

**EFEKTIVITAS JUS ANGGUR *AUTUMN ROYAL*
(*Vitis vinifera*) TERHADAP PENURUNAN KADAR KOLESTEROL
TOTAL TIKUS PUTIH JANTAN GALUR WISTAR
HIPERKOLESTEROLEMIA**

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Abstrak

Hiperkolesterolemia merupakan faktor resiko aterosklerosis yang dapat menyebabkan kematian. Jus anggur Autumn Royal dapat meningkatkan ekskresi garam empedu melalui feses sehingga dapat menurunkan kadar kolesterol total. Tujuan penelitian ini untuk mengetahui efektivitas jus anggur autumn royal dalam menurunkan kadar kolesterol total tikus hiperkolesterolemia. Sampel tikus galur wistar sebanyak 42 ekor, usia 2-3 bulan, berat ± 200 g dikelompokkan menjadi kelompok 1 diberi pakan standar dan akuades, kelompok 2,3,4,5,6 diberi pakan otak sapi 5 mL selama 14 hari kemudian kelompok 3 diberi kolestiramin 0,05 g/200gBB, Kelompok 4 diberi jus anggur 4 mL, kelompok 5 diberi jus anggur 5 mL, kelompok 6 diberi jus anggur 6 mL. Pemberian 5 mL otak sapi pada kelompok 2,3,4,5 dan 6 selama 28 hari, pada hari ke 15 diberi jus anggur pada kelompok 4,5,6 selama 14 hari. Hasil uji t dependen menunjukkan terdapat penurunan kolesterol total pada pemberian jus anggur 4 mL ($p=0.017$), 5 mL ($p=0.001$), dan 6 mL ($p=0.000$). Uji *One way* Anova menunjukkan terdapat perbedaan bermakna antarkelompok. Uji *post hoc* Tukey menunjukkan bahwa pemberian jus anggur sebanding dengan pemberian kolestiramin 0,05g/200gBB dalam menurunkan kolesterol total.

Kata Kunci : Hiperkolesterolemia, Jus Anggur Autumn Royal (*Vitis vinifera*), Kolesterol total.

THE EFFECTIVENESS OF AUTUM ROYAL GRAPE JUICE (*Vitis vinifera*) AS CHOLETEROL-LOWERING AGENT OF HYPERCHOLESTEROLEMIC WHITE RATS

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Abstract

Hypercholesterolemia is one of the cause of atherosclerosis that leads to death. Autumn Royal Grape Juice increases the excretion of bile salt and decreased cholesterol in the bloodstream. This study aims to determine the cholesterol-lowering effect of Autumn Royal Grape juice in hypercholesterolemic rats. The subjects were 42 male rats aged 8-12 weeks, weight \pm 200 divided into 6 groups ie. group 1 given standard feeds, group 2,3,4,5,6 given 5 mL cows brain suspension for 14 days and then we measured the total cholesterol Group 3 given cholestyramine 0,05 g/200gBW, group 4 given 4 mL of grape juice, group 5 given 5 mL of grape juice, group 6 given 6 mL of grape juice for 14 days. CowS brain suspension were given to group 2,3,4,5,6 for 28 days and at the 15th day group 4,5,6 were given 4mL, 5 mL, and 6 mL of grape juice for 14 days. T-dependent test showed that 4 mL (p=0.017), 5 mL (p=0.001), 6 mL (p=0.000) of Autumn Royal grape decreased blood cholesterol. One Way Anova test showed that there were significant difference among groups. Post hoc Tukey test showed that grape juice had equal effect of decreasing blood cholesterol as 0,05g/200gBW Cholestiramine.

Keywords : Hypercholesterolemia, Autumn Royal grape (*Vitis vinifera*) juice, Total Cholesterol.