

9. Cardiovascular Diseases

Reference

Yin CS, Seo BK, Park HJ, et al. Acupuncture, a promising adjunctive therapy for essential hypertension: a double-blind, randomized, controlled trial. *Neurological Research* 2007; 29(suppl 1): s98–103.

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 (Kyunghee 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, 關元); 4) Shangyang (LI1, 商陽), Dazhui (GV14, 大椎), Fengchi (GB20, 風池) 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.