

***The Effect of Celery Leaves and White Ginger Brew on
Blood Pressure of Elderly with Hypertention
(Study at Kraksaan Community Health Centre, Probolinggo)***

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ABSTRACT

Hypertension is a condition when blood pressure hit $\geq 140/90$ mmHg. Hypertension caused by several factors such as age, diet and gender. Hypertension is a risk factor for stroke. There are many ways to overcome hypertention such as consuming foods with potassium content, for example are celery leaves and white ginger. This study aims to know the effect of giving celery leaves and white ginger brew on the blood pressure of elderly with hypertention. The research was beganon July 05 until July 12, 2025 in the Kraksaan Community Health Care, Probolinggo. This study use Quasi Experimental Design as Research Design with a form of research design Pretest-Posttest With Control Group. Sample is used by 32 samples with Purposive Sampling technique. The statistical test used is saphiro-wilk, paired t-test, independent sample t-test, mann whitney and wilcoxon. The results showed a decrease in systole blood pressure of 20.19 mmHg and diastol blood pressure of 13.81 mmHg. The conclusion of this study is there are effect of giving celery leaves and white ginger brew on the blood pressure in elderly with hypertension.

Keywords: *Hypertention, Blood Pressure, Celery Leaves, White Ginger, Potassium, Sodium*