

## Evaluation of Laxative Effect and Fermentability of Gel Forming Component of Green Cingcau Leaves (*Premna oblongifolia* Merr.)

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### Abstract

The major effects of dietary fibre occur in the colon. Each type of dietary fibre interacts with the microflora, and the colonic mucosa and muscle to produce several possible effects. The action of an individual fibre source depends to a large extent on its fermentability. The least fermentable dietary fibres are in general having the greatest effects on stool output. Previous research showed that Gel Forming Component (GFC) of green cingcau leaves (*Premna oblongifolia* Merr.) had high fermentability *in vitro*. Therefore, in this research, we evaluated its effect on stool output and viable cells number of lactic acid bacteria in the digesta of rats fed with diet containing GFC. Fifteen of 3 months-old Sprague-Dawley<sup>(c)</sup> and<sup>(3)</sup> Rats fed with diet containing inulin<sup>(1)</sup>. The results showed that stool output of G was higher than I, but lower than C (6.30, 4.61, 7.21% (respectively)). feces consistency of G was softer than I, but harder than C. Number of viable cells of lactic acid bacteria in the digesta of G, I, and C were 12.85, 11.97 and 11.14 log of viable cells number/g digesta, respectively. These data suggest that GFC of green cingcau leaves had moderate laxative effect and fermentability.

**Key words:** cingcau, fermentability, laxative, dietary fibre.