

ABSTRACT

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CUCUMBER JUICE TO REDUCE BLOOD PRESSURE ON PATIENTS WITH HYPERTENSION IN BULUKAN SUKOHARJO

ABSTRACT

Background: Hypertension is a state when the systolic blood pressure is more than 140 mmHg and diastolic blood pressure is more than 90mmHg. Generally, hypertension management is divided into two, pharmacological and non-pharmacological. Non-pharmacological therapy that can be used to reduce hypertension is fruit and vegetable diet, including cucumber diet. Cucumber is rich of calcium, magnesium, and phosphor which are effective to treat hypertension. **Aim:** To describe the result of cucumber juice drinking to reduce blood pressure on patients with hypertension in Bulakan, Sukoharjo. **Method:** The method used in this research was case study involving descriptive research. **Findings:** The blood pressure reduction after the treatment with cucumber juice on Mrs. M's systolic and diastolic blood pressure is 30 mmHg and 10 mmHg respectively while Mr. S' is 20 mmHg and 10 mmHg respectively. **Conclusion:** There is blood pressure reduction on the patients with hypertension after being treated with cucumber juice in Bulakan Sukoharjo. **Suggestion:** It is expected that the respondents can consume cucumber juice by their own to treat the hypertension.

Keywords: Blood pressure, Hypertension, Cucumber Juice