

EFEK KOMBINASI JUS BUAH JAMBU BIJI (*Psidium guajava* Linn) dan PERASAN DAUN MURBEI (*Morus indica* Auct. non. L.) TERHADAP GANGGUAN TOLERANSI GLUKOSA DARAH TIKUS PUTIH JANTAN (*Rattus norvegicus*) AKIBAT EFEK SAMPING DEKSAMETASON

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ABSTRAK

Deksametason adalah obat golongan kortikosteroid yang digunakan sebagai antiinflamasi atau immunosupressant. Deksametason juga memiliki banyak efek samping. Salah satunya dapat menyebabkan kondisi hiperglikemia. Kombinasi jus buah jambu biji (*Psidium guajava* Linn) dan perasan daun murbei (*Morus indica* Auct. non. L.) digunakan sebagai pengobatan alternatif untuk mengatasi kondisi hiperglikemia. Penelitian ini bertujuan untuk menganalisa efektifitas kombinasi jus buah jambu biji (*Psidium guajava* Linn) dan perasan daun murbei (*Morus indica* Auct. non. L.) terhadap gangguan toleransi glukosa darah tikus putih jantan (*Rattus norvegicus*) akibat efek samping Deksametason. Sebanyak 20 tikus putih jantan yang telah hiperglikemia akibat induksi Deksametason 3 mg/kgBB. Hari ke 6 setelah diinduksi, tikus dibagi menjadi 2 kelompok. Kelompok I diberi air suling (kontrol), kelompok II diberi kombinasi jambu biji dan daun murbei selama 5 hari. Hasil analisis statistik menunjukkan bahwa kombinasi jus buah jambu biji dan perasan daun murbei efektif dalam menurunkan kadar glukosa darah, meskipun kadar glukosa darah masih belum mencapai kadar normal.

Kata Kunci : Deksametason, Jambu biji (*Psidium guajava* Linn), Murbei (*Morus indica* Auct. non. L.)

EFFECTS COMBINATION GUAVA FRUIT JUICE (*Psidium guajava* Linn) and FRESHLY SQUEEZED MULBERRY LEAVES (*Morus indica* Auct. non. L.) INTERRUPTION OF BLOOD GLUCOSE TOLERANCE WHITE MALE RATS (*Rattus norvegicus*) SIDE EFFECTS OF DEXAMETHASONE

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ABSTRACT

Dexamethasone is a corticosteroid class of drugs that are used as anti-inflammatory or immunosuppressant. Dexamethasone also has many side effects. One of these conditions can cause hyperglycemia. The combination of fruit juice guava (*Psidium guajava* Linn) and the juice of the leaves of mulberry (*Morus indica* Auct. Non. L.) is used as an alternative medicine to treat the condition of hyperglycemia. This study aims to analyze the effectiveness of a combination of guava fruit juice (*Psidium guajava* Linn) and mulberry leaf juice (*Morus indica* Auct. Non. L.) against impaired glucose tolerance male white rats (*Rattus norvegicus*) causes of Dexamethasone side effects. A total of 20 male white mice that had been induced hyperglycemia due Dexamethasone 3 mg / kg. Day 6 after induced, rats were divided into 2 groups. Group I was given distilled water (control), group II was given a combination of guava and mulberry leaves for 5 days. The results of statistical analysis showed that the combination of fruit juice and guava juice mulberry leaves are effective in lowering blood glucose levels, although blood glucose levels are not reached normal levels.

Keyword : Dexamethasone, Guava (*Psidium guajava* Linn), Mulberry (*Morus indica* Auct. Non. L.)