

ABSTRACT

YUNI PURNAMASARI, The Effect of Papaya Leaf Extract toward Reduction of Blood Pressure in Patient of Primer Hypertension in RSD Kalisat in Jember Regency, Chairman Supervisor Commission: Ir.Heri Warsito, MP, Member: dr. Adhiningsih Yulianti.

Hypertension or high blood pressure is one of the most devastating killer diseases in the world today, hypertension referred to as one of the degenerative disease. Treatment of hypertension can be performed with pharmacological therapy using medicine, and no pharmacologic therapy utilizing medicinal plants can be overcome hypertension (Back to Nature). One of the natural products that can reduce the blood pressure is papaya leaf (*Carica papaya L*) which contains high potassium and low sodium.

The purpose of this research is to know the effect of the papaya leaf extract (*carica papaya l*) to decrease blood pressure in patients with primer hypertension in RSD Kalisat in Jember regency. This research was conducted on 1st July to 8th July 2013. This research using *Quasi-Experiment with Equivalent Control Group approach* involving 30 respondents as research sample by giving papaya leaf extract for 7 days, each 200 ml for every gift and given 2 times a day after having breakfast, and lunch. Pada pengukuran tekanan darah sistolik dan diastolik awal dan akhir pada kelompok pemberian sari daun pepaya dianalisis menggunakan uji *Wilcoxon*, pada kelompok kontrol obat (captopril) pengukuran tekanan sistolik dan diastolik awal dan akhir dianalisis menggunakan uji *Wilcoxon*, sedangkan pengukuran tekanan darah sistolik awal dan akhir pada kelompok pemberian kontrol obat (reserfin) dianalisis menggunakan uji *Paired t-test*, untuk pengukuran tekanan darah sistolik awal dan akhir pada kelompok pemberian kontrol obat (reserfin) dianalisis menggunakan uji *Wilcoxon*. Results of the average systolic blood pressure after giving papaya leaf extract 135 mmHg and diastolic blood pressure 80 mm Hg, the average systolic blood pressure control for captopril 139 mmHg and diastolic blood pressure 80 mmH, and the average of systolic blood pressure control reserfin 144 mmHg and diastolic blood pressure 80 mmH.

There are differences in decreasing of systolic blood pressure between treatment groups papaya leaf extract, control group of antihypertensive medication (captopril), and control group of antihypertensive medication (reserfin) ($p = 0.000$), whereas for diastolic blood pressure there was no reduction difference between treatment groups papaya leaf extract and control group of antihypertensive medication ($p = 0.751$)

Keywords: Young Papaya Leaf, Blood Pressure, Primer Hypertension