

PENGARUH PEMBERIAN SIRUP BELIMBING WULUH DENGAN PENAMBAHAN EKSTRAK KAYU SECANG TERHADAP KADAR GLUKOSA DARAH POST PRANDIAL PADA SUBJEK DEWASA SEHAT

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Abstrak

Sirup belimbing wuluh dengan penambahan ekstrak kayu secang merupakan minuman alternatif yang telah dilakukan formulasi dan memiliki kandungan flavonoid tinggi sehingga dipercaya dapat menurunkan kadar glukosa darah. Tujuan penelitian ini adalah menganalisis pengaruh pemberian sirup belimbing wuluh dengan penambahan ekstrak kayu secang terhadap kadar glukosa darah *post prandial* pada subjek dewasa sehat. Penelitian ini menggunakan metode desain studi eksperimental dengan subjek 11 orang dewasa sehat. Terdapat dua kelompok pada penelitian ini, yaitu kelompok kontrol yang hanya diberikan larutan glukosa murni dan kelompok perlakuan yang diberikan minuman sirup belimbing wuluh dengan penambahan ekstrak kayu secang yang telah ditambahkan dengan glukosa murni. Hasil intervensi didapatkan rerata kadar glukosa darah *post prandial* kelompok intervensi lebih rendah dibandingkan dengan kelompok kontrol. Hasil uji *paired t-test* luas AUC menunjukkan kelompok intervensi berbeda nyata ($p < 0,05$) dibandingkan dengan kelompok kontrol. Hasil perhitungan %PKGD didapatkan sebesar 35,55%. Dengan demikian, dapat disimpulkan bahwa pemberian minuman sirup belimbing wuluh dengan penambahan ekstrak kayu secang dapat membantu menurunkan kadar glukosa darah *post prandial* pada subjek dewasa sehat.

Kata Kunci : Kadar Glukosa Darah *Post Prandial*, Flavonoid, Sirup, Belimbing Wuluh, Kayu Secang

THE EFFECT OF GIVING AVERRHOA BILIMBI SYRUP WITH CAESALPINIA SAPPAN WOOD EXTRACT ADDITION ON POST PRANDIAL BLOOD GLUCOSE LEVELS IN HEALTHY ADULTS

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Abstract

Averrhoa bilimbi syrup with caesalpinia sappan wood extract addition is an alternative drink that has been formulated and has a high flavonoid content so that it is believed to reduce blood glucose levels in healthy adult subjects. This study used an experimental study design method with 11 healthy adults as subjects. There were two groups in this study, namely the control group which was only given pure glucose solution and the treatment group which was given an averrhoa bilimbi syrup drink with addition of caesalpinia sappan wood extract which had been added with pure glucose. The results of the intervention showed that the mean postprandial blood glucose levels in the intervention group were lower than the control group. The results of the AUC area paired t-test showed that the intervention group was significantly different ($p < 0.05$) compared to the control group. The results of the calculation of %PKGD were 35,55%. Thus, it can be concluded that giving averrhoa bilimbi syrup drink with addition of caesalpinia sappan wood extract can help reduce post prandial blood glucose levels in healthy adult subjects.

Keywords : Post Prandial Blood Glucose Levels, Flavonoids, Syrup, Averrhoa Bilimbi, Caesalpinia Sappan Wood