ABSTRACT

Effect on Intaking Powder of Purple Eggplants \((Solanum melongena L)\) towards White Rat's \((Rattus norvegicus)\) Blood Lipid Profile treated with High Fat Diet

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Obesity and metabolic syndrom marked by dislipidemia refer to the predisposition of heart and blood vessel diseases, the worldwide primary causal of death. One of methods performed to lower body fat contents is by intaking purple eggplants. This research is to notice the effect on intaking flesh, skin, both flesh and skin of purple eggplants \((Solanum melongena L)\) towards white rat's \((Rattus norvegicus)\) lipid profile (total cholesterol, HDL, LDL, and triglycerides) treated with high fat diet. This research is tested on 30 rats, divided into 5 randomized groups, and treated for 4 weeks. Group 1 (K1) : was treated with standard diet, (K2) : with standard and high fat diets, (K3): with standard, and high fat diets, and provided with purple eggplants flesh of 0.36 g/200g Weight of rat /day, (K4) : with standard, and high fat diets, and provided with purple eggplants skin of 0.36 g/200g Weight of rat /day, (K5) : with standard, and high fat diets, and provided with both flesh and skin of purple eggplants of 0.36 g/200g Weight of rat /day. The result of the research presents that the intaking flesh, skin, both flesh and skin of purple eggplants \((Solanum melongena L)\) decreases the total cholesterol content, triglycerides, LDL cholesterol, and also increases HDL cholesterol content. Intaking both flesh and skin of purple eggplants \((Solanum melongena L)\) has the highest anti-hypercholesterol effect.

Keywords: Purple eggplants, lipid profile, high fat diet.