

# **Analysis and Evaluation on Complications of Coronary Heart Disease Regulating Treatment with Acupuncture and Chinese Herbal Medicine in UK**

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Coronary Disease is a serious illness that harms human body. It has a very high death rate. In the West, mature and systematic treatments for this disease have been developed by the mainstream medicine. However, when the symptoms are not fully controlled or patients are not sensitive to the Western treatment, or their body abnormally reacts to the regular treatment, the patients would seek help from complementary medicine.

From the experience of treating coronary heart disease, we have discovered that acupuncture and Chinese herbal medicine can treat the root of the problem and improve remaining symptoms. TCM can also correct body's abnormal reaction to Western medicine and reduce its side effects. The significance of TCM treatment is shown when the strength of body is improved. The summary and evaluation of our study is given as follows:

## **Typical Cases**

### **1. Coronary Heart Disease—Arrhythmia**

Mr. C. G. Age 62

Mr. G came to the clinic for this anxiety and palpitation. He had been suffering from depression, stress, anxiety and fatigue for over half a year. Along the symptoms he also felt tightness of chest, breathlessness and palpitation. He once fainted after a sudden palpitation and headache. After taking to hospital, it was diagnosed that he had got angina. During the one-week time when he was hospitalized, only aspirin was prescribed to him, and no other treatment was given. Although his symptoms of dizziness and headache had gone, he still felt breathlessness, fatigue and palpitation. He had loose bowel and urgent diarrhea in the morning. Check up: arrhythmia, extra systole, 4-5times/1min, cardiac soufflé. BP: 138 / 80mmHg, P76/1min. The location hospital has give a ECG which diagnoses him as Ventricular premature contraction, Pale face, red tongue with white coating, wiry pulse with irregular missing beats.

Diagnose: Qi and Yin deficiency in both heart and kidney.

Acu: Du20, Ren17 St 18, 36 P6 H5 Sp6 K6

Herbal Medicine: Sheng Maiyin and Di Ao Xin Xue Kang

Regular treatment is given once a week. Two month later, cardiac soufflé and arrhythmia both disappeared.

## 2. Coronary Heart Disease—Heart Failure

Mr H W Age 68

Mr. W came for his peritoneal fluid and jaundice. He just finished a ten-day hospital treatment. However, the symptoms had not disappeared. Check up: yellow colored skin and eyes, breathlessness, full of rales in lung, extended liver and spleen, liver extended to 4 inches from the last rib, swelling legs, and absolute arrhythmia (possible arterial fibrillation).

Analysis of the symptoms: seems like the acute full heart failure. Hospitalized for the possibility of jaundice. However, consideration and examination were only given for the concerns of the operation, the internal treatment was insufficient.

Diagnose: Heart and spleen deficiency, damp-phlegm accumulation.

Acu: Du20, Ren17, 20 St 36 Sp 6 Sj5 / Gb41

Herbal Medicine: Guizhi 10g Shichangpu 10g Yujin 10g Gualou 10g  
Dafupi 10g Yiren 30g Zexie 10g Fulin 10g  
Zhulin 15g Wuweizi 10g Danseng 10g Zhigancao 5g

One week later, after the six packs of dried herbs were taken, the swollen improved significantly, arterial fibrillation disappeared and the heartbeat became regular with a few missing per minute. The patient could lie some down and move around flexibly and the peritoneal fluid was also reduced. In the following treatments, acupuncture was given once a week and the dried herbs were changed frequently according to his condition. Four weeks later, although the patient's heartbeat became regular and the swollen reduced, his condition was still not stable. He was persuaded to have Western medical treatment again because the Chinese herbal medicine alone might not be strong enough for heart failure. After Cardiac Glycoside was used, heart failure was controlled. Regular acupuncture was still given, and the dried herbs were changed to herbal pills: Shengmaiying and Di Ao Xin Xue Kang. The patient is happy with the results. He can move freely and does not feel angina. He is capable of living a normal life.

## 3. Coronary Heart Disease—Herpetension

Ms C M Age 59

Ms M had headache and was diagnosed for high blood pressure for two years. The blood pressure was once as high as 200/120mmHg. GP tried many kinds of medicine to help her, such as diuretic, various depressors. The medicine, however, could not

calm her BP completely down. Ms M was on three types of diuretic and depressors medicines together when she first visited the clinic. Her blood pressure was still at 170-180 / 98 -110 mmHg, and she felt nervous, anxious, depressed. She also had poor sleep and hot flashes. Check up: red tongue with little coating, wiry and fine pulse.

Diagnose: Yin deficiency of liver and kidney, excessive liver Yang rising up

Acu: Du20, Sj5 / Gb41 Gb34 Sp96 Ki 6, 7 Liv3

Herbal medicine: Chaihushugan 15 pills twice daily

Zhibaidihuang 15 pills twice daily

The recheck one-week later showed that the blood pressure was reduced to 138/92. The second time recheck stated that the blood pressure was 126/84. The blood pressure is stable afterwards, and the patient felt that the original symptoms disappeared and the sleep improved.

#### **4. Coronary Heart Disease—Hyperlipemia**

Mr P A Age 38

Mr A first seek for medical help for stomach pain. From the medical history, it discovered that except stomachache, he had family history of coronary heart disease and hyperlipemia. His grandfather and father both passed away at early ages due to coronary hear disease. He started to feel breathlessness five years ago, and soon diagnosed to have coronary heart diseases and hyperlipemia. He had been on regular medicine for hyperlipemia for five years. Since he was reluctant to keep taking drugs, he stopped the medical treatment half a year ago, and his cholesterol increase to 6.8 (normal standard<4). He wished to try TCM, and therefore the treatment was given for hyperlipemia as well as for his stomach problem. Check up: light red tongue and slow pulse.

