

**APPLICATION OF DZIKIR THERAPY ON THE EFFECTIVENESS OF
REDUCING BLOOD PRESSURE IN HEMORRHAGIC STROKE PATIENTS
IN THE ICU OF DR RSUD. SOEHADI PRIJONEGORO SRAGEN**

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ABSTRACT

Background : Hypertension is the main trigger factor for stroke events, both hemorrhagic and ischemic strokes. One of the complications of hypertension is that it can cause an increase in peripheral blood pressure, causing a poor hemodynamic system and thickening of the blood vessels and hypertrophy of the heart muscle. Hypertension which continuously causes atherosclerotic plaque will trigger a stroke. **Objective** : to determine the results of applying dhikr therapy to reduce blood pressure in Hemorrhagic Stroke patients in the ICU at RSUD dr. Soehadi Prijonegoro Sragen. **Method** : Descriptive research using case studies, this application carried out blood pressure measurements before and after being given dhikr therapy, dhikr therapy was carried out 3 times a day for 3 days. **Results** : Blood pressure Mr. Y from 155/96 mmHg to 150/90 mmHg. Meanwhile, Mr. R from 156/116 mmHg to 148/94 mmHg. **Conclusion** : there was a decrease in blood pressure in both respondents after dhikr therapy.

Keywords : Stroke, blood pressure, dhikr therapy