

Health Polytechnic of the Ministry of Health Bandung
Diploma III Nursing Study Program (Bogor Campus)

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Application of Tomato Juice Therapy to Reduce Hypertension in the Elderly
in RW 11, Bubulak Village, Bogor City

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ABSTRACT

Hypertension is a non-communicable disease that is most commonly suffered by the elderly. Actions to treat hypertension are pharmacological and non-pharmacological. One of the non-pharmacological measures to reduce blood pressure is tomato juice therapy. **The aim is** to determine the application of tomato juice therapy in lowering blood pressure in elderly people with hypertension in RW 11, Bubulak Village, Bogor City. **The method** used is case study research with 4 respondents. **The research results** showed that three out of four respondents experienced a decrease in blood pressure after consuming tomato juice over a four-day period with a decrease in systolic 25-30 mmHg and diastolic 10-20 mmHg. **In conclusion**, tomato juice therapy can relatively reduce blood pressure in elderly people with hypertension. **This recommendation** for tomato juice therapy can be used as a non-pharmacological treatment to reduce hypertension in the elderly which can be done routinely and independently at home.

Keywords: Elderly, Hypertension, Blood Pressure, Tomato Juice Therapy.

Bibliography: 57 Sources (2013-2023).

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