

ABSTRACT

Fadiah Dian Arfiani, Department of Health Studies Program Clinical Nutrition Polytechnic of Jember. Effect of infusion Instant Noni Powder (morinda citrifolia) To Lower Blood Pressure Hypertension Patients In Primary Health Center Outpatient Unit Puger Jember. Supervising Commission, Chairman: Ir. Heri Warsito, MP, Member: Agustina Endah W., S. Sos., Kes
Hypertension is abnormally high blood pressure and measured at least three different occasions. Normal blood pressure varies with age, so any diagnosis of hypertension should be specific. Special handling, better than pharmacological therapy using drugs and non-pharmacological therapy, which is a modification of the pattern of daily living and return to the natural product (back to nature). One of these natural products is that Noni contains scopoletin. Scopolotin function widens blood vessels constrict and blood circulation, thus blood pressure to normal.

The study objective was to determine the effect of noni powder instant infusion (morinda citrifolia) to decrease blood pressure in people with hypertension in primary health centers Outpatient Unit Puger Jember. The research was conducted on June 1 to July 29, 2013 in Jember Puger health center.

Pre-study research methods approach Experiment with One Group Pre test - Post test involving 15 respondents as the sample was divided into 2 treatment groups. Namely the provision of steeping treatment noni powder instant bat and giving treatment group performed for 7 days. For steeping perakuan noni powder 80 grams each noni powder and 200 cc of water for every gift and given 2 times a day after breakfast and dinner. The data were analyzed using paired t-test.

Research results indicate the existence of differences in systolic and diastolic blood pressure before and after the administration of noni powder instant brew with $p = 0.003$ ($p < 0,05$).

Concluded that noni powder instant steeping give effect to the reduction of blood pressure in patients with primary hypertension decreased by 18-15% for 7 days.