

**THE EFFECT OF MUNG BEAN (*Phaseolus radiatus* Linn) AND
AVOCADO (*Persea americana* Mill) JUICE TOWARD LDL
CHOLESTEROL LEVEL IN HIGH CHOLESTEROL DIET MALE
WISTAR RATS**

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Abstract

Mung bean (*Phaseolus radiatus* Linn) has benefits as a regulator of lipid metabolism. 100 gr of mung bean contain 70,74 mg of isoflavones, isoflavones prevent the reaction of hydrogen to free radicals so radicals don't form. Avocados (*Persea americana* Mill) have MUFA 9,8 gr/ 100 gr Avocados, MUFA can reduce LDL and increase HDL. The aim of the study was to determine the effect of giving Mung bean (*Phaseolus radiatus* Linn) and Avocado (*Persea americana* Mill) juice to LDL cholesterol levels in male Wistar rats fed a high cholesterol diet.

This study was True Experimental with a Post test only *control group design*. The study sample consisted of 24 male Wistar rats aged 3 months with a weight of approximately 200 grams and divided into 4 treatment groups randomly. The K-group was only given standard feed, the K + group was given standard and high cholesterol feed, the PI group was given standard feed, high cholesterol, and juice dose I, while in the PII group was given standard feed, high cholesterol, and dose II juice. The study was conducted for 21 days. Hypothesis testing uses *One Way ANOVA* statistical test followed by *post hoc test*.

The results showed a mean yield of LDL levels after treatment, namely K-group of 179.33 ± 60.19 , K + group of 316.33 ± 63.13 , PI group of 190.16 ± 20.69 , and PII group of $116,17 \pm 16.01$. Conclusions showed that the administration of mung bean and avocado juice in the PII group had a significant effect on LDL decrease in male Wistar rat blood compared to the PI group ($p < 0.05$).

Keywords: Mung Beans and Avocado Juice, LDL, Male Wistar Rat