

APPLICATION OF CELERY STEW IN REDUCE BLOOD PRESSURE TOWARDS ELDERLY WITH HYPERTENSION IN SIDOKARTO VILLAGE WONOGIRI

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ABSTRACT

Background: Number of cases hypertension diseases already almost spread in all of community groups in Indonesia and tend to increase especially in the elderly. Blood pressure in the elderly tends to increase during age. The traditional medication hypertension is more safety than modern medication. The content of apigenin and apiin is found in celery can reduce blood pressure. **Objective:** To describe result of effectiveness implementation of celery stew to decrease blood pressure toward elderly hypertensive in Sidokarto village, Wonogiri. **Method:** The study used a case study method and was descriptive with 2 respondents. **Results:** The result of measurement of systole blood pressure before doing treatment, the mean in Mr.M is 150 mmHg and in Mrs.K is 160 mmHg. The measurement results of systole blood pressure after conducted treatment during 3 days get mean for Mr.M is 140 mmHg and Mrs.K is 150 mmHg. The measurement results of diastole blood pressure before giving treatment obtained mean toward Mr.M 90 mmHg and Mrs.K is 90 mmHg. The measurement result of diastole blood pressure after conducted treatment during 3 days obtained mean toward Mr.M 80 mmHg and Mrs.K 80 mmHg. **Conclusion:** Celery drinks stew is effective to reduce blood pressure towards elderly with hypertension in Sidokarto village, Wonogiri.

Keywords: hypertension, celery, blood pressure