

**CELERY LEAF DECOCTION AS AN ACTION TO DECREASE THE BLOOD PRESSURE IN
HYPERTENSIVE PATIENTS WITH BOOKLET MEDIA**

Riski Antika Sari

antikasari06@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background; Hypertension is often referred to as the "silent killer", including a deadly disease. Hypertension can not directly kill sufferers, but hypertension can lead to diseases that are classified as severe and deadly. The prevalence of hypertension in Indonesia was recorded as 658,201 hypertension sufferers. For the Central Java Region, there are 121,153 people with hypertension. One of the ingredients to reduce hypertension and stabilize good blood pressure is celery which is processed into a stew. **Objective;** to provide information to patients about celery leaf decoction therapy to reduce blood pressure. **Method;** Using booklet media as information media, booklet is a small and thin book containing information equipped with pictures and easy to carry anywhere. **Result;** The booklet media to treat hypertension with celery leaf decoction is expected to increase knowledge for hypertensive sufferers, so that blood pressure can be controlled. **Conclusion;** With booklet media containing important information along with pictures and compiled attractively, it is hoped that hypertensive patients can clearly understand the decoction of celery leaves as an effort to reduce blood pressure in hypertensive patients with booklet media and apply it easily.

Keywords: Hypertension, Celery Leaf, Booklet