

THE IMPLEMENTATION OF SOAK THE FEET IN WATER MIXED WITH SALT AND LEMONGRASS AGAINST HYPERTENSION PATIENTS IN PULISEN VILLAGE

Reni Saputri, Erika Dewi Noorratri, Ida Nur Imamah

Renisaputri92@gmail.com

STIKES ` AISYIYAH SURAKARTA

ABSTRACT

Background: Hipertensi is one of the non-contagion diseases which is a big and serious problem, because the prevalence of hypertension is high and tends to increase. Hypertension often doesn't show much symptoms so it becomes a silent killer (the silent killer of death) and becomes the main cause of heart disease, stroke and kidney. One of non-pharmacological therapy to reduce high blood pressure is to soak the feet using warm water with a mixture of salt and lemongrass regularly. **Purpose:** To describe the results of implementation of blood pressure in patients with hypertension by soaking the feet using warm water with a mixture of salt and lemongrass to reduce blood pressure in patients with hypertension. **Method:** This study is using a descriptive method by applying the results of previous studies to find out before and after the foot soak using warm water with a mixture of salt and lemongrass and observation sheet. **Result:** After applying the procedure, soak the feet using warm water with a mixture of salt and lemongrass in both respondents. Decreases occur from degree 2 to pre-hypertension. Ny.K blood pressure decreases from blood pressure 160/100 mmHg to 140/90 mmHg, while Ny.S decreases from blood pressure 160/90 mmHg becomes 130/90 mmHg. **Conclusion:** There is a decrease in blood pressure after the application of soaking feet using warm water with a mixture of salt and lemongrass.

Keywords: hypertension, salt, lemongrass