

Pengaruh kapsul ekstrak buah mengkudu terhadap penurunan kadar kolesterol total dan kolesterol LDL pada pasien hiperkolesterolemia di Balkesmas X, 2012 = The Effect of morinda citrifolia L. fruit extract capsules to decreasing of total Cholesterol and LDL-cholesterol in Hypercholesterolemia patient at X Balkesmas, 2012 / Grace Santhy Sasnan

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Abstrak

ABSTRAK

Hiperkolesterolemia adalah peningkatan kadar kolesterol dalam darah diatas nilai normal. Angka kejadian hiperkolesterolemia akan terus bertambah seiring dengan meningkatnya pola hidup tidak sehat seperti kebiasaan merokok, obesitas, kurang berolahraga, dan asupan makanan tinggi lemak. Tanaman mengkudu (Morinda citrifolia L.) adalah salah satu tanaman yang buahnya dapat menurunkan kadar kolesterol total dan kolesterol LDL melalui penghambatan aktivitas HMG Co-A reductase yang sudah diteliti pada tikus.

Penelitian bertujuan untuk membuktikan efek menurunkan kadar kolesterol total dan kolesterol LDL pada pasien hiperkolesterolemia. Metode penelitian menggunakan desain double blind randomized controlled trial pada 60 pasien. Pasien dibagi dua kelompok sama banyak menjadi kelompok perlakuan (kapsul ekstrak buah M. citrifolia) dan kelompok kontrol (plasebo) serta mendapat 3x2 kapsul sehari selama 21 hari. Hasil penelitian menunjukkan kapsul ekstrak buah M. citrifolia pada kelompok perlakuan secara bermakna menurunkan kadar kolesterol total dan kolesterol LDL ($p < 0,05$) dalam waktu dua minggu dibandingkan kelompok kontrol. Faktor umur, indeks massa tubuh, olahraga, pola makan, dan kebiasaan merokok pada pasien kelompok perlakuan secara bermakna ($p < 0,05$) bermanfaat dalam penurunan kadar kolesterol total. Kapsul ekstrak buah M. citrifolia memiliki efek menurunkan kadar kolesterol total dan kolesterol LDL pada pasien hiperkolesterolemia.

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ABSTRACT

Hypercholesterolemia is characterized by elevated blood cholesterol level above normal values. The incidence of hypercholesterolemia will continue to grow unanymous as the unhealthy lifestyle such as smoking, obesity, lack of exercise, and high fat diet increased. Morinda citrifolia L. is one of many kind of plant which its fruit could decrease total cholesterol and LDL-cholesterol by detaining cholesterol biosynthesis through the activity of HMG Co-A reductase which has been studied in mouse.

This study has a purpose to prove the reducing effect in total cholesterol and LDL-cholesterol in hypercholesterolemia patients. This study design used double blind randomized controlled trial of 60 patients. Patients were divided into same number,

including the intervention group (M. Citrifolia fruit extract capsule) and the control group (placebo) that received 2 capsules 3 times daily for 21 days. The result showed the M. citrifolia fruit extract capsule in the intervention group significantly could decrease total cholesterol and LDL-cholesterol ($p < 0,05$) in two weeks compared to the control group. The age, body mass index, exercise, diet, and smoking habits of patients in intervention group has significant effect in decreasing total cholesterol. M. citrifolia fruit extract capsules has the reducing effect in total cholesterol and LDL-cholesterol in hypercholesterolemia patients.