9. Cardiovascular Diseases

Reference

1. Objectives
To evaluate the effect of Sam-Hwang-Sa-Sim-Tang (三黃瀉心湯) on mild hypertension.

2. Design
Randomized controlled trial (RCT).

3. Setting
One Oriental hospital (Kyunghee University Medical Center), Republic of Korea.

4. Participants
Hospitalized patients with mild hypertension (systolic blood pressure, 140–149 mmHg, or diastolic blood pressure, 90–99 mmHg: n=37).

5. Intervention
Arm 2: Conventional Korean Oriental medicine only (n=18).

6. Main outcome measures
Blood pressure as measured by 24-h ambulatory blood pressure monitoring.

7. Main results
The change in blood pressure a week after treatment in Arm 1 and Arm 2 was –10.4 mmHg and 3.72 mmHg, respectively (P<0.05). The change in blood pressure after 2 weeks of treatment in Arm 1 and Arm 2 was –16.0 mmHg and –3.83 mmHg, respectively (P<0.05). Systolic blood pressure was significantly more decreased in Arm 1 after 1 and 2 weeks than in Arm 2, but there were no between-group differences in diastolic blood pressure.

8. Conclusions
Sam-Hwang-Sa-Sim-Tang treatment has efficacy in the treatment of mild hypertension.

9. Safety assessment in the article
The levels of aspartate aminotransferase (AST), alanine aminotransferase (ALT), blood urea nitrogen (BUN), creatinine, and electrolytes were within the normal range. One subject in the Sam-Hwang-Sa-Sim-Tang treatment group complained of mild abdominal pain, but there was no clear association with treatment.

10. Abstractor’s comments
The Sam-Hwang-Sa-Sim-Tang obtained from Jinguiyaolue (金匱要略, the Synopsis of prescriptions of the Golden Chamber) was previously shown to have antihypertensive, anti-hypercholesterolemic, and antioxidative effects. Before prescribing a new drug or increasing the dose of an already prescribed Western drug for mild hypertension in stroke patients, Sam-Hwang-Sa-Sim-Tang should be tried. But insofar as only 37 cases were included in this trial, an additional clinical trial is needed.

11. Abstractor
Go HY, 18 July 2010.