

ABSTRACT

THE EFFECT OF KEMUNING LEAVES INFUSION (*Murraya Paniculata* (L.) Jack) ON THE LIPID PROFILE OF OBESE PATIENTS

by

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Background. Obesity is defined as an abnormal accumulation of fat in adipose tissue and can be increasing the risk of any other diseases. In Indonesia, many people are interested in herbal medicine therapy. One of antiobesity herbal medicine therapy as arranged in Regulation of the Minister of Health of Indonesia Number 6 in 2016 about Formularium Obat Herbal Asli Indonesia is kemuning leaves (*Murraya paniculata* (L.) Jack).

Objective. To determine the effect of kemuning leaves infusion (*Murraya paniculata* (L.) Jack) on the lipid profile of obese patients.

Method. The study lasted for 15 days against a male adult obesity of 16 people were taken by using consecutive sampling. The study design quasi experimental design with one group before and after.

Result. The mean levels of triglycerides, total cholesterol, HDL and LDL before consumption of kemuning leaves infusion (*Murraya Paniculata* (L.) Jack) in a row was 190.94 ± 96.133 mg / dl, 196.81 ± 34.227 mg / dl, 41.25 ± 1.183 mg / dl, and 116.94 ± 35.131 mg / dl and mean after consumption in a row was 170.13 ± 81.491 mg / dl, 292.13 ± 65.168 mg / dl, 41.25 ± 1.483 and 216.56 ± 67.046 .

Conclusion. There was no significant effect of consumption kemuning leaves infusion (*Murraya paniculata* (L.) Jack) on the levels of triglycerides and HDL in obese patients in 15 days and there was no decrease on the levels of total cholesterol and LDL levels in obese patients in 15 days.

Keyword: obese, kemuning leaves, lipid profile

ABSTRAK

PENGARUH PEMBERIAN INFUSA DAUN KEMUNING (*Murraya Paniculata* (L.) Jack) TERHADAP PROFIL LIPID PADA PASIEN OBESITAS

oleh

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Latar Belakang. Obesitas didefinisikan sebagai akumulasi lemak abnormal atau berlebihan di jaringan adiposa dan dapat meningkatkan resiko terjadinya berbagai penyakit. Di Indonesia, banyak orang yang tertarik dengan terapi obat herbal. Salah satu tanaman herbal antiobesitas yang diatur dalam Peraturan Menteri Kesehatan Republik Indonesia Nomor 6 Tahun 2016 tentang Formularium Obat Herbal Asli Indonesia adalah daun kemuning (*Murraya Paniculata* (L.) Jack).

Tujuan. Untuk mengetahui pengaruh pemberian infusa daun kemuning (*Murraya Paniculata* (L.) Jack) terhadap profil lipid pasien obesitas.

Metode. Penelitian berlangsung selama 15 hari terhadap laki laki dewasa obesitas berjumlah 16 orang diambil dengan menggunakan teknik *consecutive sampling*. Desain penelitian adalah quasi eksperimental dengan rancangan one grup before and after.

Hasil. Rerata kadar trigliserida, kolesterol total, HDL dan LDL sebelum pemberian infusa daun kemuning (*Murraya Paniculata* (L.) Jack) berturut turut adalah 190.94 ± 96.133 mg / dl, 196.81 ± 34.227 mg / dl, 41.25 ± 1.183 mg / dl, dan 116.94 ± 35.131 mg / dl dan rerata sesudah pemberian berturut turut adalah 170.13 ± 81.491 mg / dl, 292.13 ± 65.168 mg / dl, 41.25 ± 1.483 dan 216.56 ± 67.046 .

Kesimpulan. Tidak terdapat pengaruh bermakna pemberian infusa daun kemuning (*Murraya Paniculata* (L.) Jack) pada kadar trigliserida dan HDL pasien obesitas selama 15 hari serta tidak terdapat penurunan kadar kolesterol total dan LDL pada pasien obesitas selama 15 hari.

Keyword: daun kemuning, obesitas, profil lipid