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Tempe and Changes of Cholestrol Pattern in Hyperlipidemic Rabbits

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Abstrak

atherosclerosis and caronary heart disease are predicted to be prominent health problem in the next few years in Indonesia. High blood lipid level is considered to be among the risk factors.it can be controlled by medication and dietary measures. Tempe, a highly nutritious food, is known to contain many substances that could influence blood lipid level. this study was conducted to investigate the influence of tempe, and factor 2, an antioxidant found in tempe, on the blood lipid level of rabbits maintained with a high intake of cholestrol. tempe was given 6.2g/kg BW/day. The results of this study shows that tempe inhibit further increase of cholestrol and decrease total cholesterol level by 19.1%, LDL cholesterol by 49.2%, HDL cholesterol by 25,2%. The group receiving factor 2 showed a decrease of total cholesterol by 18,9 %, LDL Cholesterol for 40.3% and HDL cholesterol by 62%. The combination of tempe and factor 2 cause a decrease in total cholesterol by 20.2 %, HDL cholesterol by 52,4%, but increase the LDL cholesterol by 24.5%. It appeared that tempe gave the best result in changing the blood lipid pattern. Further studies on the effect of ways of cooking (fry, steam, bareque, boil) to the ability of tempe in decreasing blood lipid level, and the amount/dosage to be taken is suggested, since those are the forms that are usually consumed.