

**THE EFFECTIVENESS OF ROSELLE (HIBISCUS SABDARIFFA)
ADMINISTRATION IN REDUCING BLOOD PRESSURE AMONG ELDERLY
INDIVIDUALS WITH HYPERTENSION: A LITERATURE REVIEW**

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Article Info	ABSTRAK
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026	<i>Background: Hypertension is a major health issue among the elderly and a risk factor for complications such as stroke and heart disease. Non-pharmacological therapies, such as the use of roselle (Hibiscus sabdariffa), offer a promising alternative due to its wide availability and minimal side effects. Objective: To review the effectiveness of tea roselle in lowering blood pressure in elderly individuals with hypertension based on previous research findings. Methode: This literature review was conducted using articles from Google Scholar, PubMed, and ResearchGate. Inclusion criteria included articles in Indonesian or English, published between 2022 and 2025, using a quasi-experimental design, and involving elderly individuals with hypertension. A total of 6 articles were selected from 215 screened. Results: All studies showed that tea roselle, in the form of tea or infusion, significantly reduced systolic and diastolic blood pressure ($p < 0.05$). Conclusion: Roselle is proven effective as a complementary therapy to reduce blood pressure in elderly patients with hypertension and may serve as a safe, accessible non-pharmacological intervention.</i>
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