

THE APPLICATION OF CHAYOTE (CUCURBITACEAE MEASUREMENT AGAINST CHOLESTEROL AND BLOOD PLESSURE IN PATIENTS WITH HYPERTENSION IN GAYAM SUKOHARJO

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ABSTRACT

Back Ground :High blood disease is an increase of abnormal blood pressure, either systolic blood pressure or diastolic blood pressure, while cholesterol is a sterol-containing metabolites area a type of fat molecule which is lipid in the flow blood. How to decrease high blood pressure in people with hypertension cholesterol and can be done in a variety of ways by using chayote. **Objectives** : The purpose of the study to find out the influence of chayote against cholesterol and blood pressure in patients of hypertension in GayamSukoharjo.. **Method** :Design research using pre-Experimental Design in the field whit One-Design Group Pre-Post Test Design. The determination of sample research using purposive sampling, where sampling is chosen in accordance with the number of researchers with 2 patients of hypertension GayamSukoharjo. The research result prove before given chayote over (60,0%) half of the respondents have hypertension blood pressure level 2 and less than half of (60.0%) half of the respondents experienced a worrying cholesterol in patients of hypertension, Whereas after the given therapy (chayote) less than half of (46.7%) respondents have hypertension blood pressure level ! and more than half of (60,0%) respondents experienced normal cholesterol in patients of hypertension.**Result** :It is recommended for patients of hypertension consume chayote that is made routinely or boiled juice every morning until normal cholesterol and blood pressure.

Keywords : Blood Pressure, Chayote, Cholesterol, Hypertension Patients Herbal Therapy