

# APPLICATION OF CUCUMBER JUICE ADMINISTRATION TO REDUCE BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN RW 07 PURWODININGRATAN VILLAGE JEBRES DISTRICT, SURAKARTA CITY

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## ABSTRACT

**Background:** Hypertension is an unnatural increase in blood pressure that lasts for a long time. Blood pressure is categorized as hypertension if systolic blood pressure is  $\geq 140$  mmHg and diastolic blood pressure is  $\geq 90$  mmHg. Non-pharmacological actions using plant-based natural resources can also be used in controlling blood pressure. The complementary therapy in hypertensive patients is non-pharmacological therapy, namely the administration of cucumber juice. **Objective:** To find out the results of the implementation of cucumber juice to prevent blood pressure in RW 07 Purwodiningratan Village. **Method:** The research design of this paper is a type of case study with a descriptive method design. **Results:** From the results of the application of cucumber juice for 7 days, it showed a decrease in blood pressure. The results of blood pressure measurement in 1 pre-intervention respondent were in the category degree 2 hypertension and after the post-intervention in the normal category. Respondents 2 pre-intervention blood pressure in the category of degree 3 hypertension and post intervention blood pressure in the category of degree 1 hypertension. **Conclusion:** There was a difference in blood pressure before and after the application of cucumber juice administration to the two respondents.

**Keywords :** Hypertension, Blood Pressure, Cucumber Juice