

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Pemberian *nutraceutical* berupa triptofan dengan dosis 270mg/kgBB pada hewan coba tikus putih (*Rattus norvegicus*) memiliki efek anti ansietas jika dibandingkan dengan kelompok kontrol negatif yang dilakukan melalui pengujian dengan metode *Light Dark Activity*
2. Pemberian *nutraceutical* berupa 5-hidroksitriptofan dengan dosis 18mg/kgBB pada hewan coba tikus putih (*Rattus norvegicus*) memiliki efek anti ansietas jika dibandingkan dengan kelompok kontrol negatif yang dilakukan melalui pengujian dengan metode *Light Dark Activity*

5.2 Saran

Berdasarkan hasil penelitian yang dilakukan, melalui pemberian *nutraceutical* berupa triptofan dan 5-hidroksitriptofan menunjukkan bahwa kedua senyawa ini memiliki aktivitas anti ansietas. Telah diketahui bahwa triptofan dan metabolitnya dapat diperoleh dari makanan yang dikonsumsi sehari-hari, sehingga dapat dilakukan penelitian lebih lanjut dengan menggunakan sumber makanan yang mengandung banyak triptofan sebagai prekursor serotonin, atau menggunakan ekstrak dari bahan alam yang kaya akan kandungan triptofan, yang nantinya dapat diolah lebih lanjut menjadi suatu produk yang dapat digunakan oleh masyarakat luas yang membutuhkan.

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