

PEMANGKUR - JUICE THERAPY : REDUCING BLOOD PRESSURE IN HYPERTENSION PATIENTS IN SOYA COMMUNITY HEALTH CENTER AMBON

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ABSTRACT

Introduction : Hypertension is a common problem in the community so that many people are addicted to medical drugs which will certainly have a bad impact on their body. Efforts are being made to shift the habit of consuming medical drugs towards complementary medicine, one of which is with pemangkur-juice. **Method:** The research used was a pre-experimental design with one group pretest-posttest design. The sample of this study was selected using a non-probability sampling technique with a purposive sampling (n =35, $\alpha =0,005$). **Results:** There is an effect of pemangkur-juice to reduction of blood pressure in hypertensive patients in Soya Public Health Center ($p = 0,000$) with decrease in mean (Systolic: Pre=150,29 and Post= 134,29; Dyastolic; Pre=100,29 and Post 89,43) and standard deviation (Systolic: Pre=16,713 and Post= 13,993; Dyastolic; Pre=12,945 and Post= 8,832). **Conclusion:** Pemangkur-Juice can be as one of complementary therapy for reducing blood pressure in patient hypertension.

Keywords: *Blood Pressure, Hypertension, Pemangkur-Juice*