

9. Cardiovascular Diseases

Reference

Kim BS, Jang IS, Yeo JJ, et al. Effect of Choksamni (足三里, ST36) moxibustion on blood pressure elevation in hypertensive patients: A randomized controlled trial. *Daehan-Hanui-Hakhoeji (Journal of Korean Oriental Medical Society)* 2005; 26(3): 66–73 (in Korean with English abstract).

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 bloodpressure 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.