

**EFEKTIVITAS INFUSA BIJI AVOKAD (*Persea americana* Mill.) TERHADAP
PERTUMBUHAN POLIBAKTERI *RECURRENT APHTHOUS STOMATITIS***

(Penelitian *True Experimental Laboratoris*)

**EFFECTIVITY OF AVOCADO SEED (*Persea americana* Mill.) INFUSION
TOWARDS POLYBACTERIA GROWTH IN *RECURRENT APHTHOUS
STOMATITIS ULCER***

(*True Experimental Laboratory Research*)

ABSTRACT

Background. *Recurrent aphthous stomatitis (RAS)* is an inflammatory lesion with recurrent ulcer in oral mucosa, characterized by small, round or ovoid ulcer with circumscribed margins, erythematous halo, and covered by yellow or gray necrotic layer, without other signs of diseases. *RAS* causes pain, which results the patient difficult to speak, eat, and swallow, also disrupts patient's normal life and daily activities. Bacterial infection has been implicated in the pathogenesis of *RAS* through secondary infection. Avocado seed is one of the medicinal herbs that grows widespread worldwide, very popular especially on tropical climate country and has many benefits, for example for its antibacterial activity. **Purpose.** This study aimed to determine the inhibition effect of avocado seed infusion towards the growth of *RAS* ulcer polybacteria. **Method.** This research was done by isolation of polybacteria first from healthy male aged 22-45 years, who often has ulceration in the mouth. The ulceration's size about >10 mm in diameters. The swabbed material from the ulcer was incubated in Nutrient agar to let the bacteria grow. Avocado seed infusion is diluted in different concentrations: 100%, 50%, 25%, 12,5%, 6,25%, 3,125%, 1,5625%, and 0,78125%. Bacteria Inoculum which has been mixed with Avocado seed infusion, placed on the agar media to observe which concentration of Avocado seed infusion can inhibit the growth of *RAS* ulcer polybacteria. After 24 hours incubation, polybacteria colonies will be counted. **Result.** At concentrations of 100% there is growth of *RAS* ulcer polybacteria, means Avocado seed infusion do not have minimum inhibitory concentration (MIC) against *RAS* ulcer polybacteria. **Conclusion.** Avocado seed infusion is not potent enough to inhibit or negating the growth of *RAS* polybacteria colony.

Keywords: Avocado seed infusion, Recurrent Aphthous Stomatitis, *RAS* Ulcer Polybacteria, Antibacterial, minimum inhibitory concentration