

ABSTRAK

Daun Sambung nyawa (*Gynura procumbens* (Lour) Merr.) adalah tanaman tradisional yang mengandung bermacam senyawa metabolit sekunder seperti alkaloid, flavonoid, tannin dan saponin, dimana flavonoid memiliki berbagai khasiat termasuk dalam pengobatan penyakit degenerative seperti diabetes mellitus. Tujuan penelitian yaitu untuk mengetahui efektivitas dari ekstrak etanol daun sambung nyawa (*Gynura procumbens* (Lour) Merr.) terhadap penurunan kadar gula darah pada tikus putih jantan (*rattus norvegicus*) yang diinduksi dengan aloksan. Dalam penelitian ini, menggunakan 5 kelompok uji yaitu kelompok kontrol negative, kelompok kontrol positif (metformin 9 mg), dosis pertama 7,2 mg, dosis kedua 14,4 mg, dan dosis ketiga 21,6 mg. Tikus diaklimatisasi dan dipuasakan terlebih dahulu sebelum diberi perlakuan, kemudian diperiksa gula darahnya, sebelum dan sesudah diinduksi aloksan, kemudian diberikan perlakuan selama 5 hari berturut-turut dan dilakukan pengecekan kadar gula darah setiap sekali sehari. Hasil penelitian dari uji ekstrak etanol daun sambung nyawa pada tikus putih jantan terbukti efektif dalam menurunkan kadar gula darah dengan dosis terbaik yaitu dosis ke 3 (21,6 mg) pada hari ke-6.

Kata Kunci : *Antidiabetes, Daun sambung nyawa (Gynura procumbens (Lour) Merr.)*

ABSTRACT

Longevity spinach leaf (*Gynura procumbens* (Lour) Merr.) is a traditional plant that contains various secondary metabolite compounds such as alkaloids, flavonoids, tannins and saponins, where flavonoids have various properties, including in the treatment of degenerative diseases such as diabetes mellitus. The purpose, of the research was to determine the effectiveness of the ethanol extract of Longevity spinach (*Gynura procumbens* (Lour) Merr.) leaf on reducing blood sugar levels in male white rats (*rattus norvegicus*) induced by alloxan. In this study, 5 test groups were used, namely negative control group, positive control group (metformin 9 mg), first dose 7.2 mg, second dose 14.4 mg, and third dose 21.6 mg. The rats were acclimatized and fasted before being given treatment, then their blood sugar was checked, before and after being induced by alloxan, then they were given treatment for 5 consecutive days and their blood sugar levels were checked once a day. The results of research from testing the ethanol extract of Longevity spinach leaf on male white rats proved effective in reducing blood sugar levels with the best dose, namely the 3rd dose (21.6 mg) on the 6th day.

Keywords: *Antidiabetic, Sambung nyawa (Gynura procumbens (Lour) Merr.) leaf*