

**PENERAPAN PEMBERIAN SEDUHAN DAUN ALPUKAT TERHADAP
TEKANAN DARAH PADA PASIEN HIPERTENSI DI UPT
PUSKESMAS GATAK SUKOHARJO**

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ABSTRACT

Background: Hypertension or commonly called high blood pressure is one of the risk factors for the cause of death which is quite high and can cause abnormalities in the blood circulation system, especially in the heart organs. Hypertension is also a disease that is categorized as a silent killer because patients do not experience pain. How to manage high blood pressure such as pharmacology and non-pharmacology, one of the non-pharmacological management that is easy to do is by steeping avocado leaves. **Objective:** To find out the results of the application of steeping avocado leaves to blood pressure in hypertensive patients at the UPT Public Health Center of Gatak Sukoharjo. **Research Methods:** Using observational methods using observation sheets. **Results:** After the application of steeping avocado leaves for 7 consecutive days during the days with a duration of 30 minutes, there was a decrease in systolic blood pressure and diastolic blood pressure in both respondents. **Conclusion:** The application of steaming avocado leaves is proven to reduce blood pressure in hypertensive patients including systolic blood pressure and diastolic blood pressure, the more routine drinking of steeping avocado leaves, the blood pressure will stabilize.

Key Words: Hypertension, Avocado Leaf Decoctio, Blood Pressure