IMPLEMENTATION OF CUCUMBER + PAPAYA + WATERMELON JUICE TO SYSTOLIC BLOOD PRESSURE AND DIASTOLIC PATIENTS WITH HYPERTENSION IN NOGOSARI PUSKESMAS WORKING AREA REGENCY OF BOYOLALI

ABSTRACT

Background: Hypertension is abnormal high blood pressure, generally a person experiencing hypertension when the blood pressure is ≥ 140 systolic mmHg or ≥ 90 mmHg diastolic. Based on the blood pressure measurement of people aged ≥ 18 years 2017, obtained Nogosari Puskesmas is the first sequence of the number of hypertension sufferers from 29 health centers in Boyolali district of 19,428 inhabitants. Purpose: Describe the implementation of the application of cucumber + papaya + watermelon juice in Nogosari Puskesmas. Method: The measuring instrument used in this application is a Digital Sfigmomanometer, which is a tool for measuring the patient’s blood pressure. Blood pressure was measured before and 2 hours after the feeding of cucumber juice + papaya + watermelon, then the results were recorded in the observation sheet once a day for 7 days. Results: A decrease in systolic and diastolic blood pressure after administration of cucumber + papaya + watermelon juice with an average decrease of 4.8/2.3 mmHg and 13.5/2.3 mmHg. Conclusion: There was a decrease in systolic and diastolic blood pressure after cucumber + papaya + watermelon juice.

Keywords: Hypertension, Blood pressure, Cucumber + papaya + watermelon juice.