

**THE BENEFIT OF BREWED GARLIC WATER
AS AN EFFORT TO REDUCE HYPERTENSION
USING BOOKLET MEDIA**

Lusi Kusuma Wijayanti

lusikw8@gmail.com

Aisyiyah University Surakarta

SUMMARY

Background : The prevalence of hypertension in Indonesia is quite high, 13.2% at the age of 18-24 years, 20.1% at the age of 25-34 years, and 31.6% in the age of 25-44 years. Hypertension causes a condition in which a person experiences blood pressure above normal. One of the ways to treat hypertension is to give a brewed garlic water. Brewed garlic water contains allicin, a substance that works to relax blood vessels, reduce any pressure, and damage that affects high blood pressure. The giving of brewed garlic water uses educational media, namely booklets. **Method** : The KIE output method used is in the form of a booklet containing hypertension, garlic steeped water and the steps. **Result** : The final project work is Booklet media with the title of garlic steeping water to reduce hypertension. **Conclusion** : Booklets can be used with the aim of increasing knowledge and providing information. It can be said that this media booklet can provide information to increase knowledge about the benefits of brewed garlic water as an effort to reduce high blood pressure.

Keywords: Hypertension, Brewed Garlic Water, Booklet