

**PENERAPAN INTERVENSI RENDAM KAKI AIR HANGAT DENGAN SERAI UNTUK MENURUNKAN TEKANAN DARAH PADA NY. R DI WILAYAH KERJA PUSKESMAS PANDAK I BANTUL YOGYAKARTA**

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**ABSTRAK**

**Latar Belakang :** Hipertensi adalah salah satu penyakit kardiovaskular yang dikenal sebagai "the silent killer" karena sering tanpa gejala awal dan memiliki risiko komplikasi serius seperti stroke dan gagal ginjal. Pengendalian hipertensi memerlukan pendekatan farmakologis dan non-farmakologis, salah satunya adalah terapi komplementer. Terapi rendam kaki air hangat dengan serai dipercaya efektif menurunkan tekanan darah melalui mekanisme pelebaran pembuluh darah dan relaksasi.

**Tujuan :** Penelitian ini bertujuan untuk menganalisis efektivitas terapi rendam kaki air hangat dengan serai dalam menurunkan tekanan darah pada pasien hipertensi.

**Metode :** Penulisan menggunakan pendekatan observasi partisipatif, wawancara, dan studi literatur. Intervensi dilakukan selama tiga hari dengan durasi 15-20 menit setiap sesi. Tekanan darah diukur sebelum dan setelah intervensi

**Hasil :** Setelah tiga hari terapi, terjadi penurunan tekanan darah yang signifikan dari 150/90 mmHg menjadi 130/85 mmHg. Penurunan ini dikaitkan dengan efek hidroterapi air hangat yang meningkatkan sirkulasi darah dan kandungan aktif serai seperti citral dan flavonoid yang memiliki sifat antihipertensi.

**Kesimpulan :** Terapi rendam kaki air hangat dengan serai terbukti efektif sebagai pendekatan non-farmakologis dalam menurunkan tekanan darah. Metode ini mudah, murah, dan dapat diterapkan dalam pengelolaan hipertensi, khususnya di lingkungan komunitas.

**Kata Kunci :** Hipertensi, Rendam Kaki Air Hangat, Serai, Terapi Non-Farmakologis, Penurunan Tekanan Darah, Kesehatan Komunitas

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**IMPLEMENTATION OF SOAKING FOOT IN WARM WATER WITH  
LEMONGRASS INTERVENTION TO REDUCE BLOOD PRESSURE IN  
MRS. R IN THE WORK AREA AT PUSKESMAS PANDAK I BANTUL**

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**ABSTRACT**

**Introduction :** Hypertension, known as "the silent killer," is a major cardiovascular disease that often shows no early symptoms and poses a risk of severe complications such as stroke and kidney failure. Controlling hypertension requires pharmacological and non-pharmacological approaches, including complementary therapies. Warm water foot soaking with lemongrass is believed to be effective in reducing blood pressure through vasodilation and relaxation mechanisms.

**Objective :** This study aims to analyze the effectiveness of warm water foot soaking with lemongrass in lowering blood pressure in hypertensive patients.

**Methods :** The study employed a participatory observation approach, interviews, and literature review. Interventions were conducted over three days with each session lasting 15-20 minutes. Blood pressure was measured before and after each intervention.

**Results :** After three days of therapy, there was a significant decrease in blood pressure from 150/90 mmHg to 130/85 mmHg. This reduction is attributed to the hydrotherapy effects of warm water, which improves blood circulation, and the active compounds in lemongrass, such as citral and flavonoids, which exhibit antihypertensive properties.

**Conclusion :** Warm water foot soaking with lemongrass is proven effective as a non-pharmacological approach to lowering blood pressure. This method is simple, cost-effective, and applicable in community-based hypertension management.

**Keywords :** Hypertension, Warm Water Foot Soaking, Lemongrass, Non-Pharmacological Therapy, Blood Pressure Reduction, Community Health.

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