

ABSTRACT

Septy Indri. D.A. 2013. Giving difference Parsley juice (*Petroselinum crispum*) With Antihypertensive Drugs Against Decrease Blood Pressure In Patients with Primary Hypertension Unit Outpatient Health Center In Bangsalsari Jember. Thesis, Department of Health Polytechnic of Jember. Supervising Commission, Chairman: Ir. Rindiani, MP, Member: Ir. Heri Warsito, MP.

According of Ramayulis year (2010) hypertension is a chronic condition in which the blood pressure rises above normal blood pressure (140/90mmHg). The disease arises due to various risks such as smoking, dyslipidemia, diabetes mellitus, obesity, advanced age, and family history. Salt can lead to hypertension because it contains sodium, if the levels of salt that settles more and more blood vessels to constrict so that blood flow velocity is high. Treatment of hypertension can be done in two day, namely by pharmacological and non-pharmacological. Pharmacologically by using captopril, whereas in non-pharmacological parsley juice can be given. Parsley is known by the public because of the influence of the Dutch in Indonesia. Parsley is known by the Latin name *Petroselinum crispum* is an herb that has many benefits, one of which is to lower blood pressure. This study aims to determine the effect of the difference between parsley juice with antihypertensive medication (captopril) on blood pressure reduction. The studies using *pretest posttest design with control group*. The sample was hypertensive patients in outpatient health center Bangsalsari Jember. On the first day in measuring blood pressure, after which patients were given parsley juice for 7 days, and were given captopril for 7 days. At the end of the study, blood pressure posttest examination. The results of data processing using statistical tests. Mann-Whitney test results show that parsley has the same benefits as captopril in reducing blood pressure. Results of the Wilcoxon test showed that parsley can reduce systolic and diastolic press, whereas captopril may lower systolic blood pressure than diastolic blood pressure. The conclusion of this study is parsley has the same effectiveness to captopril in reducing blood pressure in patients with primary hypertension.

Keywords: Parsley Juice, Captopril, Blood Pressure, Hypertension Primer