

ABSTRACT

(LITERATURE REVIEW)

EKSTRAK DAUN UBI JALAR UNGU (*Ipomoea batatas L.*) SEBAGAI PENURUN KOLESTEROL

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Purple sweet potato leaves are known to have flavonoid active compounds that is useful for increasing the activity of the lipoprotein lipase enzyme by reducing lipid peroxide which functions in controlling cholesterol levels. This scientific paper is made to determine the dose activity of purple sweet potato leaves as a decrease cholesterol levels. Based on various research from several articles using the maceration extract method and made into powder with experimental animals male wistar rats and syrian hamsters. Taken from several articles consisting of 3 national articles and 2 international articles that show various levels of purple sweet potato leaves that can decrease cholesterol levels. The range effective dose that can decrease cholesterol is 100mg-400mg of purple sweet potato leaves extract. So it can be use as an alternative treatment to decrease cholesterol levels. However, required further research to apply it in vivo to humans with an accurate dose test.

Keywords : Ipomoea batatas L., cholesterol, trigliserid.