

ABSTRACT

TRI JAYANTI, Sapodilla Juice Effect Against Decrease Blood Pressure In Patients In Hospital Besuki Primary Hypertension Situbondo, Guided by Ir. HERI WARSITO, MP and dr. ADHININGSIH YULIANTI.

The purpose of this study was to determine of sapodilla juice (*Achras zapota, L*) to lower blood pressure in patients with primary hypertension In Hospital Besuki Situbondo. The research was conducted on June 08 until June 15, 2013 in the Hospital Outpatient Unit Besuki Situbondo. This eksperiment use the Pre-test - post-test involving 16 respondents in the sample which 8 samples with sapodilla juice administration for 7 days, each 500 grams of brown and 150 cc of water for every gift and given 3 times a day before breakfast, lunch and dinner, while the other 8 samples with blood pressure lowering drugs (captopril) with frequency of drinking 3 times a day. Data were analyzed using paired t-test results. The results showed a difference in systolic and diastolic blood pressure before and after the intervention with $p = 0.000$ ($p < 0,05$). This study concluded that the drug Captopril and sapodilla juice can lower blood pressure in patients with primary hypertension.

Keywords: Sapodilla, Blood Pressure, Hypertension Primer, Anti Hypertension Drugs