THE EFFECTS OF WARM WATER SOAKING WITH SALT AND LEMONGRASS ON BLOOD PRESSURE IN ELDERLY HYPERTENSIVES

Febi Urlyta Yudistira Anggraini[1], Eska Dwi Prajayanti[2]

Diploma III in Nursing, Faculty of Health Sciences

Aisyiyah University, Surakarta

202312036@students.unisa-surakarta.ac.id

ABSTRACT

Background: *Hypertension is one of the most common diseases worldwide. Its causes include aging, smoking habits, and consumption of high-salt foods. Hypertension can damage blood vessel walls, causing thickening and stiffness due to the accumulation of certain substances, which impairs blood flow. One non-pharmacological intervention to help reduce blood pressure is soaking the feet in warm water mixed with salt and lemongrass, which provides a relaxing effect.* ***Objective:*** *To determine changes in blood pressure before and after warm water foot soaking with salt and lemongrass in older adults with hypertension.* ***Methods:*** *This is a descriptive study using a case study approach involving two respondents. The intervention was administered three times a week, twice daily morning and afternoon, for 10 minutes per session..* ***Results:*** *Mrs. S's blood pressure decreased from 160/105 mmHg to 124/81 mmHg, while Mr. G's blood pressure decreased from 154/107 mmHg to 123/75 mmHg after the intervention.* ***Conclusion:*** *Warm water foot soaking with salt and lemongrass can reduce blood pressure in older adults with hypertension.*

Keywords: *Hypertension, older adults, warm water foot soaking, salt, lemongrass.*