

Pengaruh pemberian ekstrak biji klabet (*Trigonella foenum-graceum* L) terhadap kadar hormon estradiol dan FSH plasma prepubertal

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Abstrak

Biji Klabet or Fenugreek (*Trigonella foenum-graecum* L.) contains steroidal sapogenins such as diosgenin, tigogenin, gitagenin, yamogenin and trigoneoside, that are suspected having an estrogen-like effect or as phytoestrogen. The objective of this study was to evaluate the estrogen-like effect biji klabet alcohol extracts. This research used immature Wistar female rats, age of 19 day, which were represent the phase The testing animals were divided into five groups, namely normal group, estradiol control group and three level dose group fenugreek extract (30 mg/200gBW; 60mg/200gBW and 120mg/200gBW). The result showed that on 120mg/200gBW fenugreek extract significantly ($\alpha=0.05$) increased estradiol and FSH level on immature rat. Analysis of vaginal smear showed vaginal lubrication effect, surprisingly on 120mg/200BW could induce estrous cycle.