

ABSTRAK

Daun dari pohon salam (*Eugenia polyantha* (Wight) Walp.) sering digunakan oleh masyarakat Indonesia sebagai bahan obat tradisional. Daun salam mengandung senyawa fenolik, termasuk flavonoid. Senyawa fenolik memiliki aktivitas antioksidan. Perbedaan cara ekstraksi dan pelarut menyebabkan perbedaan kualitas ekstrak, termasuk kandungan fenoliknya. Penelitian ini bertujuan untuk mengetahui kandungan fenolik total dan aktivitas antioksidan ekstrak etanol dan infusa daun salam. Kandungan fenolik total diuji menggunakan metode Folin-Ciocalteu. Aktivitas antioksidan diuji dengan metode DPPH (*1,1-difenil-2-pikrilhidrazil*), hasilnya dinyatakan dalam nilai IC_{50} . Hasil penelitian menunjukkan bahwa ekstrak etanol dan infusa daun salam memiliki kandungan fenolik total berturut-turut sebesar $0,0163 \pm 0,003$ dan $0,0202 \pm 0,001$ mg ekuivalen asam galat per gram. Ekstrak etanol dan infusa daun salam memiliki daya antioksidan, dengan nilai IC_{50} berturut-turut sebesar $303,460 \pm 57,53$ $\mu\text{g/ml}$ dan $280,116 \pm 7,16$ $\mu\text{g/ml}$. Besarnya daya antioksidan berkorelasi positif terhadap besarnya kandungan fenolik total

Kata Kunci : Daun salam, Fenolik total, Antioksidan, Folin-Ciocalteu, DPPH.

ABSTRACT

The leaves of the bay tree (*Eugenia polyantha* (Wight) Walp.) are often used by the people of Indonesia as traditional medicine. These leaves contain phenolic compounds, including flavonoids. Phenolic compounds have antioxidant activity. The different extraction methods and the solvent cause the different extract qualities, including their phenolic content. This study aims to determine the total phenolic content and antioxidant activity of an ethanolic extract and a bay leaf infusion. Total phenolic content was tested using the Folin-Ciocalteu method. The antioxidant activity was tested by the DPPH method (*1,1-diphenyl-2-picrylhydrazyl*), and the results were expressed in IC₅₀ values. The results showed that the ethanolic extract and bay leaf infusion had total phenolic contents of 0.0163 ± 0.003 and 0.0202 ± 0.001 mg gallic acid equivalent per gram, respectively. Ethanolic extract and bay leaf infusion have antioxidant power, with IC₅₀ values of 303.460 ± 57.53 µg/ml and 280.116 ± 7.16 µg/ml, respectively. The antioxidant activity is positively correlated with the total phenolic content.

Keywords: : Bay leaf, total phenolic, antioxidant, Folin-Ciocalteu, DPPH.