

BAB V

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan dari hasil penelitian yang telah dilakukan maka dapat diambil kesimpulan sebagai berikut :

1. Pemberian ekstrak etanol bunga, batang, akar dan daun tanaman *Echinacea purpurea* 500 mg/70 kgBB dapat meningkatkan jumlah limfosit dan menurunkan jumlah neutrofil mencit jantan putih yang diinduksi aktivitas berlebih *swimming test* dengan suhu air $25^{\circ}\text{C} \pm 1^{\circ}\text{C}$ dalam waktu 10 menit selama 30 hari.
2. Pemberian pemberian ekstrak etanol bunga, batang, akar dan daun tanaman *Echinacea purpurea* 500 mg/70 kgBB dapat memberikan pengaruh terhadap perubahan fungsi kognitif mencit jantan putih yang diinduksi aktivitas berlebih metode *swimming test* dengan suhu air $25^{\circ}\text{C} \pm 1^{\circ}\text{C}$ dalam waktu 10 menit selama 30 hari.
3. Ekstrak etanol bunga dan batang dapat memberikan pengaruh terhadap profil darah yaitu jumlah neutrofil dan jumlah limfosit. Ekstrak etanol batang juga dapat memberikan pengaruh terhadap fungsi kognitif.

5.2 Saran

Berdasarkan dari hasil penelitian yang telah dilakukan, dapat dilakukan penelitian yang lebih lanjut yaitu

1. Menggunakan pelarut selain etanol untuk melihat apakah ekstrak pelarut selain etanol dapat memberikan pengaruh terhadap pengamatan jumlah limfosit, neutrofil serta fungsi kognitif pada tanaman *Echinacea purpurea*.

2. Dilakukan pemaparan metode stres yang lain yang dapat memberikan pengaruh terhadap pengamatan jumlah limfosit, neutrofil serta fungsi kognitif.
3. Dilakukan uji toksisitas terhadap pemberian ekstrak *Echinacea purpurea* yang diinduksi *stressor swimming test*.

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