EFFECTIVENESS OF TOMATO IN REDUCING BLOOD PRESSURE IN PREGNANT WOMEN WITH HYPERTENSION: A SYSTEMATIC REVIEW

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ABSTRACT

Background: Hypertension is the most common medical problem encountered in pregnancy and remains an important cause of maternal, and fetal, morbidity and mortality. It complicates up to 15% of pregnancies and accounts for approximately a quarter of all antenatal admissions. The hypertensive disorders of pregnancy cover a spectrum of conditions, of which pre-eclampsia poses the greatest potential risk and remains one of the most common causes of maternal death. This study aimed to review systematically the effectiveness of tomato in reducing blood pressure in pregnant women with hypertension.

Subject and method: This was a systematic review. The dependent variables were blood pressure and malondialdehyde level. The independent variable was giving tomato dry powder. Sources of literature included Google Scholar, Proquest and Science Direct. The keywords for this review included tomato, blood pressure and hypertension in pregnancy. The inclusion criteria were review, systematic review, clinical review and guidelines. After review process ten articles were included in this review.

Result: Tomatoes can be used as non-pharmacological therapies to reduce hypertension in pregnant women. Tomatoes contain substances such as lycopene and potassium which are useful for lowering blood pressure in pregnant women with hypertension. Interventions supplementing tomato were associated with significant reductions in systolic blood pressure.

Conclusion: Interventions supplementing tomato can be used as non-pharmacological therapies to reduce hypertension in pregnant women.

Keywords: tomato, blood pressure, hypertension in pregnancy.

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