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**PENGARUH EKSTRAK ETANOL 96% DAUN PETAI (*Parkia speciosa* Hassk.) TERHADAP PENURUNAN KADAR KOLESTEROL TOTAL DAN TRIGLISERIDA PADA TIKUS PUTIH JANTAN**

**ABSTRAK**

**Latar belakang:** Daun petai (*Parkia speciosa* Hassk.) memiliki kandungan senyawa metabolit sekunder flavonoid, fenolik, saponin dan steroid sebagai penurun lemak dalam darah. Dengan adanya kandungan metabolit sekunder yaitu flavonoid diharapkan dapat menurunkan kadar kolesterol total dan trigliserida pada tikus putih jantan.

**Tujuan:** Penelitian bertujuan untuk meneliti pengaruh ekstrak daun petai terhadap penurunan kadar kolesterol total dan trigliserida pada tikus putih jantan.

**Metode:** Penelitian ini termasuk dalam jenis penelitian eksperimental murni *pre and post test group design* dengan menggunakan tikus putih jantan yang diberi pakan tinggi lemak untuk melihat aktivitas ekstrak daun petai (*Parkia speciosa* Hassk.) terhadap penurunan kadar kolesterol total dan kadar trigliserida darah. Aktivitas antihiperlipidemia diuji menggunakan metode kolorimetri enzimatik. Kontrol negatif induksi pakan tinggi lemak, kontrol positif menggunakan simvastatin 20 mg, ekstrak daun petai (*Parkia speciosa* Hassk.) dosis 100 mg/KgBB, ekstrak daun petai (*Parkia speciosa* Hassk.) dosis 200 mg/KgBB, ekstrak daun petai (*Parkia speciosa* Hassk.) dosis 400 mg/KgBB.

**Hasil:** Ekstrak daun petai (*Parkia speciosa* Hassk.) memiliki kandungan senyawa flavonoid yang mempunyai efek penurunan kadar kolesterol total secara *in vivo* sebesar 25,92 % dosis 400 mg/KgBB, dosis 200 mg/KgBB sebesar 24,12%, dosis 100 mg/KgBB sebesar 23,76% dan penurunan pada kadar trigliserida sebesar 35,57 % pada dosis 400 mg/KgBB, dosis 200 mg/KgBB sebesar 32,97%, dan dosis 100 mg/KgBB sebesar 6,69% terhadap tikus putih jantan.

**Kesimpulan:** Ekstrak daun petai (*Parkia speciosa* Hassk.) memiliki aktivitas menurunkan Kolesterol Total P value (0,015) <0,05 dan Trigliserida secara signifikan sebanding dengan simvastatin P value (0,568) > 0,05.

**Kata kunci** : Daun Petai (*Parkia speciosa* Hassk.), Kolesterol Total, Trigliserida, Flavonoid

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## **EFFECT OF 96% ETHANOL EXTRACT OF PETAI LEAF (*Parkia speciosa* hassk.) ON REDUCTION OF TOTAL CHOLESTEROL AND TRIGLICERIDE LEVELS IN MALE WHITE RATS**

### **ABSTRACT**

**Background:** Leaves of petai (*Parkia speciosa* Hassk.) contain secondary metabolites of flavonoids, phenolic, saponin and steroids as blood fat-lowering agents. With the presence of secondary metabolites, namely flavonoids, it is expected to reduce total cholesterol and triglyceride levels in male white rats.

**Objective:** The study aims to examine the effectiveness of petai leaf extract on decreasing total cholesterol and triglyceride levels in male white rats.

**Methods:** This study was included in a pure experimental study of pre and post test group design using male white rats fed high fat to see the activity of petai leaf extract (*Parkia speciosa* Hassk.) on decreasing total cholesterol and blood triglyceride levels. Antihyperlipidemia activity was tested using the enzymatic colorimetric method. Negative control induction of high-fat feed, positive control used simvastatin 20 mg, petai leaf extract (*Parkia speciosa* Hassk.) dose 100 mg/KgBB, petaileaf extract (*Parkia speciose* Hassk.) dose 200 mg/KgBB, petai leaf extract (*Parkia speciosa* Hassk.) dose of 400 mg/kg.

**Results:** Petai leaf extract (*Parkia speciosa* Hassk.) contains flavonoid compounds which have the effectiveness of reducing total cholesterol levels in vivo by 25.92% dose 400 mg/KgBB, dose 200 mg/KgBB by 24.12%, dose 100 mg/KgBB of 23.76% and a decrease in triglyceride levels by 35.57% at a dose of 400 mg/KgBB, a dose of 200 mg/KgBB of 32.97%, and a dose of 100 mg/KgBB of 6.69% of male white rats.

**Conclusion:** Petai leaf extract (*Parkia speciosa* Hassk.) has activity to reduce Total P cholesterol (0.015) <0.05 and Triglyceride significantly proportional to simvastatin P value (0.568) > 0.05.

**Keywords :** Petai Leaves (*Parkia speciosa* Hassk.), Total Cholesterol, Triglycerides, Flavonoids