

9. Cardiovascular Diseases

Reference

Chung KH, Roh JH, Kim LD, et al. The effects of Samhwangsasim-tang extracts on ambulatory blood pressure in mild hypertensive patients with stroke. *Daehan-Hanbang-Seonginbyeong-Hakhoeji (Journal of Korean Oriental Chronic Disease)* 2002; 8(1): 41–52 (in Korean with English abstract).

1. Objectives

To evaluate the effect of Sam-Hwang-Sa-Sim-Tang (三黄瀉心湯) 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 1: Conventional Korean Oriental medicine + Sam-Hwang-Sa-Sim-Tang (三黄瀉心湯) treatment (n=19).

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.