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UJI DAYA HAMBAT EKSTRAK DAUN SAWO (*Manihara zapota*) TERHADAP  
BAKTERI *Escherichia coli*

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ABSTRAK

**Pendahuluan:** Daun sawo (*Manihara zapota*) dapat dimanfaatkan sebagai obat alternatif anti diare yang disebabkan oleh bakteri *Escherichia coli*. Penelitian ini adalah mengenai ekstrak daun sawo terhadap daya hambat pertumbuhan bakteri *Escherichia coli*. **Metode:** Ekstrak daun sawo diformulasikan pada berbagai konsentrasi dan dibagi dalam 7 perlakuan yaitu kontrol positif, kontrol negatif, ekstrak daun sawo konsentrasi 2%, 20%, 25%, 30%, dan 40%. **Hasil:** Ekstrak daun sawo memiliki daya hambat pertumbuhan bakteri *Escherichia coli* dan terdapat perbedaan aktifitas pada setiap konsentrasi. Konsentrasi ekstrak daun sawo konsentrasi 2% memberikan daya hambat pertumbuhan bakteri lemah (2,25 mm), dan konsentrasi 40% memberikan daya hambat pertumbuhan bakteri sedang (12 mm). **Kesimpulan:** Terdapat perbedaan daya hambat pada setiap konsentrasi ekstrak daun sawo. **Saran:** Mensosialisasikan kepada masyarakat tentang manfaat daun sawo dan disarankan menggunakan daun muda saat dilakukan penelitian.

**Kata kunci:** daya hambat, daun sawo, *Escherichia coli*

INHIBITION TES OF SAPODILLA LAEF EXTRACT (MANIKARA ZAPOTA)  
AGAINST THE GROWTH OF *ESCHERICHIA COLI* BACTERIA

ABSTRACT

**Introduction:** Sapodilla leaves (*Manihara zapota*) can be used as an alternative anti-diarrhea medicine caused by *Escherichia coli* bacteria. The aim of this study was to determine the sapodilla leaf extract against the growth inhibition of the *Escherichia coli* bacteria. **Methods:** Sapodilla leaf extract was formulated at various concentrations and divided into 7 treatments, namely positive control, negative control, sapodilla leaf extract with a concentration of 2%, 20%, 25%, 30%, and 40%. **Results:** Sapodilla leaf extract has the inhibitory power of *Escherichia coli* bacteria growth and there is a difference in activity at each concentration. The concentration of sapodilla leaf extract with 2% concentration gave weak inhibition of bacteriagrowth (2.25 mm), and 40% concentration gave medium inhibition of bacteriagrowth (12 mm). **Conclusion:** There are differences in the inhibitory power at each concentration of sapodilla leaf extract. **Suggestions:** Socialize to the public about the benefits of sapo leaves and it is recommended to use young leaves when research conducted.

**Key words:** inhibition, sapodilla leaves, *Escherichia coli*

PENDAHULUAN

Tanaman sawo (*Manihara zapota* L.) adalah tanaman buah family dari Sapotaceae yang berasal dari Amerika

Tengah dan Meksiko. Daun sawo mengandung senyawa aktif sehingga mampu menghambat dan membunuh bakteri seperti Shigella, Salmonella Typhi, dan *Escherichia coli* ( *E. coli*). Zat yang