

**APPLICATION OF RED GINGER WARM WATER FOOT SOAKING IN
AN EFFORTS TO REDUCE BLOOD PRESSURE IN ELDERLY
HYPERTENSIVES IN THE BOYOLALI II COMMUNITY HEALTH
CENTER AREA**

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Abstract

Background: Hypertension is a common chronic disease in the elderly and can cause complications such as stroke, heart failure, and kidney failure. In the Boyolali II Health Center area, the prevalence of hypertension is high, while the coverage of elderly health services is still low. Warm water foot soak therapy with red ginger is a simple and inexpensive nonpharmacological method to help lower blood pressure because it has a vasodilating effect and active compounds that stimulate the parasympathetic nervous system. **Objective:** To describe the results of the application of warm water foot bath with red ginger on blood pressure in hypertensive elderly patients. **Methods:** Descriptive case study on two elderly hypertensive patients. The intervention was carried out for three consecutive days, once a day for 20 minutes in the afternoon. Blood pressure was measured using a digital tensimeter. **Results:** Mrs. R showed an average blood pressure reduction of 12.3/3.3 mmHg, while Mr. M showed a reduction of 9.3/2 mmHg. Mr. M showed a decrease of 9.3/2 mmHg. **Conclusion:** There is a decrease in blood pressure in the elderly after red ginger warm water foot soak therapy as a non-pharmacological effort.

Keywords: Hypertension, Red Ginger, Elderly, Foot Soak