

CUCUMBER JUICE TO REDUCE BLOOD PRESSURE ON PATIENTS WITH HYPERTENSION IN KETIGO, JUMAPOLO

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ABSTRACT

Background : *The 2015 WHO data shows that around 1.13 billion people in the world suffer from hypertension. The number of hypertensive sufferers in the world continues to increase every year, can be estimated to be 1.15 billion in 2025 or about 29% of the total world population. Indonesians aged over 18 years, around 25.8% suffer from hypertension. Based on the health profile of the Central Java province in 2015, the prevalence of hypertension was 11.3%. From the results of blood pressure measurements, 17.74% stated hypertension / high blood pressure. Based on the Karanganyar Health Office in 2018, there were 9106 cases of hypertension from the puskesmas report. And based on preliminary studies that have been done by the authors in Ketigo hamlet, the results of 15 people 8 of them suffered from hypertension, namely 5 women and 3 men.* **Aim:** *Describe the implementation of the action of giving cucumber juice to reduce blood pressure in patients with hypertension.* **Method:** *Descriptive research method with case study design.* **Findings:** *The results of a decrease in blood pressure after the application of cucumber juice Ny.W systolic blood pressure 20 mmHg diastolic 20 mmHg, Ny.N systolic blood pressure 30 mmHg and Diastolic 15 mmHg.* **Conclusion:** *There were differences in blood pressure in both respondents after being given the application of cucumber juice.*

Keywords: *Blood pressure, Hypertension, Cucumber Juice*