

THE EFFECT OF AJWA DATES (*Phoenix dactylifera* L) CONSUMPTION ON TOTAL CHOLESTEROL SERUM LEVELS OF PERIMENOPAUSAL WOMEN

Farah Ekawati Mulyadi¹, Berry E. Hasbi², Nasruddin A. Mappaware^{3*}, Ida Royani⁴, Erlin Syharil⁵, Muhammad Yusuf Ashadin Ahmad⁶, Raisha Apriliani⁶

¹*Department of Physiology, Faculty of Medicine, Universitas Muslim Indonesia, Indonesia* ²*Departement of Surgery, Faculty of Medicine, Universitas Muslim Indonesia, Indonesia*

³*Department of Obstetrics and Gynaecology, Faculty of Medicine, Universitas Muslim Indonesia, Indonesia*

⁴*Department of Nutritional Science, Faculty of Medicine, Universitas Muslim Indonesia, Indonesia*

⁵*Department of Radiology, Faculty of Medicine, Indonesia Universitas Muslim Indonesia, Indonesia*

⁶*Graduate School, Faculty of Medicine, Universitas Muslim Indonesia*

* Corresponding author.

E-mail Address: *nasrudin.nasrudin@umi.ac.id

Abstract

Objective: This study aimed to analyze the effect of daily consumption of Ajwa dates on the total cholesterol serum levels of perimenopausal women

Method: This experimental study with pre-post control design was conducted in Sitti Khadijah I Muhammadiyah Hospital, Makassar, Indonesia, from May until July 2024. This study involved 32 perimenopausal subjects aged 43-48 years divided into 2 groups randomly (16 subjects as the intervention group, and 16 subjects as the control group). Subjects in the intervention group consumed 7 pieces of Ajwa dates every morning for 8 weeks, while subjects in the control group did not consume dates. Blood samples were taken twice for all subjects, first at the beginning of the study and the second at 8 weeks after the first blood sampling. Total cholesterol (TC) was analyzed using standard methodologies. Collected data was statistically analyzed using SPSS Statistics 26.

Results: Consuming 7 pieces of Ajwa dates daily for 8 weeks significantly ($p < 0.05$) lower total cholesterol (TC) serum levels. The changes in total cholesterol levels in the intervention and control groups were significantly different ($p < 0.001$). Total cholesterol levels in the intervention group decreased by $11,12 \pm 28,38\%$ compared to those in the control group which increased by $6,41 \pm 20,85\%$.

Conclusion: The findings of this study revealed the nutritional and health potentials of Ajwa dates as an alternative to herbal medicine to manage hypercholesterolemia, particularly in perimenopause women.

KEYWORDS: Ajwa dates, Total Cholesterol Levels, Perimenopause