

BAB V

KESIMPULAN DAN SARAN-SARAN

5.1 Kesimpulan

Berdasarkan penelitian yang telah dilakukan terhadap enam ekor kelinci jantan *New Zealand* yang telah diinduksi diabetes mellitus menunjukkan bahwa pemberian buah pare dalam bentuk *fruit pulp* menurunkan parameter farmakokinetika tetapan laju eliminasi (K_e), klirens (Cl_T), waktu puncak plasma (t_{maks}) dan meningkatkan waktu paruh eliminasi ($t_{1/2}$), tetapan laju absorpsi (K_a), dan [AUC], konsentrasi maksimum (C_{maks}), *lag time* (t_0) dari pioglitazone. Pemberian buah pare dalam bentuk sediaan *fruit pulp* pada penggunaan pioglitazone bersamaan dengan *fruit pulp* buah pare menurunkan kadar gula darah lebih baik daripada pemberian pioglitazone saja.

5.2 Saran-saran

Dari hasil pengamatan terhadap kadar pioglitazone setelah pemberian bersamaan dengan *fruit pulp* buah pare dapat disarankan perlu dilakukan penelitian sejenis dengan subyek manusia yang mengalami diabetes melitus tipe 2 dengan dosis obat dan *fruit pulp* yang dianjurkan.

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