

Clinical Application Research of Traditional Chinese Medicine in Coronary Heart Disease Angina Pectoris

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Abstract: Coronary heart disease (CHD) is a common cardiovascular disease, which mostly occurs in middle-aged and elderly people, with the incidence rate and mortality increasing year by year, and the age of onset is younger. Therefore, traditional Chinese medicine continues to explore and expand clinical plans for the treatment of coronary heart disease angina, in order to delay disease progression, reduce the risk of death, and open up a new chapter in the treatment of chest obstruction and heartache with traditional Chinese medicine. Currently, traditional Chinese medicine has achieved good results in the clinical treatment of coronary heart disease.

1. Introduction

Coronary atherosclerosis heart disease (referred to as "coronary heart disease" for short) is one of the common cardiovascular diseases in clinical practice. This disease can cause a variety of cardiovascular diseases, among which coronary heart disease angina pectoris is one. Angina pectoris is a complication of coronary heart disease caused by myocardial ischemia and hypoxia. Typical symptoms are chest pain, chest tightness, etc. When coronary heart disease occurs, it seriously affects the patient's quality of life and life and health. Coronary heart disease and angina pectoris belong to the category of "chest obstruction and heartache" in traditional Chinese medicine. Although the disease is located in the heart and chest, it also involves the lungs, liver, spleen, kidney, etc. Special treatment of traditional Chinese medicine can significantly improve its clinical symptoms.

2. Etiology and pathogenesis

2.1 Pathogenic factors of angina pectoris in coronary heart disease

Coronary heart disease and angina pectoris belongs to the category of "chest obstruction" in traditional Chinese medicine based on clinical symptoms and signs, and is often found in

middle-aged and elderly people. Although the factors causing the disease are as complicated as described in ancient books, various traditional Chinese medicine experts also have different opinions on this, but the main factors still include: feeling cold evil, irregular eating, aging, fatigue, internal injuries, emotional discomfort and other factors. The disease is characterized by deficiency and deficiency. During the remission period, the deficiency is caused by the loss of nourishment of the heart vessel and deficiency of qi, blood, yin and yang. The deficiency is the root of chest obstruction. Liu Ting and others^[1]believed that chest obstruction and heartache are caused by qi, and the deficiency is mainly caused by deficiency of qi, and the deficiency of qi causes lung qi, spleen qi, kidney qi, etc.; the attack period is actually caused by obstruction of heart vessel obstruction, qi stagnation, blood stasis, turbid phlegm, and cold condensation. Professor Cheng Choufu^[2]believes that at different stages of the development of chest obstruction disease, blood stasis syndrome is always the main one, and the mixed situation of excess and deficiency is more common, among which Qi deficiency and blood stasis are the most common. Coronary heart disease and angina pectoris with different causes are treated according to syndrome differentiation, and the corresponding clinical treatment prescriptions are also different.

2.2 Pathogenesis of angina pectoris in coronary heart disease

Zhang Zhongjing recorded in the book "Synopsis of the Golden Chamber: Thoracic Pain and Short-Qi Disease Pulses Syndrome Treatment Chapter" that "the pulse should be taken too far, and the yang is weak and the yin is strong, that is, the pain caused by chest obstruction. Therefore, it is blamed for extreme deficiency." He believed that the basic pathogenesis of chest obstruction and pain is "yang micro and yin strings". The main system is deficient and the main body is strong, and the heart pulse is blocked. If it is blocked, it will cause pain. Tang Haibo^[3]and others believed that the heart governs the blood vessels, and the heart qi needs to promote and regulate the circulation of blood in the veins and flow throughout the body, as well as the promotion and descending of lung qi, the rise and relaxation of liver qi, the rise and clearing of spleen qi, and the storage of kidney qi. The rise and fall are due to the parallel causes of qi and blood to flow smoothly. Therefore, the abnormal rise and fall of the viscera and qi is the key to the pathogenesis of chest obstruction and pain.

