

**THE EFFECT OF CELERY JUICE ON BLOOD PRESSURE  
AMONG HYPERTENSIVE PATIENTS IN BAKALAN VILLAGE,  
KALINYAMATAN, JEPARA, CENTRAL JAVA**

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**ABSTRACT**

**Background:** High blood pressure (BP) is a global public health problem. According to WHO, it is one of the major causes of premature death worldwide, killing nearly 8 million people every year, and the problem is growing. Over 1 billion people are living with high blood pressure. A recent study found that taking celery seed extract improved BP levels in patients who had mild to moderate elevations. Celery contains a phytochemical called phthalides. As an extract, it's called NBP, and it relaxes the tissues of the artery walls to increase blood flow and reduce blood pressure. This study aimed to examine the effect of celery juice on blood pressure among hypertensive patients.

**Subjects and Method:** This was a quasi experiment conducted in Bakalan Village, Kalinyamatan, Jepara, Central Java, from March to April in 2016. A sample of 24 patients with systolic hypertension was selected for this study by simple random sampling. The dependent variable was blood pressure. The independent variable was celery juice administration. Data on blood pressure were measured by sphygmomanometer. Difference in means of blood pressure before and after celery juice administration was tested by t-test.

**Results:** Mean systolic blood pressure was lower after than before celery juice administration, and it was statistically significant. Likewise, mean diastolic blood pressure was lower after than before celery juice administration, and it was statistically significant.

**Conclusion:** Celery juice administration can reduce blood systolic and diastolic blood pressure in patients with systolic hypertension.

**Keywords:** celery juice, blood pressure, hypertensive patients

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