

Efektivitas Terapi Kombinasi *Virgin Coconut Oil* (VCO) dan Herba Sambiloto (*Andrographis paniculata* (Burm.f.) Nees) pada Penderita Hiperkolesterolemia

Roshinta Mariance Simbolon, 2007

Pembimbing : (I) Lucia Endang W., (II) Ryanto Budiono, MSi

ABSTRAK

Virgin Coconut Oil (VCO) dan sambiloto (*Andrographis paniculata* (Burm. f.) Nees) merupakan obat tradisional yang berkhasiat dapat menurunkan kadar kolesterol dalam darah. Bila kadar kolesterol dalam darah tinggi dapat menyebabkan aterosklerosis, yang merupakan salah satu penyebab terjadinya penyakit jantung koroner dan stroke. Penelitian ini dilakukan untuk menguji efek kombinasi VCO dan sambiloto dalam menurunkan kadar Kolesterol Total, LDL-kolesterol dan meningkatkan HDL-kolesterol. Subyek penelitian ini adalah penderita hiperkolesterolemia sebanyak 30 orang yang dibagi menjadi 3 kelompok, yaitu kelompok kontrol dengan diatur pola makannya, kelompok uji I dengan diberi obat tradisional VCO sebanyak tiga kali sehari satu sendok makan dan kelompok uji II dengan diberi kombinasi obat tradisional VCO sebanyak tiga kali satu sendok makan dan sambiloto 500 mg/kapsul tiga kali sehari satu kapsul selama 4 minggu. Subyek pada kelompok kontrol dan kelompok uji diperiksa kadar Kolesterol Total, LDL-kolesterol dan HDL-kolesterol pada saat sebelum pemberian terapi, setelah 2 minggu pemberian terapi dan setelah 4 minggu pemberian terapi. Hasil yang diperoleh menunjukkan bahwa kombinasi obat tradisional VCO sebanyak tiga kali satu sendok makan dan sambiloto 500 mg/kapsul tiga kali sehari satu kapsul mampu menurunkan kadar kolesterol total, LDL-kolesterol dan menaikkan kadar HDL-kolesterol pada subyek penderita hiperkolesterolemia.

Kata Kunci : *Virgin Coconut Oil* (VCO), Sambiloto (*Andrographis paniculata* (Burm. f.) Nees), hiperkolesterolemia

The Test Effect Combination Therapy of *Virgin Coconut Oil* (VCO) and Sambiloto (*Andrographis paniculata* (Burm.F.) Nees) Herb to Hypercholesterolemia Patients

Roshinta Mariance Simbolon, 2007

Counsellor : (I) Lucia Endang W., (II) Ryanto Budiono, MSi

ABSTRACT

Virgin Coconut Oil (VCO) and sambiloto (*Andrographis paniculata* (Burm. f.) Nees) representing traditional drug which can degrade the cholesterol rate in blood. If rate of cholesterol high in blood can cause the atherosclerosis, which one of cause the happening of coronary heart and stroke. This research is done to the test effect of combination of VCO and sambiloto in degrading Total Cholesterol rate, LDL-cholesterol and improve the HDL-cholesterol. The research subject is hypercholesterolemia patients as much 30, who is divided to become 3 group, that is control group taken care of food pattern, the test I group with given by the traditional drug of VCO three times a day one tablespoon and the test II group with given by the combination traditional drug of VCO three times a day one tablespoon and 500 ml/capsule of sambiloto three times a day one capsule during 4 week. Subject at control group and test group checked by a total cholesterol rate, LDL-cholesterol and HDL-cholesterol at the time of before given therapy, after 2 week of therapy gift and after 4 week of therapy gift. Result obtained indicate that the combination traditional drug of VCO three times a day one tablespoon and 500 mg/capsule of sambiloto three times a day one capsule able to degrade the total cholesterol rate, LDL-cholesterol and improve of rate HDL-cholesterol at hypercholesterolemia subject.

Key words : *Virgin Coconut Oil* (VCO), Sambiloto (*Andrographis paniculata* (Burm. f.) Nees), hypercholesterolemia