

ABSTRAK

Nama : Budi Mulyawan Pratama

Program Studi : Fakultas Farmasi

Judul : Tinjauan Naratif Aktivitas Antioksidan Dari Minyak Kelapa Murni
(*Virgin Coconut Oil*) Secara *In Vitro*

Penelitian efektifitas minyak kelapa murni atau biasa di sebut *Virgin Coconut Oil* (VCO) sebagai antioksidan alami berdasarkan hasil uji DPPH (2,2-diphenyl-1-picrylhydrazyl) dan FRAP (*Ferric Reducing Antioxidant Power*) telah dilakukan dengan metode tinjauan literatur. Data utama dalam metode tinjauan literatur disusun dari artikel jurnal-jurnal hasil penelitian yang memenuhi kaidah publikasi ilmiah tingkat nasional dan internasional (terindeks Sinta) dengan berdasarkan kata kunci antioksidan, potensi aktivitas antioksidan dan minyak kelapa murni (VCO). Sumber pencarian literatur diakses melalui *search engine* diantaranya *Websites: Google Scholar, Science Direct, dan Researchgate*. Kapasitas antioksidan sampel dievaluasi berdasarkan nilai IC50. Hasil review uji aktivitas antioksidan minyak kelapa murni dari jurnal penelitian yang digunakan memperlihatkan bahwa minyak kelapa murni menunjukkan aktivitas antioksidan berdasarkan nilai IC50 nya berada dalam rentangan kategori sangat kuat hingga sangat lemah (17 – 1660 ppm). Rentang kisaran nilai IC50 yang sangat jauh ini dapat dipengaruhi oleh beberapa faktor seperti faktor pelarut ekstraksi, metode dan proses penyiapan sediaan VCO, dan metode uji aktivitas antioksidan yang digunakan.

Kata Kunci : Antioksidan, Minyak Kelapa Murni, VCO, In Vitro, FRAP

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Title : A Narrative Review of Virgin Coconut Oil Antioxidant Activity by
In Vitro

Research on the effectiveness of virgin coconut oil or commonly called Virgin Coconut Oil (VCO) as a natural antioxidant based on the results of the DPPH (2,2-diphenyl-1-picrylhydrazyl) and FRAP (Ferric Reducing Antioxidant Power) test has been carried out using the literature review method. The main data in the literature review method is compiled from research journal articles that meet the rules of national and international scientific publications (indexed by Sinta) based on the keywords antioxidant, antioxidant activity potential and virgin coconut oil (VCO). Sources of literature search are accessed through search engines including Websites: Google Scholar, Science Direct, and Researchgate. The antioxidant capacity of the sample was evaluated based on the IC50 value. The results of a review of the antioxidant activity test of virgin coconut oil from the research journal used showed that virgin coconut oil showed antioxidant activity based on its IC50 value which was in the very strong to very weak category (17-1660 ppm). This very wide range of IC50 values can be influenced by several factors such as the extraction solvent factor, the method and process of preparing VCO preparations, and the antioxidant activity test method used.

Keyword : *Antioxidant, Virgin Coconut Oil, VCO, In Vitro, FRAP*