

## ABSTRACT

Avocado seeds (*Persea americana Mill.*) contain flavonoids, saponins, and tannins. This study aims to determine whether the administration of avocado seed ethanol extract has an effect on lowering cholesterol levels in male white rats (*Rattus Norvegicus*). The purpose of this study was also to determine the compounds of avocado seed ethanol extract that play a role in inhibiting cholesterol levels *in Vivo* and to determine the effective dose. This study uses avocado seeds that's made into 96% ethanol extract preparations. The test animals used 15 male white rats which are divided into 5 groups, each group consisting of 3 test animals. Group I positive control (simvastatin 10 mg), group II negative control (Na CMC). Group III, IV, V were each given a dose of Avocado Seed Extract (ASE) of 75 mg/KgBM, 150 mg/KgBM and 200 mg/KgBM. Total cholesterol levels were measured with a cholesterol test kit on days 0, 8, and 15. The results of phytochemical screening tests, TLC (Thin Layer Chromatography), and IR (Infrared Spectroscopy) indicated the presence of flavonoid compounds, saponins, and tannins in the ethanol extract of avocado seeds. After being given ASE for 7 days, it is known that the effective dose to reduce cholesterol levels is 150 mg/KgBM with an average cholesterol reduction of 19.3 mg/dL with the percentage of 44.95%.

Keywords: Avocado Seed, Cholesterol, Phytochemical Screening, TLC, IR.