

9. Cardiovascular Diseases

Reference

Yun SP, Jung WS, Park SU, et al. Anti-hypertensive effect of Chunghyul-dan (Qingxue-dan) on stroke patients with essential hypertension. *American Journal of Chinese Medicine* 2005; 33(3): 357–64.

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 (Kyunghee 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 \rightarrow 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.