Diagnose: Stomach Qi stagnation and spleen Qi deficiency, Cold-damp accumulated within

Acu: Du20 Ren 12 17 L4 St36 44 Sp6 4, Moxi on Ren 8

Herbal medicine: Jiaweibaohe 15 pills twice daily

Shanzhaji 2 pills twice daily

The recheck two-month later, his cholesterol was showed as 4.2. The hyperlipemia was back to normal after another two months treatment. She keeps coming for once every 2 weeks acupuncture treatment and taking herbal pills. The symptoms have all gone and no other Western medicine is used.

## Regular Acupuncture and Chinese Medicine Treatment

### 1. Acupuncture:

Main point:                                 Ren17                                 P6                                 Du20

#### Associated points according to clinical symptoms:

Angina:	St18	Ren20	H5	
High BP:	Gb20	Sj5	Gb41	Liv3
Arrhythmia:	St18			
Hyperlipemia:	St36	St40	Sp6	
Heart failure:	St36	Sp6	Ki6	Ki7

#### Associated points according to differentiated syndromes:

Heart Qi Deficiency:		P6	St36	
Heart and Kidney Deficiency:		H5	Ki6,3, 7	
Liver and Kidney Deficiency, Liver Yang rising up:		Du20	Gb20	Ki6, 3
Spleen and Kidney Deficiency, Dampness accumulated within:	St36	St40	Sp6	

Blood Stasis: Choose heart or chest area and hand Yin meridian and look for red spots, use acupuncture needle or a bleeding pin to stab it and release the blood stasis out.

### 2. Patent Herbal Medicine

Acupuncture and Chinese herbal medicine in the West are usually practised in the private clinic, so that the patients would only visit the clinic once every one or two weeks, due to the financial affordability. The suitable herbal pills can maintain the effect of acupuncture and help the treatment to achieve its optimal results. The herbal medicine enhances the effect of acupuncture, control symptoms for most patients. The decocted of herbs are only used if the patients are serious ill. The useful patent herbal medicine is as follows:

- (1) Shengmaiyin
- (2) Danshendiwan/Fufangdanshenpian
- (3) Diaoxinxuekang
- (4) Boziyangxinwan, Yangxueanshenpian, Guipiwan
- (5) Chaihushuganwan, Jiaweixiaoyaowan

- (6) Zhibaidihuangwan, Liuweidihuangwan, Jijudihuangwan, Jinguishenqiwan
- (7) Shanzhaji Jiangzhi, Jianfeiji Jiangzhi

### Case Study

From January 2000 to June 2005, there are 68 patients visited Dr Jiang and Dr Liu's clinics for coronary heart disease and its complications. Among them:

Gender: Male 33 Female 35  
 Age: the youngest 38 the oldest 85

All of them have been diagnosed by local doctors and received regular Western medicine treatment. They seek treatment from complementary medicine mainly because of the remaining symptoms.

**Table 1** The Ratio of Patients with Coronary Heart Disease and Complications

	Angina	Hypertension	Arrhythmia	Hyperlipemia	Heart Failure
Male	11	22	8	12	3
Female	6	25	8	16	
Total	17	47	16	28	3

#### Effective Standard:

- Effectiveness:
- 1 All clinical symptoms are controlled completely.
  - 2 Abnormal signs have disappeared.
  - 3 After patent herb replaced the drug, the patient is maintained in a normal result for his (her) blood test.
  - 4 The patient him(her)self confirms above results and has a positive evaluation to the acupuncture and herbal medicine's treatment.

- No-effectiveness:
- 1 The patient doesn't confirm the treatment's result from acupuncture and herbal medicine.
  - 2 The clinical symptoms and signs have not been great changed.
  - 3 The patients discontinue their treatments less than 3 times.

## Case Analysis

**Table 2** Analysis of TCM Effectiveness for Treating Coronary Heart Disease and Its Complications

	Angina	Hypertension	Arrhythmia	Hyperlipemia	Heart Failure
Effectiveness	15	37	15	20	3
No- Effectiveness	2	10	1	8	0

## Summary

1. Chinese acupuncture and herbal medicine has an important impact on treating coronary heart disease and its complications. A lot of patients came to seek advice because the symptoms cannot be fully controlled with Western regular treatment. For majority of the patients, the symptoms are cleared up with the help of TCM. So we are able to achieve to a disease controlled in a higher degree and give patients more satisfactory result. (See typical case one)
2. Chinese acupuncture and herbal medicine takes part as a complement of mainstream medicine for the treatment of coronary heart disease and its complications. For the patients who are temporarily disregarded for his/her diagnosis and regular Western treatment, or reject long-period Western medical treatment or refuse western medical treatment due to some misunderstanding to his medical doctor. TCM practitioners have the responsibility of persuading serious cases to seek mainstream medical treatment, while on TCM treatment. (See typical case two)
3. Chinese acupuncture and herbal medicine plays an important role to improve general well being and adjust patients' abnormal reactions to the western medicine. It also helps to enhance the effectiveness of Western medicine while reducing their side effects. (See typical case three)
4. When Chinese acupuncture and herbal medicine is used on the patients who's symptoms are well controlled by the Western treatment, they help to eliminate the minor symptoms and signs which are caused by pro-illness condition and the dysfunction of the body, so it is able to significantly protect the organic disease re-occurred. Moreover, when suitable Chinese herbal medicine is used to replace the long-term Western drugs, the symptoms can be well controlled without

compromising to the side effects from the chemicals. The natural herbs and healthy treatments are more favorable. (See typical case four)

To summaries, although systematic and mature treatments for coronary heart disease have been developed in the system of Western medicine, Chinese acupuncture and herbal medicine still play an important role which is another significant choice to make a treatment in high level to the patients with coronary heart disease.

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