

ABSTRACT

EKA AYU ARIYANTINI, study Carrot Juice Against Decrease Blood Pressure In Patients with Primary Hypertension In Jember Kidul Jember Health Center, Supervisor dr. ADHININGSIH Yulianti and Ir. HERI Warsito, MP

The purpose of this study was to assess the provision of carrot juice compared to administration of antihypertensive drugs on blood pressure reduction in patients with primary hypertension in Jember Health Jember district. Quasi-Experimental design involving 9 respondents as subject and 9 respondents as control. Subject group was administered by 350 ml carrot juice 3 times a day during 7 days. Control subject was administered by antihypertensive medication (captopril) 25 mg/day. Data of systolic and diastolic was analysis by *wilcoxon test and mann Whitney* test to see the difference between groups. Research results showed the average blood pressure after the awarding of carrot juice 136,11 mmHg and 88,89 mmHg respectively in systolic and diastolic, while the average blood pressure control antihypertensive medication (captopril) 132,22 mmHg and 85 mmHg respectively in systolic and diastolic. Test results of the differences between the treatment and control groups carrot juice antihypertensive medication (captopril) is ($p = 0.001$) and ($p = 0.07$) respectively in systolic and diastolic. There are differences decreased systolic and diastolic blood pressure before and after the awarding of carrot juice. There are differences between the control group carrot juice with antihypertensive medication (captopril).

Key words: Hypertension Primer, Wortel, Captopril, Blood Pressure.