

GIVING SIAM PUMP JUICE TO REDUCE BLOOD PREECLAMSIA
PRESSURE BLOOD PRESSURE IN PMB YULIATI JENALAS GEMOLONG

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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*