Comparison of blood pressure reduction between treatments of steeping Red Ginger Rhizome (*Zingiber officinale* R.) and steeping Binahong Leaves (*Anredera cordifolia* (Ten.) Steenis) in Healthy People with hypertension risk

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**Background**

The potency of red ginger rhizome and binahong leaves has been known have antihypertensive effect and can be used in herbal medicine. The purpose of this study was to compare the effect of steeping red ginger rhizome and steeping binahong leaves on blood pressure reduction in healthy people with hypertension risk.

**Methods**

The research design is Comparative Quasy Experiment to measure pre-test and post-test blood pressure on treatment of 3 g / 200 ml steeping the red ginger rhizome and 3gr / 200 ml steeping binahong leaves. The number of respondents was 64 according to the inclusion criteria and had obtained the ethical clearance. The data were processed statistically.

**Results**

The results of the experiment showed that the S1 group had a significant difference in systolic blood pressure reduction compared with the control treatments (P <0.05), but there was no significant difference in diastolic blood pressure reduction compared with controls (P = 0.097 > 0.05). Meanwhile, in the S2 group, there was a significant difference in systolic blood pressure reduction compared with the control treatments (P <0.05), but there was no significant difference in diastolic blood pressure reduction compared with controls (P = 0.512 > 0.05) (Table 1).

**Conclusions**

Between the treatment of steeping red ginger rhizome (S1) and steeping binahong leaves (S2) there was no significant difference in systolic blood pressure reduction, which means that both red ginger and binahong seed had the same effect on systolic blood pressure (p = 0.078> 0.05) (Table 2). Furthermore, research by measuring the urine volume parameter respondents needed to do.

**References**

