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**Effect of Warm Water Hydrotherapy with Green tea (*Camellia sinensis*)  
Extract on Blood Pressure Changes in Elderly with Hypertension**

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**Objectives:** The number of people with hypertension continues to increase every year, it is estimated that by 2025 there will be 1.5 billion people affected by hypertension, and it is estimated that every year 9.4 million people die from hypertension and its complications. Hypertension occurs in the age group 31-44 years (31.6%), age 45-54 years (45.3%), age 55-64 years (55.2%). From the prevalence of hypertension of 34.1%, it was known that 8.8% were diagnosed with hypertension and 13.3% were diagnosed with hypertension without taking medication and 32.3% did not take medication regularly. The purpose of the research is to know influence of green tea (*Camellia sinensis*) on blood pressure in hypertension patients

**Methods:** This study is quasy experiment with pre- post control group design. The samples was 142 people, divided into 21 groups of treatment and 21 groups without treatment. Sampling is done by purposive sampling. This study was conducted in February of 2020.

**Results:** The average decrease in systolic blood pressure on green tea in patient of hypertension was 25,33 mmHg, while the average decrease in diastolic blood pressure on green tea (*Camellia sinensis*) in in patient of hypertension was 9,47 mmHg. Green tea (*Camellia sinensis*) contain combination of substances that do not have in other beverages such as caffeine, L-Theanine and epigallocatechin galat. These three substances are synergized to protect the heart by helping to lower blood pressure.

**Conclusions:** There is influence of green tea (*Camellia sinensis*) on blood pressure in hypertension patients in work area of Puskesmas Labuhanhaji Kabupaten Aceh Selatan. It is expected that green tea (*Camellia sinensis*) can be used by people with hypertension as an alternative herbal therapy to keep blood pressure normal and stable.