



TITLE: Antioxidant Activity of Fig Leaf-Based Tea for Cholesterol and Blood Glucose Control

Name: Siti Maria Wardayati, Mohammad Fiqkri, Sri Utami Zulaikhoh

Affiliation: Assistant Professor, Student, Student at University of Jember

Country: Indonesia

Email ID: siti.maria@unej.ac.id, 200810301079@unej.ac.id, 200810101156@unej.ac.id

ABSTRACT

To maintain a healthy body, it is important to avoid risk factors that can increase the production of cholesterol and glucose in the blood which react with free radicals, such as increasing the intake of antioxidants in the body. One part of the fig plant that has not been widely used in scientific research is the leaves. Fig leaves are thought to have antioxidant properties because they contain flavonoids. The fig plant (*Ficus carica* L.) is one of the Moraceae family which usually grows in tropical and subtropical countries. Free radicals are compounds that contain one or more unpaired electrons in their outer orbits. These compounds become very reactive so they are always looking for partners by binding electrons to large molecules around them such as cholesterol and glucose in the blood. The research method used is descriptive qualitative research with an experimental approach. The results of research from the Laboratory of the Faculty of Agricultural Technology, University of Jember showed that the highest antioxidant activity was found in the T3 treatment, namely 6 g of fig leaves with 120 minutes of drying time. The best tea quality was

found in the T1 treatment, namely, 2 g fig leaves with a drying time of 120 minutes. The purpose of this study was to identify the benefits of antioxidant compounds that can help lower cholesterol and glucose levels in the blood. Free radicals are compounds that contain one or more unpaired electrons in their outer orbit.

BIOGRAPHY

Dr. Siti Maria Wardayati, M.Si., Ak., CA, CPA, was born in Pamekasan on August 5, 1966. She graduated from the Faculty of Economics, Brawijaya University, Malang, with a major in Accounting on December 20, 1990. She obtained her M.Si degree from the Postgraduate Program of Padjadjaran University, Bandung, in 2000. She completed her Doctoral program at the Postgraduate Program of Padjadjaran University, Bandung, in 2006. Currently, she serves as the Vice Dean 1 at the Faculty of Economics and Business, University of Jember since 2020. She has participated in international workshops and seminars hosted by various countries including South Korea, Malaysia, Dubai, Vietnam, Hong Kong, and Singapore. She has authored 146 articles and has a total of 675 citations.

Presenter Name: Siti Maria Wardayati

Mode of Presentation: Oral

Contact number: +62 812-3467-4009