3. Syndrome classification

The basic norms for traditional Chinese medicine to understand and treat diseases include dialectical diagnosis and treatment. Although traditional Chinese medicine doctors have different views on the syndrome classification of chest obstruction, they are all inseparable from the basic principle of dialectical treatment. Over the years, doctors have continuously enriched and improved the diagnosis and treatment of chest obstruction and heartache, and a relatively complete TCM dialectical diagnosis and treatment system has been formed. In the book "Guidelines for Clinical Research on New Traditional Chinese Medicine (Trial)"^[4]released in 2002, the syndromes of stable angina pectoris with coronary heart disease are divided into eight different syndromes: qi deficiency and blood stasis, blood stasis, qi and yin deficiency, and yang deficiency. Subsequently, in the textbook "Internal Medicine of Traditional Chinese Medicine"^[5], the former type of qi deficiency and blood stasis syndrome was deleted, and the qi stagnation and cardiothoracic syndrome type was added. With the development of modern traditional Chinese medicine, accurate dialectical classification is increasingly pursued and the same path of understanding is achieved. It can be seen that the widely used traditional Chinese medicine syndrome differentiation and treatment are mainly caused by Qi deficiency, blood stasis, phlegm turbidity, Qi stagnation, Yin deficiency, and Yang deficiency alone or in combination. Therefore, in clinical practice, grasping the nature of the disease

and recognizing the nature of the disease can be used as the basic direction of TCM diagnosis and treatment, and the next step of treatment can be carried out, and good clinical effects can be achieved.

4. Traditional Chinese Medicine Treatment

4.1 Internal treatment method

4.1.1 Traditional Chinese Medicine Decoction

Ma Jinhao^[6] used aspirin enteric-coated tablets combined with Chuanlianzhiju Decoction to treat patients with CHD angina pectoris. From the analysis of the composition of traditional Chinese medicine, the main ingredients of Chuanlianzhiju Decoction are: platycodon root, bitter orange, Sichuan coptis chinensis, dried tangerine peel, salvia miltiorrhiza, safflower, licorice, ginger, immature orange, magnolia bark, and Allium macrostemon. The combination of the above medicines has the effects of activating blood circulation and removing blood stasis, clearing heat and relieving pain, and smoothing channels and smoothing three qi. Clinical verification has proved that its therapeutic effect is significant. Chuanlianzhiju Decoction combined with western medicine can effectively protect myocardial cells, improve blood supply capacity, and relieve patients' clinical symptoms. Cui Linlin^[7] administered Sanshen Jiuxin Decoction to treat patients with coronary heart disease and angina pectoris on the basis of conventional western medicine. The pharmacological analysis of Sanshen Jiuxin Decoction: jujube supplements qi and blood; salvia miltiorrhiza cools blood and tranquilizes the nerves, enriches blood and promotes blood circulation. When combined with Codonopsis pilosula, it can nourish qi and spleen, and generate blood; Sophora flavescens removes heat and dampness. When combined with salvia miltiorrhiza, it can play the role of nourishing blood, tranquilizing the heart and tranquilizing the nerves. The study confirmed that patients treated with Sanshen Jiuxin Decoction can significantly reduce the degree of angina pectoris, and found that its mechanism of action may be related to the regulation of vascular endothelial function, providing a reliable direction for clinical research. Chen Zhiliang^[8] selected a total of 75 patients with coronary atherosclerosis heart disease and angina pectoris, and applied conventional western medicine treatment plan and Xuefu Zhuyu Decoction on this basis. It was found that the patients treated with Xuefu Zhuyu Decoction had significantly improved their blood lipids levels and cardiac function indicators, the time and frequency of angina pectoris attacks were significantly reduced, and the treatment effective rate was as high as 97.4%(37/38). The incidence of adverse reactions was only 5.3% (2/38).

