

**PENGARUH EKSTRAK ETANOL DAUN SALAM (*Syzygium polyanthum*)
TERHADAP KADAR KOLESTEROL TOTAL TIKUS PUTIH
(*Rattus norvegicus*)**

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Abstrak

Kolesterol bermanfaat bagi tubuh apabila kadarnya berada pada level normal dan semakin tinggi kadar kolesterol di dalam tubuh semakin besar pula bahaya yang mengancam kesehatan seperti penyakit jantung koroner. Daun salam adalah tanaman herbal asli Indonesia yang banyak digunakan oleh masyarakat untuk menurunkan kolesterol, kencing manis, hipertensi dan diare. Daun salam mengandung flavonoid, saponin dan tanin yang dapat menurunkan kadar kolesterol dalam darah. Oleh karena itu, dilakukan penelitian ini untuk mengetahui pengaruh ekstrak etanol daun salam terhadap penurunan kadar kolesterol total tikus putih, serta mengetahui dosis mana yang memiliki selisih penurunan paling tinggi kadar kolesterol total darah tikus.

Teknik penelitian yang digunakan adalah penelitian percobaan. Tikus dibagi menjadi 5 kelompok perlakuan masing-masing 3 ulangan. Perlakuan I diberi ekstrak 180 mg/ 200 g/BB, perlakuan II 360 mg/ 200 g/BB, perlakuan III 720 mg/ 200 g/BB, kontrol positif simvastatin dan kontrol akuades. Darah tikus diambil dengan *microhaematocrit* pada *sinus orbitalis* dan diuji dengan metode *CHOD-PAP*. Data yang diperoleh dianalisis menggunakan uji statistik T (*paired-sample-T test*).

Perlakuan ekstrak etanol daun salam berpengaruh terhadap penurunan kadar kolesterol total, namun secara statistik tidak ada perbedaan yang nyata pada dosis I. Dosis II memiliki selisih penurunan paling tinggi kadar kolesterol total dalam darah tikus.

Kata kunci: daun salam (*Syzygium polyanthum*), kolesterol total, tikus putih (*Rattus norvegicus*)

***THE INFLUENCE OF BAY LEAF ETHANOL EXTRACT
(*Syzygium polyanthum*) TOWARD THE LEVEL OF THE TOTAL
CHOLESTEROL OF LABORATORY RAT (*Rattus norvegicus*)***

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Abstract

Cholesterol is meaningful for body if the level of is normal level. Higher level of cholesterol inside the body, increase the risk of health, such as coronary heart disease. Bay leaf is an herbal plant from Indonesia that is mostly used by the people to reduce cholesterol, diabetes, hypertension and diarrhea. Bay leaf contains flavonoids, saponins and tannins that can reduce the level of cholesterol in blood. Therefore, this research is done to find out the influence of ethanol bay leaf extract toward the reduce of total cholesterol level of laboratory rats, and to know which dose that has the highest decrease in total cholesterol of rat 's blood.

The technique of this research used experimental research. The laboratory rats were divided into 5 groups with 3 repetitions treatment for each group. Treatment I was given 180 mg/200 g/BB extract, Treatment II was given 360 mg/200 g/BB extract, Treatment III was given 720 mg/ 200 g/BB extract, positive control of simvastatin and aquades control. The blood of laboratory rats were taken with microhaematocrit on sinus orbitalis and examined with CHOD-PAP method. The data that had been obtained were analyzed using statistic T test (paired-sample-T test).

Bay leaf ethanol extract treatment took effect on the decrease of the level of total cholesterol, however statistically there was no obvious difference on dose I. Dose II had the highest decrease in total cholesterol of rat 's blood.

Keywords: bay leaf (*Syzygium polyanthum*), total cholesterol, laboratory rat (*Rattus norvegicus*)