

***The Effect Of Mixing Juice Celery, Apple And Honey Treatment For Decreased
Tention Of Primary Hypertension Patient In Workplace
Puskesmas Panti Jember***

Rindiani¹⁾, Ayu Febriyatna²⁾, Yulia Nur Azizah³⁾

**Yulia Nur Azizah
Study Program of Clinical Nutrition
Majoring of Health**

ABSTRACT

Primary hypertension is the most commonly discovered but unknown cause, thought to be caused by stress as the first trigger and many other factors, and experts have found a link between family history of hypertensive (genetic) patients. One of treatment to decreasing hypertension is consuming mixing juice are taken from celery, apple and honey. Potassium content may decrease the secretion (release) of renin resulting in inhibition of the Renin-Angiotensin System (decreased angiotensin I and II so that vasoconstriction of blood vessels is reduced). As a result there is a decrease in reabsorption (absorption) of sodium and water in the kidney and blood pressure becomes decreased. The main aim of this research is to knowing how far the mixing juice influence for decreasing blood tension for hypertension primary patient in workplace puskesmas panti jember. This research taken for 7 days by giving the mixing juice treatment to hypertension patient 3 times a day. The research use a quasi experiment design and aplying pre-test and post-test with control group design from 37 hypertension respondent. The results showed that the decrease in blood pressure systole ± 18.23 and diastole blood pressure of ± 7.06 which means that there is influence of juice combination of celery apple and honey to systole blood pressure and diastole blood pressure on respondents of hypertensive patients in the working area Puskesmas Panti Jember

Keywords: *mixing juice (celery, apple and honey), decrease in blood pressure, primary hypertension*