

The Literature Study of The Antihypertensive Fruits Content Effect on Blood Pressure in The Elderly with Hypertension

Kriza Haryati

Clinical Nutrition Study Program

Department of Health

Abstract

Hypertension is an abnormal increase of blood pressure in the arteries that carry blood away from the heart and pump it throughout the tissues and organs of the body continuously over a period of time. The risk of developing hypertension will increase as a person ages. Hypertension can be treated by non-pharmacologically way, which is consuming antihypertensive fruits. This literature review aimed to examine the results of explanatory and experimental research articles published in the last 10 years or starting in 2011 related to the antihypertensive content of fruits. This study used the Systematic Literature Reviews (SLR) method and searched online databases such as Google Scholar and Science Direct with the keywords fruit, blood pressure, hypertension and elderly. This stage was carried out through problem identification, data search, screening, quality assessment, and data extraction to obtain 20 literatures. The results of the review showed that the content of potassium, magnesium, flavonoids, and vitamin C as antihypertensive substances could reduced blood pressure in the elderly with hypertension.

Keywords: fruit, blood pressure, elderly, hypertension