ABSTRACT

FAISYA RAIHANAH. 2024. Effect of Giving Takokak (*Solanum torvum Swartz*) Extract Powder on MDA (*Malondialdehyde*) Levels in Rabbit Experimental Animals on an Atherogenic Diet. Undergraduate Study Program in Applied Nutrition and Dietetics, Department of Nutrition, Health Polytechnic, Ministry of Health, Malang. **(under the guidance of: Dr. Nur Rahman, STP, MP and Endang Widajati, SST, M.Kes.,RD)**

Atherogenic diet is a high-fat food with cholesterol and cholic acid content that causes atherosclerosis. Atherosclerosis can cause oxidative stress caused by an imbalance of free radicals with antioxidants, resulting in increased MDA levels in the blood. One thing that can be done to reduce MDA levels is by administering takokak extract. The purpose of this study was to analyze the effect of administering takokak extract on food intake, body weight, MDA levels and cholesterol levels in rabbits with an atherogenic diet. The research method used was a True Experimental with Design Posttest Only Control. A non-probability sampling technique with a purposive sampling method, a total sample obtained was 30 rabbits divided into five groups. Increased food intake, body weight and MDA levels in rabbits before and after treatment were tested using the Paired Sample T-Test because the data were normally distributed. The results of this study were that there were differences in rabbit food intake, increased body weight and decreased MDA levels ($p < 0.05$). While the decrease in cholesterol levels in rabbits did not show any difference ($p > 0.05$). The conclusion of this study is that the administration of takokak extract has more effect on rabbit food intake, body weight and MDA levels. While the decrease in cholesterol levels has no effect.

Keywords: Takokak extract, food intake, body weight, MDA levels, cholesterol levels, atherogenic