

**APPLICATION OF FOOT SOAKING IN RED GINGER BOILED WATER
ON BLOOD PRESSURE REDUCTION IN HYPERTENSION
SUFFERERS IN THE JOYOTAKAN VILLAGE**

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ABSTRACT

Background: Hypertension is a non-communicable disease that is one of the leading causes of premature death worldwide. According to data from the World Health Organization (WHO) in 2015, cited in Riskesdas (2018), around 1.13 billion people worldwide suffer from hypertension. Based on the health profile of Central Java, the prevalence of hypertension among the population in Central Java Province is 37.57%. One of the relaxation therapies that can lower blood pressure in hypertensive patients is warm ginger root soaking. **Objective:** To determine the effect of soaking feet in boiled red ginger water on lowering blood pressure in hypertensive patients in Joyotakan Village. **Method:** The application method used in this writing is descriptive research employing a case study design. **Results:** The research results show that there was a decrease in blood pressure in hypertensive patients after being given a foot soak with boiled red ginger water. **Conclusion:** The application of soaking feet in boiled red ginger water can be used as a non-pharmacological therapy to lower blood pressure in hypertensive patients.

Keywords: Foot Soak, Hypertension, Red Ginger