

# THE IMPLEMENTATION OF BAY LEAF ESSENCE TO BLOOD PRESSURE OF HYPERTENSIVE SUFFERERS IN SUKOHARJO VILLAGE.

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## ABSTRACT

**Background of study:** Hypertension is a condition where a person experiences an increase in blood pressure above normal which results in an increase in numbers morbidity and mortality. Blood pressure 140 / 90mmHg based on two phases in each heart rate, namely the systolic phase 140 shows the blood phase being pumped by the heart and diastolic phase 90 shows the phase of blood returning to the heart. **Purpose:** Describe the implementation of bay leaf essence to blood pressure of hypertensive sufferers. **Method:** Descriptive research by applying the results of existing research done before, to find out the results of changes in blood pressure before and after the application of bay leaves decoction was carried out with 2 respondents. **Result:** The results of this study were obtained before the application of bay leaves decoction was carried out the first respondent with a blood pressure of 160/90 mmHg and the second respondent with a blood pressure of 150/80 mmHg. After getting 7 treatments consumption of boiled bay leaves 2 times a day morning and evening each half glass (100ml), in both respondents decreased, in the first respondent with blood pressure of 150/80 and in the second respondent with blood pressure 130/90. **Conclusion:** Bay leaf essence has been shown to reduce blood pressure in hypertensive patients.

**Key words:** *blood pressure, hypertension, bay leaf*