

**THE APPLICATION OF SURAH AR-RAHMAN MUROTAL THERAPY TO  
REDUCING BLOOD PRESSURE IN HYPERTENSION PATIENTS IN  
SALATIGA CITY HOSPITAL**

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**ABSTRACT**

**Background:** Hypertension is one of the deadliest diseases in the world. The prevalence of patients suffering from hypertension in Salatiga City Hospital in the last three years is 1,574 people. **Objective:** To find out the results of the implementation of the application of murotal qur'an surah ar-rahman therapy on reducing blood pressure in hypertensive patients at Salatiga City Hospital. **Methods:** This type of research is descriptive in the form of a case study. The respondents of this study were 2 hypertensive patients. The instrument used is a sphygmomanometer (sphygmomanometer). The intervention was carried out for 2 days with a dose of 1 day 1x in the morning. **Results:** The results of Mrs. N's blood pressure measurements after being given a blood pressure intervention from 148/84 mmHg to 132/77 mmHg. As for Mrs.S after being given the intervention her blood pressure went from 148/88 mmHg to 123/74 mmHg. **Conclusion :** The difference in blood pressure reduction after the intervention was carried out, namely Mrs. N's systolic pressure was a difference of 16 mmHg and a difference of 7 mmHg diastolic while Mrs. S systolic pressure difference of 25 mmHg and diastolic difference of 14 mmHg. So, it can be concluded that there are differences after murotal therapy of the Qur'an Surah Ar-Rahman in hypertensive patients.

**Keywords :** Hypertension, murotal, blood pressure