ABSTRACT

The Effect of Ethanol Extract 95% of Long Pepper (*Piper reftrofractum* Vahl.) on HDL Levels in Male Sprague-Dawley Rats Administrated by High Fat Diet

By

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Cardiovascular disease is the major cause of mortality worldwide. Low level of *High Density Lipoprotein* (HDL) is the predispotition factor of this diseases. Existing treatments can causes several side effects. The negative impacts can be minimalized by using Piper longum.

The aim of this research is to know the effect of long pepper (*piper reftrofractum* vahl.) extract on HDL levels. This is an experimental research with Post Test Only Control Group Design, used 21 male sprague dawley rats and simply randomize into 3 groups. Group A had standard diet in 7 weeks. Group B had high fat diet in 7 weeks. Group C had high fat diet in 4 weeks, then standard diet and ethanol extract 95% of long pepper with the dose 160 mg/kg in 3 weeks. The sample of blood was taken out in the end of 8th week.

The average of HDL levels are A (55,57 ± 2,07), B (22,00 ± 2,30), and C (38,71 ± 4,49). With one way ANOVA and continued with post hoc test, there are significantly difference between groups ($p<0,05$). So that ethanol extract 95% of long pepper has effect on HDL levels in male sprague dawley rats administrated by high fat diet.

Key words : hdl, high fat diet, long pepper