

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA**  
**FAKULTAS ILMU KESEHATAN**  
**PROGRAM STUDI D3 KEPERAWATAN**

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**AGUNG ALWI.**

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**PENERAPAN BAWANG PUTIH TERHADAP PENURUNAN TEKANAN  
DARAH PADA PASIEN HIPERTENSI**

**ABSTRAK**

x+56 halaman+v bab+6 tabel+3 lampiran

Hypertension is increasing in prevalence year after year in Indonesia. If hypertension is not managed appropriately, the consequences will be increased mortality and hypertension rates. Numerous causes, both reversible and irreversible, can contribute to hypertension. Single garlic (*Allium Sativum*) is one of the initiatives to control blood pressure in hypertensive individuals with non-pharmacological delivery. The goal of this paper is to ascertain the effect of garlic on blood pressure reduction. A patient with hypertension is the focus of this paper. The method employed is to provide garlic stew in a dose of up to one cup, based on a literature study conducted using the Google Scholars search engine, twice a day, one cup in the morning and one cup in the evening for seven days. A sphygmomanometer was used to measure blood pressure before and following the procedure. The case study found that on average, systolic and diastolic blood pressures decreased by 5 and 4 mmHg, respectively. Garlic can help patients with hypertension by lowering their blood pressure. Families are advised to continue therapy with single garlic cloves as a simple alternative method of decreasing blood pressure.

**Kata Kunci: Bawang Putih, Hipertensi, Tekanan darah.**

**Kepustakaan: (2012-2022)**