ABSTRACT


Background : Cholesterol is a type of normal fat that exists in human’s blood. Total cholesterol could rise if consume a lot of food high in fats, cholesterol and carbohydrate. This research is aiming to know the effectiveness of black coffee intervention and black caraway seed (Nigella Sativa) towards the level of total cholesterol.

Method : This research is experimental research with Pretest – posttest control group design’s method that done in Laboratorium Pusat Studi Pangan dan Gizi PAU UGM. The population is Sprague Dawley male mice with total sample are 30 mice divided into 5 groups. The criteria of Sprague Dawley mice are 2-4 months old with weight around 150-200 grams. Given the treatment with a standard feed AD2, feed high in fat, coffee and black caraway seed oil. The parametric data is analyzed by One way anova (p<0.005) if there is significant difference, continued by post hoc test (p<0.005).

Result : The average of steeping coffee, black caraway seed oil (Nigella Sativa), and coffee mixed with black caraway seed oil (Nigella Sativa) with the level of total cholesterol on Sprague Dawley male mice with Anova examination shows sig. value 0.000 which means smaller than p value (p<0.005).

Conclusion : Black coffee and black caraway seed has effect on lowering the level of total cholesterol on Sprague Dawley mice with cholesterol.

Keywords : coffee, black caraway seed oil (Nigella Sativa), total cholesterol.