

**POTENSI MIE KERING LABU KUNING (*Cucurbita moschata*)
DALAM PENURUNAN KADAR KOLESTEROL PADA TIKUS
JANTAN (*Rattus norvegicus*) GALUR WISTAR**

SKRIPSI



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ABSTRAK

Potensi Mie Kering Labu Kuning (*Cucurbita moschata*) dalam Penurunan Kadar Kolesterol Pada Tikus Jantan (*Rattus norvegicus*) Galur Wistar

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Abstrak

Hiperkolesterolemia merupakan salah satu faktor risiko penyakit degeneratif seperti penyakit jantung koroner dan stroke. Labu kuning (*Cucurbita moschata*) mengandung β -karoten, flavonoid, saponin, dan serat yang berpotensi membantu menurunkan kadar kolesterol. Penelitian ini bertujuan untuk mengetahui potensi mie kering labu kuning terhadap penurunan kadar kolesterol pada tikus putih jantan galur Wistar serta mengevaluasi karakteristik sediaanannya. Penelitian dilakukan secara eksperimental menggunakan 30 ekor tikus yang dibagi menjadi lima kelompok, yaitu kontrol negatif, kontrol positif (simvastatin), dan tiga kelompok perlakuan dosis mie labu kuning. Kondisi hiperkolesterolemia diinduksi menggunakan propiltiourasil (PTU) dan kuning telur puyuh. Pengukuran kadar kolesterol total dilakukan dengan metode CHOD-PAP menggunakan fotometer Microlab 300. Evaluasi mie meliputi uji hedonik, kadar air, kadar abu, kadar lemak, kadar protein, kadar karbohidrat, dan skrining fitokimia. Hasil penelitian menunjukkan bahwa labu kuning mengandung alkaloid, flavonoid, saponin, dan steroid. Uji hedonik menunjukkan bahwa mie dapat diterima panelis berdasarkan parameter warna, aroma, rasa, dan tekstur. Berdasarkan hasil penelitian, mie kering labu kuning berpotensi dikembangkan sebagai pangan fungsional untuk membantu menurunkan kadar kolesterol.

Kata kunci: hiperkolesterolemia, labu kuning, mie kering, pangan fungsional.

Abstract

Hypercholesterolemia is one of the risk factors for degenerative diseases such as coronary heart disease and stroke. Pumpkin (*Cucurbita moschata*) contains β -carotene, flavonoids, saponins, and fiber which are potential in helping to reduce cholesterol levels. This study aimed to determine the potential of pumpkin dry noodles in reducing cholesterol levels in male Wistar rats and to evaluate the characteristics of the noodle preparation. The study was conducted experimentally using 30 male rats divided into five groups, namely negative control, positive control (simvastatin), and three treatment groups with different doses of pumpkin noodles. Hypercholesterolemia was induced using propylthiouracil (PTU) and quail egg yolk. Total cholesterol levels were measured using the CHOD-PAP method with a Microlab 300 photometer. Noodle evaluation included hedonic test, moisture content, ash content, fat content, protein content, carbohydrate content, and phytochemical screening. The results showed that pumpkin contained alkaloids, flavonoids, saponins, and steroids. Hedonic testing indicated that the noodles were accepted by panelists based on color, aroma, taste, and texture parameters. Based on the results of the study, pumpkin dry noodles have the potential to be developed as a functional food to help reduce cholesterol levels.

Keywords: hypercholesterolemia, pumpkin, dry noodles, functional food.