

# UJI EFEKTIVITAS TERAPI KOMBINASI FORMULA "JC" DAN VIRGIN COCONUT OIL (VCO) TERHADAP PENDERITA DISLIPIDEMIA

Herny Gunawan, 2007

Pembimbing : (I) Lucia E. W, Msi., Apt, (II) Rika Yulia, Ssi., Apt., SpFRS

## ABSTRAK

Kadar lipid yang tinggi dalam darah merupakan penyebab terjadinya aterosklerosis dan penyakit jantung koroner. Tanaman obat merupakan alternatif pengobatan untuk menurunkan kadar lipid darah sehingga resiko terkena penyakit kardiovaskular dapat dicegah. Pada penelitian ini dilakukan uji efek terapi dari kombinasi formula "JC" yang terdiri dari Jati belanda (*Guazuma ulmifolia* Lamk) dan Ceremai (*Phyllanthus acidus* (L). Skeells) dengan Virgin Coconut Oil (VCO) dan bentuk tunggalnya terhadap penurunan kadar Kolesterol Total, Kolesterol LDL dan Trigliserida serta peningkatan kadar Kolesterol HDL. Penelitian ini terdiri dari empat kelompok, yaitu kelompok kontrol yang hanya melakukan pengaturan pola makan, kelompok uji I yang diterapi dengan formula "JC", kelompok uji II yang diterapi dengan VCO dan kelompok uji III yang diterapi dengan kombinasi formula "JC" dan VCO. Masing-masing kelompok diberi perlakuan selama 30 hari. Setelah 2 minggu pertama dan 2 minggu kedua, masing-masing subjek dari keempat kelompok diperiksa kadar Kolesterol Total, Kolesterol LDL, Kolesterol HDL dan Trigliserida. Hasil yang diperoleh menunjukkan bahwa kombinasi formula "JC" dan VCO memberikan efek yang lebih baik dalam menurunkan kadar lemak darah pada penderita dislipidemia dibandingkan dengan pemberian terapi formula "JC" atau VCO secara tunggal .

**Kata kunci:** Formula "JC" [ Jati belanda (*Guazuma ulmifolia* Lamk) dan Ceremai (*Phyllanthus acidus* (L). Skeells)], VCO (Virgin Coconut Oil), dislipidemia.

# **THE TEST EFFECT COMBINATION THERAPY OF FORMULA "JC" AND VIRGIN COCONUT OIL (VCO) TO DISLIPIDEMIA PATIENTS**

**Herny Gunawan, 2007**

**Counselors: (I) Lucia E. W, Msi., Apt, (II) Rika Yulia, Ssi., Apt., SpFRS**

## **ABSTRACT**

High of lipid content in blood was the cause of atherosclerosis and coroner heart disease. Medicines herbs were an alternative for medication to degrade rate of blood lipid so that risk for cardiovascular disease can be prevented. This research conducted therapy effect test the combination of "JC" formula, consist of Jati belanda (*Guazuma ulmifolia* Lamk) and Ceremai (*Phyllanthus acidus* (L). Skeells), with Virgin Coconut Oil (VCO) and its singular usage to degradation of Total Cholesterol, LDL Cholesterol, Triglyceride and increase of HDL Cholesterol rate. This research purpose to know the comparison pharmacologic effect combination of "JC" formula 250 mg/capsule thrice a day two capsules and VCO thrice a day one spoon compared with single usage of "JC" formula and VCO, and influence of duration of therapy in degrading of lipid rate in blood. This research consist of four groups, that is control group which only conducting arrangement of meal pattern, test group I which is treated by formula "JC", test group II which is treated by VCO and test group III which is treated by combination of formula "JC" and VCO. Each group was given by treatment during 30 day. After first two weeks and second two weeks, each subject from the fourth groups was examined the Total Cholesterol, LDL Cholesterol, HDL Cholesterol, and Triglyceride rate. The result obtained indicate that combination of "JC" formula and VCO therapy giving better effect to degrading lipid rate in blood at dislipidemia patient compared to single usage of formula "JC" and VCO therapy.

**Key words:** "JC" Formula [Jati belanda (*Guazuma ulmifolia* Lamk) and Ceremai (*Phyllanthus acidus* (L). Skeells)], VCO (Virgin Coconut Oil), dislipidemia.