

ABSTRAK

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Judul : Aktivitas Inhibisi α -Glukosidase Dari Ekstrak Etanol Daun Pohpohan [*Pilea melastomoides* (Poir.) Wedd.]

Daun pohpohan merupakan tumbuhan herba tegak yang banyak dijumpai di Bogor dan oleh masyarakat sering dimanfaatkan sebagai lalapan, karena daunnya sangat lunak dan memiliki aroma yang khas. Tujuan penelitian ini untuk mengetahui aktivitas ekstrak etanol daun Pohpohan [*Pilea melastomoides* (Poir.) Wedd.] terhadap enzim α -glukosidase. Bahan uji yang digunakan adalah simplisia daun pohpohan yang diperoleh dari LIPI, Cibinong – Bogor, Jawa Barat. Ekstrak dibuat secara maserasi menggunakan pelarut etanol 96%. Pengujian aktivitas antidiabetes menggunakan enzim α -glukosidase dengan substrat p-nitrofenil- α -D-glukopiranososa. Hasil penelitian menunjukkan bahwa ekstrak etanol daun pohpohan tidak mendapat nilai IC_{50} karena total kadar flavonoid mendapatkan hasil yang kecil yaitu 6,085% b/b tetapi mempunyai penghambatan enzim α -glukosidase yaitu 37,939 μ g/ml.

Kata kunci: Daun Pohpohan [*Pilea melastomoides* (Poir.) Wedd.], kadar flavonoid alfa glukosidase

ABSTRACT

Pohpohan leaves are upright herbaceous plants that are often found in Bogor and by the community are often used as fresh vegetables, because the leaves are very soft and have a distinctive aroma. The purpose of this study was to determine the activity of ethanol extract of the leaves of Pohpohan [*Pilea melastomoides* (Poir.) Wedd.]. On the α -glucosidase enzyme. The test material used was pohpohan leaf simplisia obtained from LIPI, Cibinong - Bogor, West Java. The extract was made macerated using 96% ethanol. Antidiabetic activity testing uses the α -glucosidase enzyme with the p-nitrophenyl- α -D-glucopiranosose substrate. The results showed that the ethanol extract of pohpohan leaf did not get IC_{50} value because the total flavonoid content had a small yield of 6.085% b/b but it had an inhibition of the α -glucosidase enzyme which was 37.939 μ g/ml.

Keywords: Pohpohan leaves [*Pilea melastomoides* (Poir.) Wedd.], flavonoid levels, alpha- glucosidase