

**EFEK KOMBINASI OBAT HERBAL ANTIKOLESTEROL “X” DAN
OBAT ANTI OBESITAS “Y” TERHADAP TEKANAN DARAH
PENDERITA HIPERTENSI-OBESITAS SELAMA 30 HARI**

Imelda Palit, 2010

Pembimbing : (1) Lucia E. Wuryaningsih
(2) Nova Lita A.

ABSTRAK

Penelitian ini dilakukan untuk mengetahui efek kombinasi dari obat antikolesterol “X” dan antiobesitas “Y” dalam menurunkan tekanan darah. Penelitian ini menggunakan subjek sebanyak 14 orang yang menderita hipertensi dan mengalami overweight atau obesitas. Masing-masing subjek diberi terapi obat antikolesterol 500mg/kapsul dua kali sehari satu kapsul dan obat antiobesitas 500mg/kapsul satu kali sehari satu kapsul selama 30 hari. Kemudian diambil data berupa tekanan darah seminggu dua kali dan data yang diperoleh dianalisis dengan menggunakan metode statistik yaitu metode paired t-test. Hasil menunjukkan bahwa kombinasi obat antikolesterol “X” dan antiobesitas “Y” mempunyai efek antihipertensi.

Kata kunci: Hipertensi, Obesitas, Obat Antikolesterol “X” dan Obat Antiobesitas “Y”

**EFFECTS OF COMBINATION OF HERBAL ANTICHOLESTEROL
DRUG “X” AND ANTI OBESITY DRUG “Y” TOWARD BLOOD
PRESSURE OF HYPERTENSION-OBESITY PATIENT WITHIN 30 DAYS**

Imelda Palit, 2010

Pembimbing : (1) Lucia E. Wuryaningsih

(2) Nova Lita A.

ABSTRACT

The study was conducted to find the effect of combining anticholesterol drug “X” and antiobesity drug “Y” in lowering blood pressure. Subjects used on this study were 14 people, which had hypertension and overweight or obesity. Each subject was given therapy of anticholesterol drug with 500mg/caps of dose twice daily one capsule and 500mg/caps of antiobesity drug taken once a day one capsule for 30 days. Data of blood pressure were then taken twice a week and were analyzed with statistical analysis, pired t-test method. It showed that anticholesterol drug “X” and antiobesity dug “Y” both have an effect as an antihypertension agent.

Key word: Hypertension, Obesity, Anticholesterol Drug “X” dan Antiobesity Drug “Y”