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**Judul Artikel: Efektivitas Dari Ekstrak Etanol Daun Binahong (*Anredera cordifolia*)
Sebagai Kandidat Antidiabetes Pada Tikus Putih (*Rattus norvegicus*) Galur Wistar.**

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EFEKTIVITAS DARI EKSTRAK ETANOL DAUN BINAHONG (*Anredera cordifolia*) SEBAGAI KANDIDAT ANTIDIABETES PADA TIKUS PUTIH (*Rattus norvegicus*) GALUR WISTAR

EFFECTIVENESS OF BINAHONG (*Anredera cordifolia*) LEAF ETHANOL EXTRACT AS ANTIDIABETIC CANDIDATE IN WISTAR RAT (*Rattus norvegicus*)

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Abstrak

Latar belakang: Penyakit diabetes di Indonesia menduduki peringkat ketiga penyakit kronis terbanyak dengan prevalensi 5,6%. Terapi penyakit diabetes memerlukan waktu yang panjang dan memiliki resiko efek samping yang tinggi. Tanaman binahong secara empiris digunakan untuk menurunkan kadar gula darah. Daun binahong memiliki metabolit sekunder seperti flavonoid, saponin, dan tanin yang secara ilmiah dapat menurunkan kadar gula darah. **Tujuan:** Penelitian ini menganalisis pengaruh induksi ekstrak etanol daun binahong terhadap penurunan gula darah tikus putih galur Wistar. **Metode:** Desain penelitian adalah *post test control group design* yang menggunakan 25 ekor tikus dan dibagi menjadi 5 kelompok. Dilakukan induksi streptozotocin (STZ) secara intraperitoneal dengan dosis 150 mg/KgBB untuk meningkatkan kadar glukosa pada hewan uji. Kontrol negatif diberikan 0,5% Na-CMC, kontrol positif diberikan glibenklamid, kelompok perlakuan I diberi ekstrak dengan dosis 80 mg/KgBB, kelompok perlakuan II dengan dosis 100 mg/KgBB, dan kelompok perlakuan III dengan dosis 120 mg/KgBB. Pengukuran kadar glukosa darah dilakukan setelah penginduksian STZ dan pemeriksaan dilakukan setiap harinya. Kadar glukosa dalam darah dianalisis menggunakan uji statistik *one way ANOVA* dan dilanjutkan dengan uji *Post Hoc LSD*. **Hasil:** Hasil menunjukkan bahwa setiap kelompok memiliki perbedaan yang signifikan pada efek terapi ($p \leq 0,05$). **Simpulan:** Konsentrasi yang direkomendasikan untuk memberikan efek penurunan kadar gula darah yaitu pada dosis 80 mg/KgBB.

Abstract

Background: Diabetes in Indonesia is the third most common chronic disease, with a prevalence of 5.6%. Diabetes therapy takes a long time and has a high risk of side effects. Binahong plant is empirically used to lower blood sugar levels. Binahong leaves have secondary metabolites such as flavonoids, saponins, and tannins that can scientifically lower blood sugar levels. **Objective:** This study analyzed the effect of induction of the ethanol extract of binahong leaves on the decrease in blood sugar of Wistar rats. **Method:** The research design was a post-test control group design using 25 rats and divided into five groups. Intraperitoneal induction of streptozotocin (STZ) was performed at a 150 mg/kg BW dose to increase glucose levels in test animals. Negative control was given 0.5% Na-CMC, positive control was given glibenclamide, treatment group I was given extract at a dose of 80 mg/Kg BW, treatment group II at a dose of 100 mg/Kg BW, and treatment group III at a dose of 120 mg/Kg BW. Blood glucose levels were measured after STZ induction, and examination was carried out every day. Glucose levels were analyzed using one way ANOVA statistical test and followed by the Post Hoc LSD test. **Results:** The results showed that each group had a significant difference in the therapeutic effect ($p \leq 0,05$). **Conclusions:** The recommended concentration to give the effect of lowering blood sugar levels is a dose of 80 mg/Kg BW.