

ABSTRACT

THE EFFECTIVENESS OF CUCUMBER JUICE AGAINST BLOOD PRESSURE ON THE NY. S IN KUNCEN VILLAGE IN 2017

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Background: Heart and blood vessel disease, including hypertension has been a deadly disease of many people in developed and developing countries over the past eight decades. Hypertension is often referred to as a silent killer, because it is often hypertensive sufferers for years without feeling any disturbance or symptoms. Treatment is traditionally safer when compared with modern medicine. The content of flavonoids that can inhibit the angiotensin-converting enzyme, and low sodium in cucumber fruit can be used for high blood pressure therapy. **Objective:** To describe the results of the effectiveness of fruit juice to blood pressure in Ny.S in Kuncen village in 2017. **Method:** The research used case study research with descriptive research design. **Result:** The research was done by interview and observation method. Data collection on Ny. S was performed for 7 days in 6 meetings on 21-27 May 2017. Blood pressure measurement was done 2 times on 21 May 2017, 5 minutes before consuming cucumber fruit juice the result was 150/100 mmHg and dated May 27, 2017, 5 minutes after consuming cucumber fruit juice the result is 130/90 mmHg. **Conclusion:** There is a decrease in systolic blood pressure 10 mmHg and diastolic 10 mmHg after being given cucumber fruit juice.