9. Cardiovascular Diseases

Reference

1. Objectives
To evaluate the effect of Chunghyul-dan (淸血丹, Qingxie-dan) on arterial stiffness.

2. Design
Randomized controlled trial (RCT).

3. Setting
One Oriental hospital (Kyunghee University Medical Center Kangnam Korean Hospital), Republic of Korea.

4. Participants
Patients with brachial-ankle pulse wave velocity (baPWV) of >1400 cm/sec (n=35).

5. Intervention
Arm 1: Chunghyul-dan (淸血丹, Qingxie-dan) 500 mg, 3 times a day for 8 weeks (n=20).
Arm 2: Simple observation (n=15).

6. Main outcome measures
baPWV, blood pressure, and levels of serum lipid, aspartate aminotransferase (AST), alanine aminotransferase (ALT), blood urea nitrogen (BUN), and creatinine (Cr).

7. Main results
Treatment for 8 weeks significantly improved PWV score in Arm 1 (1736.0±271.1 [baseline] vs. 1599.0±301.9 [8 weeks], \(p=0.032\)), but not in Arm 2 (1668.3±116.2 [baseline] vs. 1653.3±184.1 [8 weeks], \(P=0.774\)) and significantly increased triglycerides level (156.1±51.3 [baseline] vs. 230.7±74.2 [8 weeks], \(P=0.007\)). But there were no significant changes in blood pressure and the levels of other serum lipids.

8. Conclusions
Chunghyul-dan decreases arterial stiffness.

9. Safety assessment in the article
There were no abnormal laboratory findings (liver and renal function tests).

10. Abstractor’s comments
This study evaluated the effect of Chunghyul-dan on arterial stiffness. A decrease in arterial stiffness was observed. As 8 weeks is a short period and a control treatment was not used, additional studies are needed.

11. Abstractor and date
Go HY, 18 July 2010.