

GIVING ONION BOILED WATER TO REDUCE BLOOD PRESSURE IN HYPERTENSION PATIENTS WITH POSTER MEDIA

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ESSENCE

Background: Hypertension is an abnormal increase in blood pressure in the arteries continuously over a period. There are many attempts to lower blood pressure, one of which is garlic cooking water therapy. Garlic contains Allicin and hydrogen sulfide. These substances can enlarge blood vessels and make blood vessels not stiff, so that blood pressure will decrease. Lack of public knowledge about hypertension management requires appropriate media as a means of education, one of the media used is posters. **Methods:** In making a poster the whole process is very concerned and not only from one aspect. Starting from designing posters, determining the size, target audience, and procedures have an important role in achieving the desired goals. **Result:** One of the media that can provide information is the media of posters. Poster media can increase knowledge about how to make garlic stew to lower blood pressure. **Conclusion:** Poster media can provide information on how to lower blood pressure non-pharmacologically by using garlic boiled water.

Keywords :

Hypertension, garlic, non pharmacological therapy