

Efek hibiscus sabdariffa linn. terhadap kadar iL-1B dan iL-1RA pada plasma dan hipokampus tikus overtraining serta korelasinya dengan memori spasial = The effect of hibiscus sabdariffa linn on iL-1B and iL-1RA levels in plasma and hippocampus of overtraining rats and its correlation with spatial memory

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Abstrak

Overtraining meningkatkan IL-1B sistemik akibat mikrotrauma otot sehingga memengaruhi hipokampus yang penting dalam pembentukan konsolidasi memori spasial. Pemberian H. sabdariffa diharapkan menurunkan IL-1 $\beta$  dan meningkatkan IL-1ra sehingga berpotensi mencegah gangguan konsolidasi memori spasial. Penelitian ini menggunakan metode eksperimental terhadap 20 tikus Wistar jantan *Rattus norvegicus*, 250-300 gram, terbagi ke dalam 4 kelompok yaitu kontrol C, kontrol H. sabdariffa C-Hib, latihan fisik overtraining OT dan latihan fisik overtraining yang diberi H. sabdariffa OT-Hib. Pemberian ekstrak metanol H. sabdariffa 500 mg/kgBB berpotensi sebagai antiinflamasi melalui peningkatan sitokin antiinflamasi IL-1ra plasma darah secara bermakna sehingga mencegah gangguan fungsi konsolidasi memori spasial tikus overtraining.

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Overtraining lead to increase IL 1 systemically due to muscle mikrotrauma that affect hippocampus which was important in the formation of spatial memory consolidation. Administration H. Sabdariffa is expected to decrease IL 1 and increases IL 1ra thereby potentially preventing impairment of spatial memory consolidation. This research is an experimental study using 20 male Wistar rats *Rattus norvegicus*, 250 300 g were divided into 4 groups control C, H. sabdariffa control C Hib, physical exercise overtraining OT and physical exercise overtraining by H. sabdariffa OT Hib. Administration of the methanolic extract of H. Sabdariffa 500 mg kg body weight was a potential anti inflammatory by increase anti inflammatory cytokines IL 1ra in blood plasma so that prevent the impairment of spatial memory consolidation in overtraining Wistar rat.