9. Cardiovascular Diseases

Reference

1. Objectives
To assess the efficacy of acupuncture as an adjunctive treatment for hypertension.

2. Design
Randomized controlled trial (RCT).

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

4. Participants
Patients with hypertension or prehypertension (systolic blood pressure, 120 mmHg; diastolic blood pressure, over 80 mmHg; n=41).

5. Intervention
Arm 1: Acupuncture administered to: 1) Zusanli (ST36, 足三里) Quchi (LI11, 曲池) Dachangshu (BL25, 大腸俞); 2) Taibai (SP3, 太白), Taiyuan (LU9, 太淵) Feishu (BL13, 肺俞); 3) Shangqu (KI17, 商曲), Dahe (KI12, 大赫) Guanyuan (CV4, 関元); 4) Shangyang (LI1, 商陽), Dazhui (GV14, 大椎), Fengchi (GB20, 颯池) acupuncture points (n=21).
Arm 2: Park's sham acupuncture administered (n=20).
Seventeen treatments during eight weeks.
Eleven patients dropped out (6 in Arm 1; 5 in Arm 2).

6. Main outcome measures
Blood pressure measurement after 4 weeks and 8 weeks of treatment.

7. Main results
Although 8 weeks of treatment produced no significant between-group differences in blood pressure, blood pressure was significantly decreased from 136.8/83.7 to 122.1/76.8 after 8 weeks of treatment in Arm 1 (P <0.001).

8. Conclusions
Acupuncture has an antihypertensive effect.

9. Safety assessment in the article
Spot-bleeding occurred in 5% of the subjects in Arm 1.

10. Abstractor’s comments
Sa-am acupuncture principles (a distinctive feature of the Korean Oriental medicine) was used to select the acupuncture points. Treatment for 8 weeks significantly decreased blood pressure. Additional study and a large scale clinical trial are needed.

11. Abstractor
Go HY, 18 July 2010.