9. Cardiovascular Diseases

Reference

1. Objectives
To evaluate the effect of Zusanli (ST 36, 足三里) moxibustion on blood pressure elevation in hypertensive patients.

2. Design
Randomized controlled trial (RCT).

3. Setting
One oriental hospital (Oriental Medical Hospital at Jeonju, Woosuk University), Republic of Korea.

4. Participants
Patients with abrupt systolic blood pressure elevation over 160 mmHg (n=61).

5. Intervention
Arm 1: Zusanli (ST 36, 足三里) moxibustion treatment (n=30).
Arm 2: Bed rest only (n=31).

6. Main outcome measures
Blood pressure measured at four times (30, 60, 90, and 120 minutes) after the intervention.

7. Main results
1) The systolic blood pressure in Arm 1, relative to Arm 2, showed significant decrease at 60, 90, and 120 minutes ($P$: <0.01, <0.001, and <0.001, respectively). Although the decrease in systolic blood pressure at 30 minutes was greater in Arm 2 than in Arm 1 (-10.0±8.56 mmHg vs. -8.33±8.34 mmHg), the between-group difference was not significant.
2) The diastolic blood pressure in Arm 1 (relative to Arm 2) was significantly decreased at 120 minutes ($P$<0.05).

8. Conclusions
Zusanli moxibustion treatment can significantly reduce blood pressure elevation.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
The focus of many previous studies on Zusanli acupuncture point was its effects on the early symptoms of apoplexy, control of pain, and gastrointestinal diseases, but not its circulatory effects including a blood pressure lowering effect without change in heart beat. This study is on the lowering of abrupt blood pressure elevation by moxibustion on-Zusanli acupuncture point. The decrease in blood pressure as well as the relief of headache, vertigo, and nausea persisted at least 2 hours. But as the observation period was short and number of subjects were small, there is a need for additional studies.

11. Abstractor
Go HY, 18 July 2010.