



# THE INFLUENCE OF PAPAYA SEEDS (*CARICA PAPAYA L.*) AND TURMERIC (*CURCUMA DOMESTIC VAL.*) JUICE COMBINATION TO REDUCE TOTAL CHOLESTEROL LEVELS ON *RATTUS NOVERGICUS*

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# INTRODUCTION

- Lifestyle changes adversely affect dietary diets that result in an increased incidence of cardiovascular disease.
- Atherosclerosis can be triggered by one of the risk factors of hyperlipidemia.
- Once condition of hyperlipidemia is increased of total cholesterol levels.
- One effort to prevent this incident is to eat foods rich in antioxidants and hypolipidemia effects such as papaya and turmeric.



# OBJECTIVE OF THE RESEARCH

- To determine the influence of papaya seeds (*Carica papaya l.*) and turmeric (*Curcuma domestic val.*) juice combination to decreased total cholesterol levels.



# MATERIAL AND METHOD

- Laboratory experimental research with pre and post test group design
- Levels of Total Cholesterol → KIT DIASYS reagent



# SUBJECT

- P1 (negative control) without treatment,
- P2 (positive control) is only induced by high diet lipid,
- P3 (induction of high diet lipid and combination of papaya seeds juice 100 mg/kgBW/day and turmeric juice 70mg/kgBW/day,
- P4 (induction of high diet lipid and combination of papaya seeds juice 200mg/kgBW/day and turmeric juice 70mg/kgBW/day)
- P5 (induction of high diet lipid and combination of papaya seeds juice 400mg/kgBW/day and turmeric juice 70mg/kgBW/day)



## The Average level of Total Cholesterol in White Rats (*Rattus norvegicus*) Pre test and Post test Induction of combination of papaya seeds and turmeric juice

Group	Average $\pm$ SD		P (Paired samle t-test)
	Before	After	
P1	82.60 $\pm$ 2.781	88.274 $\pm$ 3.224	0,000
P2	190.68 $\pm$ 1.495	193.562 $\pm$ 2.947	0,000
P3	188.36 $\pm$ 1.542	125.670 $\pm$ 4.692	0,000
P4	187.40 $\pm$ 1.806	120.768 $\pm$ 1.924	0,000
P5	186.85 $\pm$ 2.393	107.126 $\pm$ 1.475	0,000



# CONCLUSION

- Juice combination of papaya seeds (*carica papaya* L.) and turmeric (*curcuma domestica* Val.) take effect to decreased total cholesterol levels.



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Thank You