

**APPLICATION OF GIVING TOMATO JUICE TO DECREASING  
BLOOD PRESSURE IN MEN AGE 40-45 YEARS  
IN NGADIREJOSUKOHARJO DISTRICT**

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**ABSTRACT**

**Background;** Hypertension is a condition of someone who is experiencing an increase in blood pressure above normal which resulted in damage to the heart can not pump blood in sufficient amounts into the body. One way to lower blood pressure with tomato juice. It is effective because there is lycopene, potassium contained in tomato fruit which has the effect of lowering blood pressure. **Aim;** Describing the implementation of the result of the blood pressure values through tomato juice hypertensive therapy in men ages 40-45 years. **Method;** Descriptive research by applying the results of research that has been done before, to know the results of changes in blood pressure before and after administration of tomato juice with sample number 2 respondents. **Results;** The application shows that effect after consuming tomato juice, it can decrease blood pressure. Mr. D blood pressure decreases from 130/90 mmHg to 120/80 mmHg and Mr. B blood pressure also decreases from 135/100 mmHg to 130/90 mmHg. **Conclusion;** After being done to the two respondents, giving tomato juice to hypertensive can decrease the blood pressure step by step.

**Keywords :** Blood Pressure, Hypertension, Tomato Juice.