PENGARUH PEMBERIAN NUTRISI KEDELAI (Glycine max L. Merril) TERHADAP KENAikan KADAR HDL (High density lipoprotein) PADA TIKUS PUTIH (Rattus norvegicus) YANG DI OVARIOKTOMI (MODEL MENOPAUSE)

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Abstract

Nutrients that contained in soybean potent increase HDL levels in the blood by way of isoflavones into the circulatory system and then unite with a receptor on the cell membrane, receptors carrying isoflavones into the cell. Phytoestrogens, namely estrogen-like compounds derived from plants, mainly from products of legumes (soybeans), wheat, beans, fruits, and vegetables. Phytoestrogen containing 3 types of Isoflavons, coumestans, and lignans. In the soybean content of the most is that many isoflavons. Isoflavone contained in soy protein and soy products like tofu, tempe, soya drinks, soy flour and soy protein concentrate diet includes phytoestrogens that are structurally and functionally similar to estrogen, so soy has estrogenic properties.

The purpose of this study was to know the effect of nutrition of soybean to increase HDL levels in mice models of menopause and to know what dose of soy nutrition influence is best to increase levels of HDL white rat model of menopause.

This research is a real experiment. The research design used in the post test-only control group design. The population in this study were female white mice, the number of samples used is 24 tail in menopausal conditions consisted of 3 treatments that is giving a dose of 1.5 grams, 3 grams, and 4.5 grams / day / head, and 6 replicates. The sampling technique is simple random sampling (simple). The independent variables in this study are granting Nutrition Soy, the dependent variable HDL cholesterol levels in the blood of white mice, and control variables namely sex rats, aged rats, rat food, drinks, pens and treatments. HDL analysis technique used is one-way Anova test.

Ased on one-way Anova test results, calculated F> F table at 5% significance level is 3.8474> 3:10 which mean that H0 is rejected so giving various doses of soy nutrition affect HDL levels increase white rat model of menopause. Increase in HDL white rats with a model of menopause has a positive direction, which means that increased doses of soy nutrition to further improve the levels of HDL menopausal rats.