

BAB 6

KESIMPULAN DAN SARAN

6.1 Kesimpulan

Berdasarkan hasil dan pembahasan penelitian dengan judul “Pengaruh Pemberian Ekstrak Daun Stroberi (*Fragaria vesca*) Terhadap Kadar Malondialdehid pada Organ Jantung Tikus *Sprague Dawley* yang Diinduksi Hipoksia Sistemik Kronik” maka didapatkan kesimpulan berupa:

1. Ekstrak daun stroberi memiliki kandungan alkaloid, antosianin dan betasianin, kardioglikosida, *coumarins*, flavonoid, glikosida, fenolik, kuinon, steroids, terpenoid dan tannin sebagai senyawa metabolit sekundernya.
2. Kapasitas total antioksidan (DPPH) yang dimiliki oleh ekstrak daun stroberi dengan IC_{50} senilai 128.193 $\mu\text{g/mL}$.
3. Kandungan antioksidan fenolik yang dimiliki oleh ekstrak daun stroberi adalah senilai 508.493 $\mu\text{g/L}$ dan alkaloid senilai 29.679 $\mu\text{g/L}$.
4. Kadar toksisitas yang diukur dengan BSLT yang dimiliki oleh ekstrak daun stroberi memiliki kadar LC_{50} senilai 21.606 $\mu\text{g/mL}$.
5. Terdapat perbedaan yang bermakna pada kadar MDA (malondialdehid) organ jantung dan darah tikus *Sprague dawley* yang diinduksi hipoksia dan diberi ekstrak daun stroberi.
6. Terdapat perbedaan yang bermakna pada kadar MDA pada organ jantung dan darah tikus *Sprague Dawley* yang diinduksi hipoksia dan tidak diberi ekstrak daun stroberi.
7. Terdapat perbedaan kadar MDA pada organ jantung dan darah tikus *Sprague Dawley* yang diinduksi hipoksia antara yang diberi ekstrak daun stroberi dengan yang tidak diberi ekstrak daun stroberi..
8. Terdapat korelasi antara kadar MDA organ jantung dengan MDA darah tikus *Sprague Dawley* yang diinduksi hipoksia dan diberikan ekstrak daun stroberi.

9. Terdapat korelasi antara kadar MDA organ jantung dengan MDA darah tikus *Sprague Dawley* yang diinduksi hipoksia dan tidak diberi ekstrak daun stroberi.
10. Terdapat perubahan gambaran patologi anatomi organ jantung tikus *Sprague Dawley* yang diinduksi hipoksia sistemik setelah pemberian ekstrak daun stroberi.

6.2 Saran

1. Dilakukan pemeriksaan fitokimia secara kuantitatif lebih lanjut untuk menentukan kandungan antioksidan pada ekstrak daun stroberi seperti Konten Antosianin Total dan Konten Flavonoid Total.
2. Perlu dilakukan penelitian lain mengenai marker stres oksidatif lain seperti katalase, GSH, dan SOD.
3. Perlu dilakukan penelitian lain pada organ lain mengenai marker stress oksidatif MDA seperti hati, paru-paru, ginjal, dan otak.
4. Dapat dilanjutkan dengan uji klinis pada manusia agar ekstrak daun stroberi untuk melihat efek antioksidan eksogen alami.

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