



Dian Novianti  
Informatics Engineering  
University of Muhammadiyah  
Cirebon

Pahla Widhiani  
Informatics Engineering  
University of  
Muhammadiyah Cirebon



Wahyu Triono  
PGSD Education study  
program  
University of  
Muhammadiyah Cirebon

Bastoni  
Animal Husbandry  
University of Muhammadiyah  
Cirebon



Fitri Dian Perwitasari  
Animal Husbandry  
University of Muhammadiyah  
Cirebon  
E-mail: [fitri.dian@umc.ac.id](mailto:fitri.dian@umc.ac.id)

Devi Yuliananda  
Animal Husbandry  
University of Muhammadiyah  
Cirebon



## **SOCIALIZATION OF COUNSELING ON THE BENEFITS OF NONI FRUIT FOR HYPERTENSION PATIENTS**

**Dian Novianti<sup>1</sup>, Pahla Widhiani<sup>2</sup>, Wahyu Triono<sup>3</sup>, Bastoni<sup>4</sup>, Fitri Dian Perwitasari<sup>5</sup>, Devi Yuliananda<sup>6</sup>**

<sup>123</sup>Informatics Engineering, University of Muhammadiyah Cirebon, Cirebon, Indonesia

<sup>456</sup>Animal Husbandry, University of Muhammadiyah Cirebon, Cirebon, Indonesia

Corresponding Author: [fitri.dian@umc.ac.id](mailto:fitri.dian@umc.ac.id)

**Abstract.** Hypertension or high blood pressure is a health problem that is increasingly encountered in Indonesia. Traditional medicine using natural ingredients, such as noni fruit (*Morinda citrifolia*), has long been used by the community as an alternative therapy. This community service activity aims to discuss the effectiveness of socialization and counseling regarding the use of noni fruit in helping lower blood pressure in hypertensive patients. The time and place of the event is August 20, 2024, in Lingsana Village with a total of 20 participants. Community service activities consist of: 1. Material preparation, 2.

Implementation: distribution of leaflets, lectures, and questions and answers, 3. Evaluation. Counseling about the benefits of noni fruit for hypertensive patients can increase public knowledge about this herbal treatment, which was previously tested by 62% and increased to 86%. However, to avoid side effects, paying attention to the dosage and how to use it is necessary.

**Keywords:** Hypertension, Noni, Socialization, Counseling, Traditional Medicine

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## INTRODUCTION

Hypertension is a medical condition characterized by a chronic increase in blood pressure, often without obvious initial symptoms. Hypertension is a medical condition characterized by the contraction of arterial blood vessels that causes resistance to blood flow, which increases blood pressure on the walls of blood vessels. High blood pressure should be found in patients who have at least three times the resting blood pressure measurement that exceeds 140/90 mmHg. Systolic blood pressure (tds) of more than 140 mmHg and diastolic blood pressure (tdd) of more than 90 mmhg are considered hypertension. Hypertension can cause complications in certain organs, such as stroke and coronary heart disease (Mertana and Hermawan, 2014).

Based on regional health research by the Health Research and Development Agency (IAARD) in 2013, hypertension is the third leading cause of death in Indonesia after stroke and tuberculosis, accounting for 6.7% of all population deaths in all age groups. According to a study by the WHO (World Health Organization) in 2017, about 600 million people are suffering from hypertension worldwide, and about three million people die each year from this disease. The number of people with hypertension is expected to increase by 80%. Of the 639 million people with hypertension in 2020, in developing countries, it is projected to reach 1.15 billion people by 2025 (Wahyudi et al., 2022).

Hypertensive disease in Indonesia is a significant health problem. To manage hypertension, lifestyle changes and the use of medications are equally important. Almost throughout life, a person with hypertension needs to take medication. So far, the available drugs, which consist of medicinal materials and finished drugs, are mostly imported and very expensive (Indriawati and Hartono, 2011). Many people use traditional medicine to lower high blood pressure (Indriawati and Hartono, 2011). Pharmacological treatment with synthetic drugs can help control hypertension. Due to the decreasing purchasing power of people, synthetic drugs are difficult to obtain. Non-pharmacological treatment with cheap noni fruit is one of the alternatives that can be used (Aditama, 2015).

