

## **Development of Pudding from Corn Silk Extract for Hypertension Suffers**

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### **ABSTRACT**

Hypertension is a kind of diseases that can't be transmitted because this disease has become a problem in the world, it does not make a significant difference also called the silent killer. The increase in hypertension that has occurred can be prevented by providing herbal and non-herbal treatments. Flavonoids are metabolites that contain polyphenolic compounds from plants (herbs). The aims of this study was to study the effect of added young corn extract on the characteristics of pudding. The experimental design used was a Randomized Block Design. Determination of the formulation in this study was carried out using corn silk extract and solvents (air) namely 1: 5, 1: 10, 1: 15, 1: 20, 1: 25 and each aid was repeated 5 times. Analysis conducted on pudding products are chemical properties (flavonoids), physical properties (elasticity), organoleptics, nutritional composition, nutritional value information, and composition of added. The results showed that the cornflower juice pudding with the solvents possessed significant differences ( $P < 0.05$ ) on the level of flavonoids, level of elasticity test, hedonic quality test on color, aroma and hedonic test on aroma. However, it does not significantly support ( $P > 0.05$ ) the hedonic quality test on taste, texture and hedonic test on texture, taste and color. The best treatment is pudding using A1 (1 essence of corn silk: 5 solvents). Patients with hypertension are recommended to consume 1 cup (90ml) a day twice a day.

**Keywords :** Hypertension, *Pudding*, Corn Silk Extract, Flavonoid.