

**EFEKTIVITAS PEMBERIAN EKSTRAK KULIT TERUNG UNGU
(*Solanum melongena L.*) TERHADAP KADAR HDL
PADA TIKUS GALUR WISTAR DIABETIK**

Risda Kaemia

ABSTRAK

Diabetes Melitus dapat menimbulkan komplikasi makrovaskular seperti dislipidemia, aterosklerosis, dan penyakit jantung koroner penyebab angka kematian tertinggi di dunia, sehingga diperlukan terapi suportif untuk memperbaiki profil lipid. Tujuan penelitian adalah untuk mengetahui efektivitas ekstrak kulit terung ungu terhadap kolesterol HDL. Desain penelitian *post-test only control group design*, dengan sampel 30 tikus wistar jantan dengan berat 150-200 gram berusia 2-3 bulan secara *simple random sampling*. Tikus dibagi menjadi kelompok pakan standar dan akuades (K1), aloksan (K2) simvastatin (K3), dan ekstrak kulit terung ungu dosis {75;150;300 (mg/dl)} (K4;K5;K6) dengan perlakuan 14 hari. Tikus dianestesi dengan ketamine xylazie darah dikumpulkan dan di sentrifugasi dalam tabung EDTA, dan periksa kadar HDL. Hasil uji *One-Way ANOVA* didapatkan $p=0,004$ dan hasil uji *Post-Hoc Bonferroni* terdapat perbedaan bermakna antara ekstrak kulit terung ungu (75;150;300) mg/kgBB dengan kontrol negatif, namun tidak dengan kontrol positif ($p=1,000$). Pemberian ekstrak kulit terung ungu 75 mg/KgBB dapat meningkatkan kadar HDL tikus Wistar diabetik hampir sama dengan simvastatin. Ekstrak kulit terung ungu mempunyai kandungan antosianin yang dapat meningkatkan kadar HDL.

Kata kunci : Ekstrak Kulit Terung, Diabetes Melitus, Kolesterol HDL

**THE EFFECTIVITY OF THE ETHANOL EXTRACT OF EGGPLANT
(SOLANUM MELONGENA L.) PEELS ON HDL LEVELS IN DIABETIC
WISTAR RATS**

Risda Kaemia

ABSTRACT

Diabetes mellitus can cause macrovascular complications such as dyslipidemia, atherosclerosis, and coronary heart disease, which cause the highest mortality rate in the world, so supportive therapy is needed to improve lipid profiles. The purpose of the study was to determine the effectiveness of purple eggplant skin extract on HDL cholesterol. The research design was post-test only control group design, with a sample of 30 male Wistar rats weighing 150-200 grams aged 2-3 months by simple random sampling. Rats were divided into groups of standard feed and distilled water (K1), alloxan (K2) simvastatin (K3), and purple eggplant skin extract doses {75;150;300 (mg/dl)} (K4 K5;K6) with 14 days treatment. Mice were anaesthetised with ketamine xylazie blood was collected and centrifuged in EDTA tubes, and HDL levels were checked. The results of the One-Way ANOVA test obtained $p=0,004$ and the results of the Bonferroni Post-Hoc test there are significant differences between purple eggplant peel extract (75;150;300)mg kgBB with negative control, but not with positive control ($p=1,000$). The administration of purple eggplant skin extract 75 mg/KgBB can increase the HDL level of diabetic Wistar rats almost the same as simvastatin. Purple eggplant skin extract has anthocyanin content that can increase HDL levels.

Keyword : Purple eggplant peel, Diabetic Mellitus, HDL Cholestrol