## 9. Cardiovascular Diseases

**Reference**

Park SU, Jung WS, Moon SK, et al. Chunghyul-dan (Qingxie-dan) improves arterial stiffness in patients with increased baPWV. *American Journal of Chinese Medicine* 2006; 34(4): 553–63.

**1. Objectives**

To evaluate the effect of Chunghyul-dan (清血丹, Qingxie-dan) on arterial stiffness.

**2. Design**

Randomized controlled trial (RCT).

**3. Setting**

One Oriental hospital (Kyunghee University Medical Center Kangnam Korean Hospital), Republic of Korea.

**4. Participants**

Patients with brachial-ankle pulse wave velocity (baPWV) of >1400 cm/sec (n=35).

**5. Intervention**

Arm 1: Chunghyul-dan (清血丹, Qingxie-dan) 500 mg, 3 times a day for 8 weeks (n=20).

Arm 2: Simple observation (n=15).

**6. Main outcome measures**

baPWV, blood pressure, and levels of serum lipid, aspartate aminotransferase (AST), alanine aminotransferase (ALT), blood urea nitrogen (BUN), and creatinine (Cr).

**7. Main results**

Treatment for 8 weeks significantly improved PWV score in Arm 1 (1736.0±271.1 [baseline] *vs.* 1599.0±301.9 [8 weeks], p=0.032), but not in Arm 2 (1668.3±116.2 [baseline] *vs.* 1653.3±184.1 [8 weeks], *P*=0.774) and significantly increased triglycerides level (156.1±51.3 [baseline] *vs.* 230.7±74.2 [8 weeks], *P*=0.007). But there were no significant changes in blood pressure and the levels of other serum lipids. .

**8. Conclusions**

Chunghyul-dan decreases arterial stiffness.

**9. Safety assessment in the article**

There were no abnormal laboratory findings (liver and renal function tests).

**10. Abstractor's comments**

This study evaluated the effect of Chunghyul-dan on arterial stiffness. A decrease in arterial stiffness was observed. As 8 weeks is a short period and a control treatment was not used, additional studies are needed.

**11. Abstractor and date**

Go HY, 18 July 2010.