GIVING SIAM PUMP JUICE TO REDUCE BLOOD PREECLAMPSIA PRESSURE BLOOD PRESSURE IN PMB YULIATI JENALAS GEMOLOGIN

Aisy Agus Tia Ningrum (2019)
Midwifery Diploma III Study Program
Sri Kustiyati., Rina Sri Widayati

ABSTRACT

**Back Ground:** Preeclampsia occurs at more than 20 weeks' gestation, with preeclampsia sharing a system that improves maternal function and fetal growth. Siamese squash is a vegetable that is used as a food ingredient, chayote also contains nutrients and anti-inflammatory, most of the content of potassium in chayote can reduce blood pressure in pregnant women preeclampsia **Purpose:** Describe the consumption use of pregnancy with preeclampsia. **Research methods:** Using descriptive research with respondents 2 early trimester pregnant women who increase preeclampsia by buying pumpkin siam juice for 7 days with a dose of 500 gr **Results:** Results of case studies that are proven to help reduce the use of pregnant women, using Ny's blood. N 146/90 mmHg to 125/75 mmHg and Ny. U 143/90 mmHg to 120/70 mmHg. **Conclusion:** giving pumpkin juice can reduce blood pressure in pregnant women with preeclampsia.

**Keywords:** Siamese Pumpkin Juice, Blood Pressure, Pregnant Women