

PENGARUH METODE PENGERINGAN TERHADAP NILAI TOTAL FENOL, FLAVONOID DAN AKTIVITAS ANTIOKSIDAN DAUN BINAHONG (*Anredera Cardifolia*)

Nindi Komala Sari^{1*}, Diny Agusti ni Sandrasari¹, Intan Nurul Azni¹

¹ Universitas Sahid, Jakarta

ABSTRAK: Daun binahong memiliki salah satu senyawa utama yaitu flavonoid yang diketahui

dapat bersifat sebagai antioksidan. Berbagai metode pengeringan seperti pengeringan menggunakan oven, sinar matahari maupun dikering anginkan dapat berdampak terhadap total

flavonoid, total fenol, dan aktivitas antioksidan dari ekstrak herbal tertentu. Tujuan dari penelitian

ini untuk mengetahui metode pengeringan yang tepat untuk daun binahong sehingga menghasilkan

nilai total fenol, flavonoid, dan aktivitas antioksidan yang tinggi. Metode pengeringan dalam

penelitian ini adalah menggunakan tiga metode, yaitu kering angin, matahari, dan oven. Daun

binahong yang telah dikeringkan dianalisis aktivitas antioksidan, kadar air, total fenolik, kadar

vitamin C, serta flavonoid total. Hasil penelitian menunjukkan bahwa daun binahong yang

dikeringkan menggunakan metode kering angin menghasilkan aktivitas antioksidan yang diuji

dengan metode FRAP 55,20%, metode DPPH 25,94%, total fenolik 5,10 μ g GAE/gr daun kering,

kadar vitamin C 39,9%, dan kadar air 9,71%. Metode pengeringan memberikan dampak terhadap

senyawa bioaktif dan aktivitas antioksidan daun binahong.

Kata Kunci: Antioksidan, daun binahong, DPPH, FRAP, metode pengeringan.

ABSTRACT: Binahong leaves have main compounds called flavonoids which are known to act as antioxidants. Various drying methods such as using oven, sunlight or wind will give different impact on the total flavonoid, total phenol, and antioxidant activity of certain herbal extracts. The purpose of this study was to determine the appropriate drying method for binahong leaves so as to produce high antioxidant activity. Drying methode in this study using by three different methods which are airdrying, sundrying and oven-drying. Binahong leaves that have been dried were analyzed to determine antioxidant activity, water content, total phenolic content, vitamin C content, and total flavonoids. Results shows that the binahong leaves dried by airdrying method produced the antioxidant activity were analized with FRAP method 55.20%, DPPH method 25.94%, total phenolic content 5.10 g GAE/gr dried leaves, vitamin C content 39.9%, and water content of 9.71%. Drying method has an impact on the bioactive compounds and antioxidant activity of binahong leaves.

Keywords: Antioxidants, Binahong leaves, DPPH, FRAP, drying methods