4.1.2 The traditional Chinese patent medicines and simple preparations

Yiqi Huoxue Tongmai Granule is a clinical experience prescription. Nie Zhimin et al.^[9] believed that the traditional Chinese medicine preparation of Yiqi Huoxue Tongmai Granule and conventional western medicine treat patients with coronary heart disease and angina pectoris. After comparative analysis, it was found that the curative effect of adding Yiqi Huoxue Tongmai Granule was more significant. In the Yiqi Huoxue Tongmai Granule prescription, astragalus is the monarch drug, which mainly has the effect of replenishing qi and strengthening the spleen; Angelica sinensis enriches blood and blood circulation, while Rhodiola improves intelligence, nourishing the heart, and activates blood circulation. The two are combined as minister drugs; Red peony root and leech can promote blood circulation and eliminate blood stasis, motherwort can remove blood stasis and promote water, cassia twig warms and channels, and all four drugs are adjuvant drugs; licorice root harmonizes all drugs; combined with ginger and jujube to replenish qi and balance, the whole prescription is compatible, which has the effect of replenishing qi, activating blood circulation and clearing the channels. From the clinical trial results, compared with the control group taking beta receptor antagonists and statins, the vascular endothelial function of patients in the observation

group has been significantly improved after treatment, and the risk of ischemic myocardial damage and other ischemic vascular diseases is lower. Xia Zhelin et al.^[10] studied the clinical efficacy of Shexiang Baoxin Pills combined with conventional treatment on patients with stable angina pectoris of coronary heart disease. They found that pharmacological research on Shexiang Baoxin Pills was conducted. After clinical observation, the drug can effectively and safely reduce the number of angina pectoris attacks and reduce the duration. Its mechanism of action may be related to improving lipid metabolism and inhibiting the expression of inflammatory factors.

4.1.3 Traditional Chinese Medicine Injection

Wang Yining et al.^[11] selected 62 patients with coronary heart disease and angina pectoris as research objects. The main components of Danhong injection are salvia miltiorrhiza, safflower, etc. Through intravenous infusion, it can achieve fast onset and good curative effect. It was found that the total effective rate (96.77%) and ECG ST effective rate (90.32%) were significantly better than the reference group. After comprehensive analysis, the drug improves the total effective rate of treatment in clinical practice, reduces the occurrence of adverse reactions, and has certain safety., not only plays a curative role, but also plays a regulatory role on the body. Zeng Silu et al.^[12] conducted a clinical retrospective analysis of different outcome indicators in the process of studying the clinical effect of Dazu Rhodiola injection in the adjuvant treatment of coronary heart disease and angina pectoris. The study pointed out that patients who applied Dazu Rhodiola injection had the number of angina pectoris attacks significantly reduced, and the duration was significantly shortened, which improved treatment satisfaction. Zhu Xueping et al.^[13] conducted meta-analysis by searching multiple databases. The results showed that the combined use of Danshen and Ligustrazine injection has more significant curative effects than conventional western medicine in the treatment of angina pectoris, and can effectively improve blood lipids without increasing the incidence of adverse reactions.

4.2 External treatment methods

4.2.1 Acupuncture therapy

A meta-analysis by Gao He et al.^[14] showed that acupoint stimulation therapy is superior to clinical routine treatment in improving coronary heart disease angina pectoris, electrocardiogram, and traditional Chinese medicine syndromes, and there are fewer adverse events, indicating that it has good safety and effectiveness. Fu Zhe^[15] selected 60 patients with chest obstruction and heartburn. In addition to receiving clinical routine rehabilitation combined with cupping treatment, the experimental group received moxibustion treatment on this basis. The acupuncture points were selected: Neiguan, Danzhong, Xinshu, Guanyuan, Waiqieye, Zusanli, Shenque, Jueque. Through clinical observation, moxibustion combined with cupping rehabilitation treatment can improve the clinical symptoms and quality of life of patients with chest obstruction and heartache, and the clinical treatment effect is more significant.

