

## INTISARI

Telah dilakukan penelitian tentang efek hepatoprotektif kombinasi sari wortel (*Daucus carota*, L) dan apel hijau (*Pyrus malus*, L) pada mencit jantan terinduksi parasetamol. Tujuan dilakukannya penelitian ini adalah untuk mendapat data dan bukti ilmiah efek hepatoprotektif kombinasi sari wortel (*Daucus carota*, L) dan apel hijau (*Pyrus malus*, L) dan perbandingan keduanya yang efektif sebagai hepatoprotektor.

Penelitian ini merupakan eksperimental murni yang dikerjakan mengikuti rancangan acak lengkap pola searah. Sejumlah tiga puluh lima ekor mencit jantan dibagi secara acak ke dalam 7 kelompok masing-masing 5 ekor. Kelompok I, diberi parasetamol 0,250 g/kgBB. Kelompok II diberi CMC 0,33 g/kgBB. Kelompok III diberi kombinasi sari wortel dan apel hijau (1:3) selama 8 hari berturut-turut. Kelompok IV – VII diberi praperlakuan kombinasi sari wortel dan apel hijau dengan perbandingan 1:1/2; 1:1; 1:2; 1:3 secara oral sekali sehari selama 8 hari berturut-turut, pada hari ke-9, diberi suspensi parasetamol 0,250 g/kgBB. Setelah 24 jam tiap kelompok diambil darahnya melalui sinus orbitalis mata. Cuplikan darah diambil serumnya dan ditetapkan aktivitas GPT-serum dengan metode GPT-ALAT. Setelah pengambilan darah, mencit dikorbankan untuk diambil hatinya untuk pembuatan preparat histopatologi. Data GPT-serum dan skoring histopatologi dianalisis dengan uji Levene Test, kemudian uji Kolmogorov Smirnov dilanjutkan dengan uji Kruskal Wallis dan Mann Whitney dengan taraf kepercayaan 95%.

Hasil penelitian menunjukkan bahwa kombinasi sari wortel dan apel hijau dengan perbandingan 1;1/2; 1:1; 1:2; dan 1:3 memberikan efek hepatoprotektif sebesar 36,34%, 54,39%, 61,37%, dan 93,49%. Hasil analisis skoring histopatologi menunjukkan persen angka proteksi kelompok IV, V, VI, dan VII berturut-turut sebesar 12%, 28%, 36%, dan 76%.

Kata kunci: Hepatoprotektif, Parasetamol, Wortel, Apel

## ABSTRACT

An experimental research on hepatoprotective effect of carrot and green apple essence combination has been done on male mice induced by acetaminophen. The aim is to obtain the scientific data, evidence and effective comparison of it's hepatoprotective effect.

A pure experimental study was done following the direct sampling design. Thirty-five male mice were divided into seven groups, each consisted of the equal numbers. First group was given Acetaminophen 0,250 g/kgBB, second group was given CMC 0,33 g/kgBB, third group was given carrot and green apple essence combination 1:3 once for eight days. The fifth to seven groups were treatments groups, which were given carrot and green apple essence combination 1:1/2; 1:1; 1:2; and 1:3 respectively orally once for eight days and followed by acetaminophen 0,250 g/kgBB on ninth days. After 24 hours, blood of each mice in all groups was sampled at the eyes sinus orbitalis and determined it's GPT-serum activity level by GPT-ALAT kinetic methods. The mice were sacrificed and their liver were taken to be made histopatology preparation, then they were scored based on they stage of hepatic destruction. GPT-serum activity data and histopatology scoring data analyzed with Levene test, Kolmogorov Smirnov test then continued with Kruskal-Wallis and Mann-Whitney test with confidence level 95%.

The result showed that carrot's and green apple's essence combination 1:1/2; 1:1; 1:2; and 1:3 were able to give the hepatoprotective in the percentage 36,34%, 54,39%, 61,37% and 93,49% respectively. For histopatological evaluation, it was indicated that the fourth, fifth, sixth and seventh groups were able to give the protection values in percentage 12%, 28%, 36%, and 76% respectively.

Key words: Hepatoprotective, Acetaminophen, Carrot, Apple