

## ABSTRACT

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| <b>THE USE OF STAR FRUIT JUICE TO LOWER BLOOD PRESSURE OF PATIENTS WITH HIGH BLOOD PRESSURE IN BAYAN RT 02 RW VII KADIPIRO, BANJARSARI, SURAKARTA</b>   |   |
| <b>ABSTRACT</b>   |   |
| <p><b>Background:</b> Hypertension or high blood pressure is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90mmHg over two measurements with an interval of five minutes in enough rest/calm conditions. Star fruit juice consumption is one of non pharmacologic management of hypertension patients. <b>Purpose:</b> This study was aimed to investigate the effectiveness of star fruit juice to lower blood pressure of hypertensive patients. <b>Research method:</b> The study was done through an application method which was applied in two patients as participants. The findings were analyzed using descriptive method with an appropriate interpretation. <b>Result of research:</b> The results from this study showed that before and after star fruit juice consumption, the blood pressure of the two patients decrease from 150/100 mmHg to 130/90 mmHg and from 170/110 mmHg to 145/90 mmHg. <b>The conclusion:</b> from this study was star fruit juice consumption is an effective way in lowering blood pressure of people with hypertension, and the consumption of star fruit juice can be used as an alternative to non-pharmacology treatment to lower blood pressure for hypertensive patients.</p> |   |
| <b>Keywords:</b> Star fruit juice, hypertension, blood pressure.  |   |