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SWEET STAR FRUIT REDUCES BLOOD PRESSURE IN NORMOTENSIVE SUBJECTS

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Abstract

Traditional medicine is always recommended in Indonesia to solve medical problem. Various medicinal plants can be found in this country. Sweet star fruit is one of them. It can decrease blood pressure, reduce GIT problem, and antioxidant. It consists of potassium, whose function is as diuretic and decreases blood pressure. This research used sweet star fruit because the fruit can decrease blood pressure. Samples selection used simple random sampling method. The criteria of the sample were age 17-22, weight 50-80 kg with n = 90, who were divided into 3 groups. The control group was given with 200 ml of water, the first treatment group was given 200 ml sweet star fruit juice (Averrhoa carambola L.), and the second treatment groups were given with a mixture of 100 ml sweet star fruit juice (Averrhoa carambola L.) diluted with 100 ml water. Data analysis used SPSS software. The results showed significant decrease in systolic blood pressure and a non-significant decrease in diastolic blood pressure after 30 minutes administration of 200 ml sweet star fruit juice (Averrhoa carambola L.). Whereas, systolic and diastolic blood pressure after 60 and 90 minutes showed a significant difference in blood pressure reduction. Treatment with 100 ml sweet star fruit juice (Averrhoa carambola L.) and 100 ml of water revealed similar results with the results of treatment with 200 ml of sweet star fruit juice (Averrhoa carambola L.). The results of this study indicated that there were significant changes in blood pressure, while differences in dose of sweet star fruit juice did not produce significant effect. It was very unfortunate that the data for SPSS processing were normally distributed. This may be caused by several factors, such as different condition of the body between one subject and the others. (FMI 2012;48:198-202)

Keyword: Star, fruit, blood, pressure, potassium, ,

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