

Self-Medicating using Medicinal Plants for Antihypertension by Makassar City Community

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Abstract. This study aims to determine the types of plants (species) antihypertensive, an overview of the level of knowledge of hypertension self-medication with medicinal plants, and examine the accuracy of the efficacy of medicinal plants antihypertensive used by community in Makassar city. Methods: This study uses a survey technique using questionnaires and interview. The research methods is descriptive design with a sampling technique that is purposive sampling and snowball. Result: The results of this study revealed that there were 16 species of antihypertensive medicinal plants used by the people of Makassar including : soursop leaf (*Annona muricata* L), garlic (*Allium sativum*), cucumber (*Cucumis sativus* L.), bay leaf (*Syzygium polyanthum*), noni fruit (*Morinda citrifolia* L.), cat whiskers leaf (*Orthosiphon aristatus*), celery (*Apium graveolens* L.), betel leaf (*Piper betle*), ginger (*Zingiber officinale*), wuluh starfruit leaf (*Averrhoa blimbi*), leaves binahong (*Anredera cordifolia*), green tea leaves (*Camellia sinensis*), leaves bitter (*Andrographis paniculata*), leaf of the crown of the gods (*Phaleria macrocarpa*), lime leaves and fruit (*Citrus aurantiifolia*), cinnamon bark (*Cinnamomum burmanni*). Self-medication review shows there are 2 species medicinal plants with inappropriate efficacy as antihypertensive. The highest percentage of use of medicinal plants for hypertension by the people of Makassar City are obtained from the yard of the house (81%), which is processed by boiling or dyeing (55%), the length of time of use is 1 days (46%), information on its use comes from family (55%), and the reason people use medicinal plants is because they can obtained easily (80%) and no side effects (89%).

Keyword: self-medication, antihypertension, medicinal plants, community in makassar city