

ABSTRAK

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KAJIAN AKTIVITAS ANTIOKSIDAN DAN KANDUNGAN VITAMIN C DALAM TANAMAN GENUS CARICA

(xiii + 60 halaman + 3 tabel + 51 lampiran)

INTISARI

Latar Belakang: Informasi mengenai kandungan antioksidan dan vitamin C dalam Genus carica yaitu buah karika dan pepaya sangatlah penting karena dapat meningkatkan daya jual buah tersebut. Potensi buah pepaya dan carica sebagai antioksidan belum banyak diteliti oleh kalangan peneliti. Penelitian ini bertujuan mengkaji aktivitas antioksidan dan kandungan vitamin C pada genus carica..

Tujuan: Untuk mengetahui aktivitas antioksidan dan kandungan vitamin C dalam tanaman genus carica berdasarkan nilai IC_{50} .

Metode: Jenis penelitian ini review artikel dengan pendekatan metode analisis. Pada penelitian ini digunakan artikel yang dipublikasi di 1 jurnal internasional dan 4 jurnal nasional terakreditasi yang mana artikel tersebut merupakan *original article* hasil penelitian.

Hasil: Aktivitas antioksidan buah karika kategori sangat kuat dengan nilai IC_{50} sebesar 4 ppm ($IC_{50} < 50$), pada biji pepaya kategori kuat dengan nilai IC_{50} sebesar 64,61 ppm (IC_{50} antara 50-100), sedangkan pada buah pepaya nilai IC_{50} sebesar 82 ppm kategori kuat. Kandungan vitamin C dalam tanaman buah pepaya dalam bentuk sari buah sebesar 0,0794 mg/gram sedangkan kandungan vitamin C dalam buah karika adalah sebesar 1,56 mg/gram.

Kesimpulan: Aktivitas antioksidan genus Carica berdasarkan nilai IC_{50} dengan nilai rentang 4 - 45.200 ppm. Kandungan vitamin C genus Carica dengan nilai rentang 0,0794 -1,56 mg/gram.

Kata Kunci: Carica, Antioksidan, Vitamin C.

Kepustakaan: 70 (2006-2020)

ABSTRACT

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ANTIOXIDANT ACTIVITY STUDY AND VITAMIN C CONTENT IN CARICA GENUS PLANTS

(xiii + 60 pages + 3 tables + 51 attachments)

ABSTRACT

Background: Information on antioxidant and vitamin C content in the genus carica, namely carica and papaya fruit is very important because it can increase the selling power of these fruits. In addition, the potential of papaya and carica fruit as antioxidants has not been widely studied by researchers. This has become an interesting study, so the researcher conducted a journal review to analyze the content of antioxidants and vitamin C in the genus carica, especially papaya and carica. This study aims to assess the antioxidant activity and vitamin C content of the genus carica.

Objective: To determine the antioxidant activity and vitamin C content in genus carica plants based on the IC₅₀ value.

Methods: This type of research is a review of articles with an analysis method approach. In this paper, articles published in 1 international journal and 4 accredited national journals are used where the articles are original articles.

Result: The antioxidant activity of the karika fruit category is very strong with an IC₅₀ value of 4 ppm (IC₅₀ <50), the papaya seeds are strong category with an IC₅₀ value of 64.61 ppm (IC₅₀ between 50-100), while in papaya the IC₅₀ value is 82 ppm category strong. The content of vitamin C in papaya fruit in the form of fruit juice is 0.0794 mg / gram while the vitamin C content in karika fruit is 1.56 mg / gram.

Conclusion: The antioxidant activity of the genus Carica is based on IC₅₀ values with a range value of 4-45,200 ppm. The content of vitamin C in the genus Carica with a value range of 0.0794 -1.56 mg / gram

Keywords: Carica, Antioxidant, Vitamin C.

Literature: 70 (2006-2020)