

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Triptofan dengan dosis 270 mg/kgBB berhasil meningkatkan *intake* sukrosa setelah diberikan paparan stress sehingga dapat disimpulkan bahwa triptofan memiliki aktivitas antidepresan pada tikus putih (*Rattus norvegicus*) yang diuji menggunakan metode *Sucrose Preference Test*.
2. 5-hidroksitriptofan dengan dosis 18 mg/kgBB berhasil meningkatkan *intake* sukrosa setelah diberikan paparan stress sehingga dapat disimpulkan bahwa triptofan memiliki aktivitas antidepresan pada tikus putih (*Rattus norvegicus*) yang diuji menggunakan metode *Sucrose Preference Test*.

5.2 Saran

Berdasarkan hasil penelitian yang diperoleh pada dasarnya penelitian ini sudah berjalan dengan baik. Namun peneliti ingin memberikan saran agar mendapatkan hasil yang lebih akurat. Hendaknya pada penelitian selanjutnya dapat didukung dengan pengambilan data darah untuk melihat beberapa parameter yang berkaitan dengan depresi seperti kadar serotonin, kortikosteroid dan TNF- α pada hewan coba.

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