ABSTRACT

Background: Blood pressure more than 140 / 90 mmHg is already almost extends all people in Indonesia and tend to increase, especially at the age of more than 50 years. Objective: To describe the implementation of a decoction of bay leaf toward decrease blood pressure in patients with hypertension. Methods: this study uses descriptive method that describes accurately about the facts and characteristics about the population. Results: The results of this research obtained before the application of a decoction of bay leaf average blood pressure of second respondents 150 / 95 mmHg. After getting 7 times the treatment of consumption of a bay leaf 2 times a day each half a glass, on both the respondents experienced a decrease in systolic blood pressure of 30 mmHg and diastolic of 10 mmHg with an average of 120 / 85 mmHg. In this study evidenced that the application of a bay leaf can lower blood pressure in patients with hypertension. Conclusion: decoction of bay leaf is proven to reduce blood pressure in patients with hypertension.

Keyword: a decoction of bay leaf, blood pressure, hypertension.