

Progress of Traditional Chinese and Modern Medicine in Coronary Heart Disease

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Abstract

Coronary atherosclerotic heart disease is referred to as coronary heart disease. It is a series of diseases in which coronary blood flow is blocked due to coronary artery lumen stenosis, which causes myocardial ischemia and hypoxia. The names of TCM diseases are “Chest Bi”, “Heartache” and so on. With the improvement of living conditions in our country, the incidence and mortality of coronary heart disease are on the rise, and at the same time it has caused a serious burden on my country’s medical treatment. In the process of combined treatment of CHD with traditional Chinese and Modern medicine in recent years, traditional Chinese medicine has shown its unique advantages. Modern medicine has made certain progress in pathogenesis based on previous developments. Traditional medicine has made new progress in the process of understanding CHD from qi stagnation and blood stasis to phlegm and blood stasis to the theory of heat toxin. Therefore, the research progress of Chinese medicine in CHD is summarized as follows.

Keywords

Coronary Heart Disease, heat-clearing and detoxification, phlegm and blood stasis syndrome, risk factors

Coronary atherosclerotic heart disease is referred to as coronary heart disease (CHD). It is a series of diseases in which coronary blood flow is blocked due to coronary artery lumen stenosis, which causes myocardial ischemia and hypoxia. In most Western countries, cardiovascular disease accounts for half of the total mortality rate, of which CHD occupies the leading position [1]. With the improvement of living conditions in our country, the incidence and mortality of CHD are on the rise, and at the same time it has caused a serious burden on my country’s medical treatment.

The names of CHD in traditional Chinese medicine are “Xiongbi”, “Heartache”, etc. The “Huangdi Neijing” describes for the first time that chest pain and heartache are mainly manifested as pain in the chest, shoulder blades and inner arms. Smooth, blocking the chest. In “The Synopsis of the Golden Chamber”, Zhongjing Zhang in Han Dynasty proposed that “Yang Wei Yin Xian” was the main pathogenesis of chest pain and heartache. Chaoyuan Fang in Song Dynasty on the Sources of Diseases believes that chest numbness is mainly caused by the deficiency of chest yang, which leads to the invasion of cold pathogens. Ming and Qing physicians believed that chest pain and pain were caused by phlegm and blood stasis. Modern physicians combined with the understanding of chest pain and heartache from the past generations of physicians, it is clear that the cause of this disease is mostly cold pathogen invasion, irregular diet, emotional imbalance, old age and physical weakness. The disease is mainly in the heart, involving the liver, spleen, and kidneys [2]. The pathogenesis is the obstruction of the heart pulse, which is mostly due to deficiency, and can also be seen in due to deficiency. CHD has a high morbidity and mortality rate,

and the combination of Traditional Chinese medicine and Modern medicine has played a definite effect in clinical treatment. The research progress of Traditional Chinese medicine and Modern medicine on CHD is summarized as follows.

1. Modern medicine research progress on CHD

Modern medicine believes that the risk factors leading to CHD are mainly composed of unchangeable factors such as age, gender, genetic factors, and changeable factors such as diet structure, bad living habits, and other diseases [3]. Traditionally, it is believed that the pathogenesis of CHD mainly focuses on the lipid infiltration theory, endothelial injury theory, platelet aggregation and thrombosis hypothesis, and smooth muscle cell cloning theory [4]. On the basis of these understandings, clear control of platelet aggregation and hypolipidemic treatment have become a necessary part of the treatment of CHD. In recent years, research on the related factors of CHD has been continuously developed. Cys C is related to the risk factors of coronary heart disease, but whether it is related to the number of coronary artery lesions is still controversial [5]. Studies have found that urine microalbumin is related to CHD mortality [6]. There are also studies suggesting that it is related to the severity of CHD [7]. At the same time, research on inflammatory factors clearly believes that cytokines such as TNF- α and IL-6 induce smooth muscle cell migration and proliferation, and promote the development of plaque inflammation [8]. Yu Yani [9] believes that the adipose tissue around the blood vessel acts on the blood vessel wall with a “two-way signal”, which has a clear regulatory effect on the inflammatory response of atherosclerotic plaque.

2. Traditional Chinese medicine research progress on chest pain and heartache

On the basis of the affirmation of the pathogenesis of chest obstruction and heartache, “heart obstruction”, modern physicians, combined with modern people’s lifestyle and behavior habits, recognize the important position of phlegm and blood stasis syndrome in coronary heart disease. In the course of clinical treatment, a new understanding has been formed. A clinical epidemiological study of 11,383 patients with coronary heart disease in 46 hospitals in 23 provinces and cities [10] showed that the syndrome of phlegm and blood stasis accounts for more than half of all patients with different types of coronary heart disease. Lei Zhongyi, a master of Chinese medicine, developed Danlou tablets for treatment. In a number of multi-center randomized controlled trials, Danlou Tablet has a clear effect on the treatment of coronary heart disease with phlegm and blood stasis combined [11, 12]. Hu Jingqing [13] clarified the diagnostic criteria of coronary heart disease with the syndrome of phlegm and blood stasis. Yang Guanlin developed phlegm and blood stasis granules while developing phlegm and blood stasis syndromes [14]. Shen Shaogong, a master of traditional Chinese medicine, believes that the method should be based on nourishing water, culminating in water, suppressing liver and eliminating wind, and formulating a general prescription for treating phlegm and blood stasis simultaneously [15].

Chen Keji [16] proposed the etiology and pathogenesis of CHD “toxin caused by blood stasis”. He proposed that “blood stasis can cause poison, and poison can cause blood stasis”. Blood forms a vicious circle. Ding Shuwen [17] put forward the “heat toxin theory” of heart disease after clinical treatment and thinking about modern people’s lifestyle. It is believed that today’s living environment, climatic conditions, diet, and rest are very different than before, which can easily lead to the generation of fiery evils, heat cluster in the heart, and damage the heart, and lead to the production and development of a variety of heart diseases. On this basis, the method of clearing heat and detoxifying treatment of CHD and the improvement of clinical blood lipids and various inflammatory indexes have conducted a lot of research [18, 19].

3. Summarize

With the improvement of my country’s economic conditions and the transformation of people’s living, eating habits and work behaviors, the reasons that affect people’s health are constantly changing. This leads to the change of disease incidence and TCM syndrome types. CHD is an important disease with an increasing morbidity and mortality rate. With a clear understanding, a clear condition, and accurate dialectics, it is possible to make better use of the advantages of combining traditional and modern medicine to treat the disease. This article summarizes the research progress in the treatment of coronary heart disease with integrated traditional Chinese and Modern medicine in recent years, and hopes that better combined application of traditional Chinese and Modern medicine can better prevent and treat coronary heart disease.

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