9. Cardiovascular Diseases

Reference

1. Objectives
To evaluate the anti-hypertensive effect of Chunghyul-dan (Qingxue-dan, 清血丹) on stroke patients with essential hypertension.

2. Design
Double-blinded randomized controlled trial (DB-RCT).

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

4. Participants
The patients with stage 1 hypertension (classified by JNC 7 hypertension guidelines) at 10 days after onset (n=40).

5. Intervention
Arm 1: Conservative therapy + 1200 mg of Chunghyul-dan (Qingxue-dan, 清血丹) treatment for 14 days (n=22).
Arm 2: Conservative therapy only (n=18).
Twelve subjects dropped out during the study (7 in Arm 1, 5 in Arm 2).

6. Main outcome measures
Blood pressure measurement.

7. Main results
Systolic blood pressure (141.4±8.96 mmHg → 132.9±9.46 mmHg) was significantly decreased by treatment in Arm 1 compared to that in Arm 2 (P=0.03). But there was no significant between-group differences in diastolic blood pressure and pulse rate.

8. Conclusions
Chunghyul-dan treatment appears to be effective for stage 1 hypertension in patients with stroke.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
Chunghyul-dan treatment was effective for stage 1 hypertension in patients with stroke and had no particular adverse effect, so its use can be recommended. But inasmuch as 30% of subjects dropped out, and no control drug was used, a large scale and long term follow-up study is needed.

11. Abstractor
Go HY, 18 July 2010.