

# EFEK METODE MEMASAK DAN LEMAK DAGING DOMBA TERHADAP TEKANAN DARAH

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## ABSTRAK

Latar Belakang : Di Indonesia terdapat rumor bahwa daging kambing dapat meningkatkan tekanan darah. Faktanya, masyarakat masih belum bisa membedakan daging kambing dan domba. Sedangkan, daging kambing dan domba adalah salah satu contoh makanan kesukaan Rasulullah. Tujuan penelitian adalah untuk mengetahui efek perbedaan metode memasak, daging domba dan lemak terhadap tekanan darah. Metode yang digunakan adalah eksperimen dengan rancangan *pre* dan *post test*. Subjek yang digunakan adalah tikus wistar jantan yang diberikan pakan normal, daging domba rebus, daging domba dan lemak rebus, daging domba bakar serta daging domba dan lemak bakar. Tikus mendapat daging domba (1g/200g/bb) dan lemak (0,2/200g/bb). Hasil dianalisis menggunakan Repeated ANOVA dilanjutkan dengan Mann Whitney. Tekanan darah sistolik tikus diukur dengan CODA Noninvasive. Tekanan darah tikus yang diberikan daging domba rebus adalah  $96 \pm 1,4$ ,  $116 \pm 3,1$ ,  $127 \pm 4,8$ , daging domba rebus dan lemak adalah  $107 \pm 2,6$ ,  $143 \pm 2,2$  dan  $163 \pm 2$ , daging domba bakar adalah  $96 \pm 3,6$ ,  $117 \pm 1,2$ ,  $114 \pm 0,4$  daging domba bakar dan lemak adalah  $100 \pm 1,9$ ,  $100 \pm 1,9$ ,  $152 \pm 3,7$ . Penelitian ini menunjukkan bahwa konsumsi daging domba selama tiga minggu mampu meningkatkan tekanan darah

**Kata Kunci :** Daging Domba, Lemak, Merebus, Membakar, Tekanan darah

# THE EFFECT OF COOKING METHOD OF LAMB AND LAMB FAT ON BLOOD PRESSURE

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## ABSTRACT

**Background:** In Indonesia there was public opinion related to goat meat and hypertension. Factually, our society could not differ between goat meat and lamb. Lamb has higher saturated fatty acid than goat meat. Lamb was a common dish eaten by Rasulullah. The research was an analysis the effect of lamb on blood pressure is needed to balance the public rumour and Rasulullah habit in the past. **Objective:** Knowing the effect of lamb and lamb fat with different cooking methods on blood pressure. **Method:** This research was experimental pre and post-test design. The subject was male Wistar rats, given the lamb and fat by different cooking methods. The groups were rat fed by standard feed, boiled lamb, boiled lamb and fat, grilled lamb and grilled lamb and fat. The rat got lamb (1g/200g/bw) and fat (0,2/200g/bw). The results were analysed using Repeated ANOVA and Kruskal Wallis continued by Mann Whitney. The rat's systolic blood pressure was measured in every week of treatment using CODA noninvasive. **Result:** The systolic blood pressure of rat fed by standard feed were  $93 \pm 1,7$ ,  $94 \pm 2,7$  and  $93 \pm 1,7$ , boiled lamb was  $96 \pm 1,4$ ,  $116 \pm 3,1$  and  $127 \pm 4,8$ , boiled lamb and fat were  $107 \pm 2,6$ ,  $143 \pm 2,2$  And  $163 \pm 2$ , grilled lamb were  $96 \pm 3,6$   $117 \pm 1,2$   $114 \pm 0,4$  and grilled lamb and fat were  $100 \pm 1,9$   $100 \pm 1,9$  and  $152 \pm 3,7$ . **Conclusion:** The study revealed the delivery of lamb during three weeks intervention increased the rat blood pressure significantly.

**Keyword:** *Blood Presusre, Boiled, Fat, Grilled, Lamb*