THE EFFECT OF OLIVE OIL TO HDL CHOLESTEROL OF RATS (Rattus norvegicus) WITH HIGH LIPID DIETS

Yunina

ABSTRACT

The aim of this study is to find out the effect of Olive oil in order to increase HDL Cholesterol of Rat (Rattus norvegicus) with high lipid diet. Twenty male rats were used as animal models and divided into two groups. Ten rats as control (P₀) and the other was added with Olive oil as the treatment (P₁). This research was done within three months. At the first week, rats were adapted in the new condition of environment. Then, rats were given with high lipid diets to gain hypercholesterolemic condition within four weeks. The high lipid diets in P₀ and P₁ were still given until the end of the research. The treatment group (P₁) was given until the end of the research. They were given within eight weeks. In the end of this research, blood samples were taken intracardiac and followed by direct test to examine HDL cholesterol level and the result of Independent Sample t- Test showed that there were no significant differences between control (P₀) was 23.70 ± 5.658 mg/dl and the treatment with Olive oil (P₁) was 20.90 ± 3.537 mg/dl.

Keyword: Olive oil, HDL, cholesterol