

ABSTRACT

The Effect of Fried Cashew (*Anacardium occidentale L.*) Seed Administration on Total Cholesterol, LDL Cholesterol, and HDL Cholesterol in Hypercholesterolemic Murine Serum

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The aim of this study was to investigate the effect of fried cashew seed administration on total cholesterol, LDL cholesterol, and HDL cholesterol in hypercholesterolemic murine serum. An experimental study was done using rats as experimental animal.

The study was carried out in two stages. The first stage, a high lipid diet was given to create hypercholesterolemia, and at the second stage fried cashew seeds were given to find the effect of the fruit on the decrease of blood cholesterol. Experimental animals used in this study were 60 male Wistar strain rats aged 3 months with weight 150 - 197 grams. Those animals were divided into 6 groups, each consisted of 10 rats, i.e., normal pretest control (K0), hypercholesterol pretest control (K1), posttest control (P0), treatment with fried cashew seed of 1 gram/day (P1), 2 grams/day (P2), and 4 grams/day (P3) for 4 weeks. Parameters used in this study were bodyweight, total cholesterol level, LDL cholesterol, and HDL cholesterol in murine serum measured at the end of the second stage. Data obtained were analyzed using variance analysis and LSD test in significance level of 5%.

Results showed that in treatment groups the administration fried cashew seed did not produce significant difference in body weight in those four groups ($p > 0.05$). Total cholesterol and LDL cholesterol level in each group was significantly different between P0 and P2 and P3 ($p < 0.05$), while HDL cholesterol was significantly different between P0 and P3 ($p < 0.05$).

Keywords: *Cashew seeds, total cholesterol level, LDL cholesterol level, HDL cholesterol level*