IMPLEMENTATION OF COMBINED LAVENDER AND YLANG-YLANG ESSENTIAL OIL AROMATHERAPY FOR REDUCING PAIN INTENSITY IN PATIENTS WITH HYPERTENSIO

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ABSTRACT

Background *Hypertension is often accompanied by headaches and neck pain due to increased blood pressure. In addition to pharmacological therapy, aromatherapy combination of lavender and ylang-ylang can be used as a complementary therapy to help reduce pain intensity.* ***The purpose*** *of this application is to describe the results of the application of aromatherapy combination of lavender and ylang-ylang on pain intensity in hypertensive patients in the work area of the Ngoresan Community Health Center in Surakarta.* ***The method*** *used is a case study research method with a qualitative descriptive approach in two hypertensive patients. The intervention was given for 10 minutes, once a day for seven consecutive days. Pain intensity was measured using a Numeric Rating Scale (NRS) before and after the intervention.* ***The results*** *obtained were before the intervention, both respondents experienced moderate pain with a scale of 6. After seven days of aromatherapy administration, pain intensity decreased to mild pain, namely from a scale of 6 to 2 in the first respondent and from a scale of 6 to 1 in the second respondent.* ***The conclusion*** *based on the results of the application carried out for 7 days, aromatherapy combination of lavender and ylang-ylang helped reduce pain intensity in hypertensive patients so that it can be used as a complementary therapy accompanying pharmacological therapy.*

Keywords**:** *aromatherapy, hypertension, lavender, pain, ylang-ylang*