

**APPLICATION OF GIVING RED DRAGON FRUIT JUICE TO
LEVEL OF PATIENTS OF BLOOD GLUCOSE OF DIABETES MELLITUS
TYPE II IN THE VILLAGE AREA OF DISTRICT PELEM
SIMO BOYOLALI DISTRICT**

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ABSTRACT

Background: *Diabetes mellitus is a dangerous disease because its initial symptoms are rarely seen if it does not carry out an examination. Uncontrolled blood glucose levels cause various complications, including damaging several body systems, such as heart blood vessels, kidneys, eyes which can cause blindness, kidney failure, nerve damage (stroke), and death. Control of glucose levels in the blood can be done with natural ingredients, one of which uses red dragon fruit juice. Red dragon fruit juice is expected to reduce blood glucose levels in Type II DM patients.* **Objective:** *To describe the results of the application of red dragon fruit juice to blood glucose levels in type II DM patients in the area of Pelem District, Simo District, Boyolali Regency.* **Research Methods:** *This study used a descriptive method with the research instrument using a blood sugar test kit (Easy touch GCU) and an observation sheet for measuring blood sugar levels.* **Results:** *The study concluded that after applying 250 ml of red dragon fruit juice after every day during the 10 days there was a decrease in blood sugar levels in both respondents.* **Conclusion:** *the application of red dragon fruit juice can reduce blood sugar levels in type II DM patients.*

Keywords: *red dragon fruit, blood glucose levels, type II diabetes mellitus*