Noni fruit is known to have many health benefits, one of which is lowering blood pressure. This fruit contains active substances such as scopoletin, which has a vasodilator effect, dilating blood vessels and thus lowering blood pressure. Therefore, informing people suffering from hypertension about the benefits of noni fruit is important. Noni fruit extract has many advantages: it is sold freely on the market and the ingredients are easily obtained, thus allowing patients to make efforts to control their blood pressure. This can help patients remain independent in maintaining their health, especially for patients who do not want to treat high blood pressure with medications. The purpose of community service activities: to discuss the effectiveness of socialization and counseling regarding the use of noni fruit in helping to lower blood pressure in hypertensive patients (Mertana and Hermawan, 2014).

## METHOD

Community service activities will be conducted on August 20, 2024, in Lingasana Village using a qualitative descriptive approach through socialization and counseling activities. Data was obtained from direct observation, interviews, and evaluation of participants' knowledge and attitudes after receiving counseling. The target participants were the PKK women of Lingasana Village, who voluntarily attended this activity totaling 20 participants.

### Activity steps:

1. **Material preparation:** compiling counseling materials that include information about hypertension, the benefits of noni fruit, and how to process noni fruit for hypertension sufferers.



Figure 1. Counseling materials

2. **Implementation of counseling:** this community service activity is carried out by distributing leaflets, lectures, followed by a question and answer session.



Figure 2. Spread of leaf leaf

3. **Evaluation:** this service activity was evaluated by using pre-test and post-test questionnaires to measure the increase in participants' knowledge about noni fruit and its use in the treatment of hypertension.

## RESULTS AND DISCUSSION

Noni plant (*Morinda Citrifolia L.*) One of the traditional medicines that people use to reduce blood pressure or hypertension is noni fruit because it has a variety of therapeutic effects, including rival, antibacterial, antifungal, and antitumor, boosts immunity, prevents cholesterol, and can lower hypertension (Wahyudi et al., 2022). The content of noni fruit" consists of its high antioxidants. Phenolic compounds in noni. Flavonoid compounds, rutin, quercetin, and luteolin which can inhibit, the activity of angiotensin-converting enzyme (ACE), scopoletin ( Arniyanti et al., 2023).

According to (Mertana and Hermawan, 2014) Noni fruit can significantly reduce hypertension, which noni fruit can be processed by seizing, grating, or blender to make juice. Noni fruit can be consumed after meals or before meals. According to (Arniyanti et al., 2023) the juice of noni fruit is obtained by concocting 1 ripe noni (250 grams) which is removed from the seeds. The pulp is then cut into pieces and mashed using a blender. The results of the refinement are filtered and 100 ml of juice is taken and then 100 ml of cooking water and 20 ml of honey are added. Noni juice is drunk 2 times a day for 7 days in a row. Noni can make noni fruit juice with a blender, remove the seeds, and add wine or apples (or both), then drink it twice a day (Marcellia and Zahara, 2021).

According to the observation results, participants who consumed noni juice for 2 weeks routinely reported a decrease in blood pressure of 5-10 mmHg. However, the use of noni as a therapy should be balanced with a healthy diet and regular exercise. There is an effect of giving noni fruit extract (*morindacitrifolia l.*) There was a decrease in blood pressure in adult men in

the working area of the Kemiling Health Center in Bandar Lampung in 2014 (Mertana and Hermawan, 2014). Statistically significant decrease in systolic and diastolic blood pressure in the elderly group who consumed noni extract capsules regularly (Indriawati and Hartono, 2011). Noni fruit is an antihypertensive that contains several compounds, namely *prexeronin* (endothelial vasoactive), *scopoletin* (causes vasodilation), and *xeronine* (effective diuretic) (Wahyudi et al., 2022).

The results of the pre-test questionnaire showed that 62% of participants did not know that noni fruit had benefits for lowering blood pressure. However, after counseling, 86% of participants became more aware and wanted to try consuming noni fruit as an alternative treatment for hypertension. These results show that PKK mothers understand the importance and benefits of noni fruit to reduce hypertension.

## CONCLUSION

Counseling about the benefits of noni fruit for hypertensive patients can increase public knowledge about this herbal treatment, which was previously tested by 62% and increased to 86%. However, to avoid side effects, paying attention to the dosage and how to use it is necessary.

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