EFFECTS OF *Cinnamomum cassia (Nees S.T. Nees) J.Presl (CINNAMON)* IN LOWERING THE BLOOD CHOLESTEROL OF *Cavia porcellus* (GUINEA PIGS)

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ABSTRACT

The objective of this study was to determine whether cinnamon improves triglyceride, total cholesterol, HDL cholesterol, and LDL cholesterol levels in cholesterol induced guinea pigs (cavia porcellus). A total of 12 guinea pigs with induced high cholesterol were divided randomly into four groups. Groups T0, T1, T2, and T3. T0 was the control group and therefore did not receive cinnamon treatment. Group T1 consumed 1 dose of cinnamon which consisted of 48 mg. Group T2 had taken twice by receiving two doses. Group T3 had received 3 doses of 48 mg of cinnamon. The Cinnamon treatment was administered daily for one week until blood was collected and analyzed for the results. Results show that Group T3 which had received three doses of the treatment daily had significant differences within the Total Cholesterol, HDL, LDL, and Triglyceride values and suggest that inclusion of cinnamon in the diet of guinea pigs with high cholesterol levels will reduce risk factors associated with cardiovascular diseases.

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