4.2.2 Acupoint application

Dong Zhenhua et al.^[16] conducted clinical observations on the treatment of stable coronary heart disease with qi stagnation and blood stasis using traditional Chinese medicine external treatment methods. In addition to conventional Western medicine treatment, they combined traditional Chinese medicine external treatment methods (acupoint application+ear acupoint application +cupping) for treatment. Clinical observations showed that after treatment, various clinical symptom scores (chest distension, chest tightness, rib distension, palpitations) were reduced. The addition of traditional Chinese medicine external treatment methods to Western medicine treatment can effectively alleviate patients' pain, reduce the frequency of angina attacks, improve clinical

treatment effectiveness, and can be used as an auxiliary means for treating stable coronary heart disease with qi stagnation and blood stasis.

4.2.3 Ear acupressure therapy

Liu Yang^[17] clinically applied auricular point bean pressing to treat patients with coronary heart disease and insomnia. Data show that auricular point bean pressing treatment based on conventional treatment (including anti-platelet aggregation, improving coronary blood supply of patients, beta receptor blockers, calcium channel blockers, improving heart function, nourishing myocardium, etc.) can improve patients' sleep quality and quality of life, and significantly improve the treatment effect. Lv Xia^[18] selected 60 patients with angina pectoris with deficiency of both the heart and the spleen as the research objects, and were randomly divided into the control group treated with mindfulness decompression therapy and the experimental group treated with ear point pressing bean treatment based on the control group. Studies have shown that the total effective rate in the experimental group is 83.33% significantly higher than that in the control group (50.00%). Therefore, it is believed that auricular point pressing bean combined with mindfulness decompression therapy is safe and effective in treating angina pectoris with both heart and spleen deficiency, and can significantly improve the patient's clinical symptoms.

5. Summary

In recent years, with the rapid development of our country's society, changes in people's lifestyles and other daily dietary structures, and increasing psychological pressure, the incidence and fatality rate of coronary heart disease have shown an increasing trend. With the aging of the population, the clinical prevention and treatment of cardiovascular diseases has become urgent. As far as modern medicine is concerned, clinical practice has proposed complex treatment plans for coronary heart disease angina, and the treatment effects are also different and different. The treatment of the disease generally adopts conventional Western medicine treatments such as anti-platelet aggregation, coronary expansion and heart protection, blood fat reduction and intervention. How to make the clinical treatment effect of coronary heart disease angina better, reduce patient pain and life-threatening risks, and significantly improve patient's quality of life and disease prognosis. It is an important focus topic facing the field of cardiovascular research today and another pioneering direction for the treatment of coronary heart disease and angina pectoris. In recent years, with the continuous development and promotion of traditional Chinese medicine and clinical technology, characteristic therapies of traditional Chinese medicine have begun to be widely used in clinical practice. After long-term clinical practice and extensive research on ancient books by various doctors in the past, rich experience has been accumulated and many classics have been created. In the future, the routine treatment of coronary heart disease and angina pectoris by traditional Chinese medicine combined with Western medicine may become an irreversible trend. The advantages of decoction in traditional Chinese medicine treatment options are that it has fewer adverse reactions, is safe and reliable, and has good effects. The advantages of Chinese patent medicine preparations are their excellent convenience and exact efficacy. The advantages of traditional Chinese medicine acupoint injection are that it takes effect quickly, acts quickly, and has obvious effects. Traditional Chinese medicine acupuncture therapy can effectively relieve patients' pain and improve their quality of life. The safety performance of acupoint application is better and helps improve the clinical treatment effect. Ear acupoint pressing has the effect of health care, and it also has significant effects on disease treatment and rehabilitation. Combined with the overall concept of disease diagnosis in traditional Chinese medicine, people are an organic whole and have a high degree of unity inside and outside the body. Therefore, the curative effect of internal and external treatment in traditional Chinese medicine is more significant when combined with each other.

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