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**UJI AKTIVITAS EKSTRAK DAUN SEMANGGI AIR (*Marsilea crenata*)
SEBAGAI PENURUN KADAR TRIGLISERIDA DAN KOLESTEROL
TOTAL PADA TIKUS PUTIH JANTAN GALUR WISTAR**

ABSTRAK

Latar belakang: Dislipidemia merupakan salah satu faktor risiko aterosklerosis penyebab penyakit jantung coroner (PJK) dan hipertensi. Ekstrak daun semanggi air mengandung flavonoid diduga berkhasiat sebagai anti dislipidemia pada tikus putih jantan.

Tujuan: menganalisis pengaruh ekstrak daun semanggi air terhadap kadar kolesterol total dan trigliserida pada tikus putih jantan yang diinduksi pakan tinggi lemak

Metode: Penelitian eksperimental *pre and post test group design* menggunakan 36 ekor tikus putih jantan dibagi 6 kelompok, yaitu Normal (pakan standar), Negatif (PKT+CMC Na 0,1%), Positif (PKT+ simvastatin 20 mg), P1, P2 dan P3 masing-masing dosis (PTL+100), (PTL+200), dan (PTL+400) mg/KgBB. Kadar kolesterol total dan trigliserida dianalisa secara kolorimetri enzimatik.

Hasil: Senyawa dalam ekstrak daun semanggi air dosis 100, 200 dan 400 mg/KgBB mempunyai efek penurunan kadar kolesterol total $17,90 \pm 2,03$ mg/dl (12,10%), $25,32 \pm 2,44$ mg/dl (17,19%) dan $40,95 \pm 1,77$ mg/dl (27,75%) dan efek penurunan kadar trigliserida sebesar $25,02 \pm 3,36$ mg/dl (15,12%), $36,21 \pm 5,16$ mg/dl (21,52%) dan $45,99 \pm 3,79$ mg/dl (27,76%).

Kesimpulan: Ekstrak daun semanggi air (*Marsilea crenata*) memiliki aktivitas penurunan Kolesterol Total (p: 0,866), dan Trigliserida (p:0,741) secara signifikan sebanding dengan simvastatin.

Kata kunci : Semanggi Air, Kolesterol Total, Trigliserida.

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WATER CLOVER LEAF EXTRACT (*Marsilea crenata*) ACTIVITY TEST AS A DECREASE IN TRIGLYCERIDE AND TOTAL CHOLESTEROL LEVELS IN MALE WHITE RATS WISTAR STRAIN

ABSTRACT

Background: Dyslipidemia is a risk factor for atherosclerosis that causes coronary heart disease (CHD) and hypertension. A clover leaf extract containing flavonoids is thought to be efficacious as an anti-dyslipidemia in male white rats.

Objective: to analyzed the effect of water clover extract on total cholesterol and triglyceride levels in male white rats induced by high-fat feed (HFF)

Method: The experimental study of pre and post test group design used 36 male white rats divided into 6 groups, namely Normal (standard feed), Negative (PKT + CMC Na 0.1%), Positive (PKT + simvastatin 20 mg), P1, P2 and P3 each dose (PTL + 100), (PTL + 200), and (PTL + 400) mg / KgBB. Total cholesterol and triglyceride levels were analyzed by enzymatic colorimetry .

Result: Compounds in water clover leaf extract at doses of 100, 200 and 400 mg / kg BW have a total cholesterol-lowering effect of 17.90 ± 2.03 mg / dl (12.10%), 25.32 ± 2.44 mg / dl (17.19%) and 40.95 ± 1.77 mg / dl (27.75%) and the effect of reducing triglyceride levels by 25.02 ± 3.36 mg / dl (15.12%), 36.21 ± 5.16 mg / dl (21.52%) and 45.99 ± 3.79 mg / dl (27.76%).

Conclusion: Water clover extract (*Marsilea crenata*) has a total cholesterol-lowering activity, and triglyceride is significantly equivalent to simvastatin.

Keywords: water clover, Total cholesterol, triglycerides.