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**Case Report: How Does The Effects of Lavender (*Lavandula angustifolia*)
Aromatherapy to Control Levels of Low Density Lipoprotein (LDL)**

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Objectives: Low Density Lipoprotein (LDL) is a molecule composed of proteins and lipids that functions as the main transporter of cholesterol and fat in the blood. Lavender (*Lavandula angustifolia*) Aromatherapy is one type of essential oil produced by lavender flower which can provide a calming effect. This study aimed to determine the effect of lavender (*Lavandula angustifolia*) Aromatherapy on LDL levels.

Methods: The method was the experimental research method. The sample was 2 groups of male mice namely: 1 group was not treated and 1 group was given an electric shock stressor for a certain time. Each mice that had been given further treatment were measured in LDL levels.

Results: The results of the experiment showed that the A2B2 treatment group that was given an electric shock stressor with aromatherapy for 30 seconds showed a decrease in blood LDL levels (35.1 ± 2.3 mg / dl) compared to the A2B1 treatment group which was only given a stressor namely (38.1 ± 5.3 mg / dl). The A2B3 treatment group that was given an electric shock stressor with aromatherapy for 60 seconds showed a decrease in blood LDL levels (30.3 ± 2.3 mg / dl) compared to the A2B1 treatment group that was only given a stressor and the A2B2 group with an aromatherapy interval of 30 seconds, which the factorial variance analysis showed significant differences ($p < 0.05$).

Conclusions: Based on the analysis of experimental data, it can be concluded that the administration of lavender (*Lavandula angustifolia*) aromatherapy has an effect on reducing levels of Low Density Lipoprotein (LDL)