

ABSTRACT

AGUNG WICAKSONO, Effect of Avocado Juice (Persian Americana Mill) to Decrease Blood Pressure in Patients with Primary Hypertension at Hospital Outpatient Unit Kaliwates Hospital, Jember Regency. Preceptor, leader: dr. Adhiningsih Yulianti, member: Ir. Rindiani. MP.

Hypertension is also called as the *silent disease* because no indication visible there. Hypertension progress runs systematically, however it is potentially very injurious. So that needs hypertension handling, by pharmacology therapy using medicine and non pharmacology therapy by fixing daily lifestyle and back to natural product (*back to nature*). One of natural product is avocado, which is provided in environment. Avocado contains high mineral potassium but low mineral sodium. Potassium can decrease blood pressure by giving vasodilatation effect, as the result, total decrease of periphery retention and increase heart *output*. Much potassium consumption will increase its concentration of intracellular liquid so that incline liquid pulling from extracellular and decrease blood pressure, and it contains flavonoids, which influence for angio- tension rennin system that can decrease blood pressure.

Destination of this research is finding avocado juice giving effect for blood pressure decrease by primer hypertension sufferer of Outpatient Unit General Hospital Kaliwates, Jember Regency. Method of this research is experiment by pra-experimental research project of *The One-Group pre-post test-design*. This research uses 13 samples, data analisis uses *Paired t-test dependent* (in pairs). Research result shows differences between systole and diastole blood pressure after and before giving avocado juice by $p=0.000$ ($p<0,05$).

Conclusion: avocado can decrease blood pressure of primer hypertension sufferer of Outpatient Unit Kaliwates Hospital, Jember Regency.

Key words: Avocado, Primer Hypertension, Blood Pressure