flavonoid yang memiliki aktivitas terhadap peningkatan kadar HDL dan penurunan kadar LDL. Penelitian ini bertujuan untuk mengetahui aktivitas daun petai (*Parkia speciosa Hassk.*) yang dapat meningkatan kadar HDL dan menurunankan kadar LDL pada tikus putih jantan galur wistar.
Metode: Jenis penelitian ini merupaan penelitian eksperimental laboratorium dengan rancangan *pre and post test group design* menggunakan 5 kelompok perlakuan. Kontrol positif Simvastatin, kontrol negatif CMC-Na 0,5%, ekstrak daun petai 100 mg/KgBB, ekstrak daun petai 200 mg/KgBB, dan ekstrak daun petai 400 mg/KgBB.
Hasil: Ekstrak daun petai (*Parkia speciosa Hassk.*) dengan dosis 100 mg/KgBB (HDL : 22,72%, LDL : 23,36%), 200 mg/KgBB (HDL : 30,72%, LDL : 51,45%), dan 400 mg/KgBB (HDL : 43,65%, LDL : 60,68%) dapat meningkatkan kadar HDL dan menurunkan kadar LDL, tetapi hasil menunjukan lebih rendah secara signifikan dengan kontrol positif (HDL : 50%, LDL : 80,07%) sehingga dikatakan belum sebanding dengan kontrol positif.
Kesimpulan: Ekstrak daun petai (*Parkia Speciosa Hassk.*) memiliki aktifitas terhadap peningkatan kadar HDL dan penurunan kadar LDL serta dengan dosis efektif 400 mg/KgBB (HDL : 43,65%, LDL : 60,68%) menunjukan hasil yang berbeda signifikan dengan kontrol positif (HDL : 50%, LDL : 80,07%) dengan nilai P value HDL : 0,000 dan P value LDL : 0,033 pada tikus putih jantan galur wistar.

Kata kunci : Daun petai (*Parkia speciosa Hassk.*), HDL, LDL.

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THE EFFECTIVENESS OF PETAI (*Parkia speciosa Hassk*.) LEAF ETHANOL EXTRACT ON IMPROVEMENT OF HDL LEVELS AND REDUCTION OF LDL LEVELS IN HYPERLIPIDEMIC MALE WHITE RATS

ABSTRACT

Background: Hyperlipidemia population based on RISKESDAS shows that those aged ≥ 15 years have a proportion of LDL (≥ 190 mg / dl) of 15.9%, and have HDL levels (<40 mg / dl) of 22.9%. Petai leaves (*Parkia speciosa Hassk*.) contain flavonoid chemical compounds which have activity in increasing HDL levels and decreasing LDL levels. This study aims to examine the activity of petai leaf (*Parkia speciosa Hassk*.) which can increase HDL levels and reduce LDL levels in male white rats of wistar strain.
Method: This type of research was an experimental laboratory research with *pre and post test group design* using five treatment groups namely simvastatin positive control, CMC-Na 0.5% negative control, petai leaf extract 100 mg/KgBB, petai leaf extract 200 mg/KgBB, and petai leaf extract 400 mg/KgBB.
Results: Petai leaf extract (*Parkia speciosa Hassk*.) At a dose of 100 mg/KgBB (HDL: 22.72%, LDL: 23.36%), 200 mg/KgBB (HDL: 30.72%, LDL: 51.45%) , and 400 mg/KgBB (HDL: 43.65%, LDL: 60.68%) can increase HDL levels and reduce LDL levels, but the results showed significantly lower levels with positive control (HDL: 50%, LDL: 80, 07%) so it was said to be not yet proportional to positive control.
Conclusion: Petai leaf extract (*Parkia Speciosa Hassk.*) has an activity to increase HDL levels and decrease LDL levels and with an effective dose of 400 mg/KgBB (HDL: 43.65%, LDL: 60.68%, P) which showed different significant results with positive control (HDL: 50%, LDL: 80.07%) with a P value HDL: 0,000 and P value LDL: 0.033 in male white rats of wistar strain.

Keywords: Petai leaves (*Parkia speciosa Hassk*.), HDL, LDL.