

## ABSTRAK

Ramuan cinta kasih adalah ramuan yang biasa digunakan oleh SKK sebagai efek tonikum pada masa pandemi. Namun, belum ada bukti empiris terkait efek terapi ramuan ini. Ramuan cinta kasih terdiri dari beberapa tanaman herbal seperti daun pepaya, jahe, kunyit, biji kelor, lengkuas, serai dapur, kemangi dan bunga telang yang memiliki kandungan alkaloid dan flavonoid sehingga berpotensi memberikan efek tonikum bagi tubuh. Penelitian ini bertujuan untuk mengetahui pengaruh efek tonikum pemberian infusa ramuan cinta kasih pada mencit jantan dengan metode *natatory exhaustion* yang mana mencit direnangkan lalu diamati kelelahannya dan waktu lelahnya dicatat untuk menghitung efek tonikum. Penelitian ini termasuk jenis penelitian eksperimental murni dengan rancangan acak pola searah. Pengujian dilakukan pada 25 ekor mencit yang akan dibagi kedalam 5 kelompok perlakuan secara acak. Kelompok I diberi *aquadest* sebagai kontrol negatif, kelompok II diberi kafein sebagai kontrol positif, kelompok III, IV, dan V diberikan infusa ramuan cinta kasih dengan tiga peringkat dosis yaitu 833,33 mg/kgBB; 1666,66 mg/kgBB; 3333,33 mg/kgBB. Proses analisis data dilakukan uji *Shapiro-Wilk*, *Levene Test*, *One-Way ANOVA* dan *Post Hoc-Tamhane;s*. Hasil uji fitokimia IRCK mengandung alkaloid, flavonoid dan saponin. Hasil penelitian menunjukkan bahwa IRCK dosis 833,33; 1666,66; 3333,33 mg/kgBB dapat memberikan efek tonikum pada mencit jantan.

**Kata kunci:** Ramuan cinta kasih, tonikum, infusa, *natatory exhaustion*

## ABSTRACT

Cinta kasih potion is a potion usually used by SKK as a tonic effect during the pandemic. However, there is no empirical evidence regarding the therapeutic effects of this herb. Cinta kasih potion consists of several herbal plants such as papaya leaves, ginger, turmeric, moringa seeds, galangal, lemongrass, basil and butterfly pea flowers which contain alkaloids and flavonoids so they have the potential to have a tonic effect on the body. This study aims to determine the effect of the tonic effect of administering an infusion of love potion on male mice using the natatory exhaustion method in which the mice are bathed and then observed for fatigue and the time they are tired is recorded to calculate the tonic effect. This research is a pure experimental type of research with a unidirectional randomized design. Testing was carried out on 25 mice which were divided into 5 treatment groups randomly. Group I was given distilled water as a negative control, group II was given caffeine as a positive control, groups III, IV, and V were given an infusion of love potion with three dose levels, namely 833.33 mg/kgBW; 1666.66 mg/kgBW; 3333.33 mg/kgBW. The data analysis process was carried out by the Shapiro-Wilk test, Levene Test, One-Way ANOVA and Post Hoc-Tamhane;s. IRCK phytochemical test results contain alkaloids, flavonoids and saponins. The results showed that the IRCK dose was 833.33; 1666.66; 3333.33 mg/kgBB can provide a tonic effect on male mice.

Keywords: Cinta kasih potion, tonic, infusion, natatory exhaustion