

**EFEK JUS BUAH JAMBU BIJI (*Psidium guajava* Linn)
TERHADAP GANGGUAN TOLERANSI GLUKOSA PADA
TIKUS PUTIH JANTAN (*Rattus norvegicus*) AKIBAT EFEK
SAMPING DEKSAMETASON**

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ABSTRAK

Telah dilakukan penelitian untuk membuktikan efek jus buah jambu biji (*Psidium guajava* Linn) dapat menurunkan kadar glukosa darah pada tikus putih jantan akibat efek samping deksametason. Hewan uji dibagi dalam tiga kelompok. Kelompok kontrol diberi suspensi deksametason 3 mg/kg BB satu kali sehari selama 5 hari, kemudian diberi air suling 3 ml/ tikus satu kali sehari selama 5 hari, kelompok uji I diberi suspensi deksametason 3 mg/kg BB satu kali sehari + jus jambu biji 2 g/tikus/hari sebanyak 3 ml/ tikus selama 5 hari, kemudian dilanjutkan diberi jus jambu biji selama 5 hari, kelompok uji II diberi suspensi deksametason 3 mg/kg BB satu kali sehari selama 5 hari, kemudian diberi jus jambu biji 2 g/tikus/hari sebanyak 3 ml/ tikus selama 5 hari. Semua perlakuan diberikan secara peroral. Kemudian dilakukan pengukuran kadar glukosa darah pada 6-8 jam setelah perlakuan. Data yang diperoleh dianalisa statistik dengan metode *One-Way Anova*. Hasil yang didapat menunjukkan bahwa pemberian jus buah jambu biji lebih baik digunakan sebagai preventif dibandingkan sebagai kuratif.

Kata kunci: Deksametason, Gangguan Toleransi Glukosa, Jambu biji (*Psidium guajava* Linn).

**EFFECTS OF GUAVA FRUIT JUICE (*Psidium guajava* Linn)
DISORDERS OF GLUCOSE TOLERANCE IN THE WHITE
MALE RATS (*Rattus norvegicus*) SIDE EFFECTS OF
DEXAMETHASONE**

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ABSTRACT

Studies have been conducted to prove the effect of guava fruit juice (*Psidium guajava* Linn) can lower blood glucose levels in male white rats due to side effects of dexamethasone. Test animals were divided into three groups. The control group suspension given dexamethasone 3 mg/kg once daily for 5 days, then given distilled water 3 ml/ rat once daily for 5 days, the test group I suspension given dexamethasone 3 mg/kg once daily + guava juice seeds 2 g/rat/day as much as 3 ml/ rat for 5 days, followed guava juice was given for 5 days, the test group II suspension given dexamethasone 3 mg/kg once daily for 5 days, then given guava juice 2 g/rat/day as much as 3 ml/ rat for 5 days. All treatments administered orally. Then do the measurement of blood glucose levels at 6-8 hours after treatment. The data obtained were statistically analyzed by One-Way ANOVA method. Results obtained showed that administration of guava juice more better used as a preventive rather than curative.

Keyword :Dexamethasone, Impaired Glucose Tolerance, Guava (*Psidium guajava* Linn).