

APPLICATION OF GIVING WHITE POWDER BREAKING WATER TO  
REDUCE BLOOD PRESSURE IN HYPERTENSION PATIENTS IN DLINGO  
1, DLINGO, BANTUL REGENCY

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ABSTRACT

**Background:** *In Indonesia the number of people with hypertension reaches 17-21%. Hypertension is not a disease caused by a single factor but many factors that affect blood pressure include heredity, sex, age, smoking, alcohol consumption, stress and sodium intake. Management of hypertension is generally divided into 2, namely pharmacology & non-pharmacology. Non-pharmacological therapy that can be used to reduce hypertension is a diet rich in fruits and vegetables, one of which is garlic. The content in garlic contains substances like alisin and hydrogen sulfide to treat hypertension. **Purpose:** Describe the implementation of the action of giving garlic boiled water to reduce blood pressure in elderly people with hypertension in Dlingo 1, Dlingo District. **Method:** Descriptive research method with a mixture of case studies. **Results:** The result of a decrease in blood pressure after the application of garlic cooking water Ny.p systolic blood pressure 140 mmHg diastolic 80 mmHg, Tn.S systolic blood pressure 140 mmHg and Diastolic 85 mmHg. **Conclusion:** There was a decrease in blood pressure in both respondents with hypertension after the application of garlic boiled water in Dlingo 1 Hamlet, Dlingo Subdistrict. **Suggestion:** It is expected that clients can apply the consumption of garlic boiled water independently as a treatment for lowering blood pressure.*

**Keywords:** *Blood Pressure, Hypertension, Water Garlic Decoction*