

**THE APPLICATION CONSUMPTION OF GREEN TEA
TO BLOOD CHOLESTEROL LEVELS
IN HYPERCHOLESTEROLEMIA
PATIENTS IN GAJAHAN
SURAKARTA**

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ABSTRACT

Background : hypercholesterolemia is a condition where blood cholesterol level in the body exceed normal limits. This situation if not addressed will increase risk of stroke and coronary heart disease that can cause death. One of the non pharmacological treatment efforts that can be taken that is by using green tea. The content of antiocsidant in green tea is able to lower blood cholesterol levels in the body. **Aim** : This study aims to determine the effect of green tea on blood cholesterol levels in patients with hypercholesterolemia in Kelurahan Joyosuran Surakarta. **Method** : using descriptive methods and case studied and use cholesterol gauges and observation sheets. **Result** : the average cholesterol in both respondent before the application of green tea consumption of 252 mg/dl then after the application of green tea consumption the result of decreased blood cholesterol level in both respondent with an average yield of 215 mg/dl. **Conclusion** : Green tea consumption for 7 days in row obtained can lower blood cholesterol level in patients with hypercholesterolemia. **Keywords** : Hypercholesterolemia, Cholesterol, Green Tea