INTISARI

Penelitian ini bertujuan untuk mengetahui efek anti kolesterol dan berapa besar dosis efektif sediaan serbuk Jamur tiram *(Pleorotus ostreatus)* yang dapat menurunkan kadar kolesterol dalam serum darah tikus galur Wistar yang diinduksi pakan tinggi lemak. Penelitian ini termasuk jenis penelitian eksperimental murni rancangan acak lengkap pola searah dengan menggunakan 25 ekor tikus galur Wistar yang dibagi ke dalam lima kelompok perlakuan. Kelompok perlakuan Kontrol Pakan diberi pakan tinggi lemak dan CMC 1% (b/v), kelompok perlakuan kontrol negatif diberi pakan AD II dan CMC 1% (b/v), kelompok perlakuan JT 0,5 g/kgBB diberi pakan tinggi lemak dan sediaan jamur tiram dengan dosis 0,5 g/kgBB, kelompok perlakuan JT 1 g/kgBB diberi pakan tinggi lemak dan sediaan jamur tiram dengan dosis 1 g/kgBB, dan kelompok perlakuan JT 2 g/kgBB yang diberi pakan tinggi lemak dan diberi sediaan jamur tiram dengan dosis 2 g/kgBB.

Efek penghambatan kadar kolesterol karena pemberian sediaan serbuk jamur tiram dilihat dari hasil pengukuran terhadap serum darah tikus galur Wistar. Pengukuran kadar kolesterol seluruh hewan uji pada kelompok perlakuan diukur pada hari ke 0 dan hari ke 7. Hasil pengukuran kadar kolesterol diuji dengan menggunakan *ANOVA* satu arah dan dilanjutkan dengan uji *Posh-Hoc* dengan tingkat kepercayaan 95%. Selisih kadar kolesterol hari ke-7 dan hari ke-0 tiap perlakuan adalah: kontrol positif; kontrol negatif; perlakuan JT 0,5 gram/kgBB; perlakuan JT 1 gram/kgBB; perlakuan JT 2 gram/kgBB berturut-turut 26,8 mg/dL; -1,2 mg/dL; 2mg/dL; 13,8 mg/dL; 17,6 mg/dL.

Kata kunci: serbuk jamur tiram *(Pleorotus ostreatus)*, pakan tinggi lemak, kolesterol

ABSTRACT

This study was aimed to determine the effect of the anti-cholesterol substance and the most effective dosage of oyster mushroom's powder (*Pleorotus ostreatus*) which can be used to reduce the amount of cholesterol in the blood serum of Wistar rat that have been inducted with high-fat diet. This study was included as a pure fully randomized experimental research using 25 Wistar rats divided into five different groups of treatment. Feed control treatment groups were fed with a high fat and CMC 1% (b/v), the negative control treatment group were fed with AD II and CMC 1% (b/v), JT 0.5 g/kgBB treatment group were fed with a high-fat and preparation of oyster mushrooms with dose of 0.5 g/kg body weight, the treatment group JT 1 g / kgBB were fed with high-fat and preparations of oyster mushrooms with a dose of 1 g/kg body weight, and the treatment JT 2 g/kgBB were fed with high-fat and oyster mushroom preparations are given a dose of 2 g / kg body weight.

Inhibitory effect of cholesterol caused by the adduction of oyster mushroom preparations viewed from measurements of the Wistar rats' blood serum sample. Measurement of cholesterol levels throughout the test animals in the treated group measured on day 0 and day 7. Results of measurements of cholesterol levels were tested using one-way *ANOVA* and followed by *Posh - Hoc* test with 95% confidence level. The difference of cholesterol levels day 7 and day 0 for each treatment: feed control; negative control; treatment JT 0.5 g/kgBB; treatment JT 1 g/kgBB; treatment JT 2 g/kgBB respectively 26.8 mg/dL; -1.2 mg/dL; 2mg/dL; 13.8 mg/dL; 17.6 mg/dL.

Keywords: Oyster Mushroom powder, High-fat diet, cholesterol