

Study on Integrated Traditional Chinese and Western Medicine for Cardiovascular Diseases

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Abstract. The diagnosis and treatment of cardiovascular disease based on integrated traditional Chinese and western medicine is the focus and hotspot of medical research in recent years and it is also one of the main support directions of major disease research projects. Integrated Chinese and Western medicine is a unique medical model in China in recent years and has made considerable progress. How to combine the traditional Chinese medicine and western medicine in the basic and clinical research of cardiovascular disease is one of the focuses of this research.

Introduction

Cardiovascular disease mainly refers to the supply of the heart itself and the blood vessels from the heart of the disease, to coronary atherosclerotic heart disease mainly due to coronary artery atherosclerosis, arterial narrowing, myocardial insufficiency Caused by coronary artery disease caused by stenosis or occlusion of the degree of severity, clinical symptoms, onset time is different, divided into recessive heart disease, angina pectoris, myocardial infarction, myocardial sclerosis and sudden cardiac death and other forms. The disease belongs to the chest medicine of the motherland, the scope of heartache, disease in the heart, heart yin and yang deficiency of qi and blood or liver and spleen on the basis of dysmenorrhea, both phlegm, blood stasis, qi stagnation, cold coagulation and other pathological products Heart pulse caused by acute myocardial infarction or occlusion of the disease, the total is the virtual standard of the card.

Integrated Chinese and Western Medicine for Treatment of Cardiovascular Diseases

With the development of medicine, the integrated Chinese and Western Medicine treatment of cardiovascular disease has been rapid development of cardiovascular disease treatment is currently the main Western medicine treatment, the treatment of this disease is often a long process, Western medicine although there is a certain therapeutic effect , But the side effects of long-term medication, high cost, especially in interventional surgery, high surgical costs, there are surgical failure and a large number of long-term medication after surgery and other issues. Chinese medicine treatment of the disease has its unique Chinese herbal medicine calm, no obvious side effects on the human body, low cost, such as compound Danshen dripping pills, Suxiao Jiuxin pill, compound Danshen tablets and other drugs, more improve the status of Chinese medicine and importance.

Integrative Chinese and Western medicine treatment of cardiovascular disease will be preferred. Mainly in the following areas: anxious is palliative, slow the of this, in the onset of cardiovascular disease, critical and more to Western-based, active control of symptoms and save lives, to be stable and the use of traditional Chinese medicine to prevent and prevent seizures and Increased, or for some symptoms are not typical, mild symptoms in patients given traditional Chinese medicine treatment. Not disease prevention the etiology of this disease and social development and improvement of people's living standards are inseparable. With the improvement of living standards, over-eating Feigan, mental stress, stress, lack of exercise, leading to large-scale epidemic of cardiovascular disease in the prevention of cardiovascular disease, once again embodies the advantages of integrated traditional and Western medicine, To actively control high blood pressure, diabetes and other related diseases, and further combined Chinese medicine blood circulation, Yiqi Fuzheng, traditional Chinese medicine such as therapeutic regimen to find the most suitable

individual therapy, and thus prevent the occurrence of cardiovascular disease. - The treatment of cardiovascular disease, the Western theory of microcosm and traditional Chinese medicine combined with macro-understanding in the treatment of cardiovascular disease, Western medicine from the local treatment, such as interventional therapy, the overall concept of traditional Chinese medicine, and then from the overall treatment, Vascular obstruction, based on the overall to give treatment, can be a good effect. For those who do not want to accept Western medicine or surgical contraindications, can be given in the traditional Chinese medicine on the basis of traditional Chinese medicine treatment, improve patient quality of life. The adverse drug reactions in the treatment of cardiovascular disease is a long - term process, the existence of modern Western medicine on the abuse of drugs, indiscriminate use of the phenomenon of drug adverse reactions, drug antagonism and drug waste, the combination of traditional Chinese medicine and Western medicine, The use of traditional Chinese medicine side effects of small, low cost, can subtract or reduce part of the side effects of Western medicine, more conducive to patient compliance and improve the results.

Chinese and Western Medicine Cardiovascular Disease Entry Point

To chronic heart failure (chronic heart failure), for example, modern research shows that ventricular remodeling is the root cause of the incidence of chronic heart failure, its specificity and severity of cardiovascular clinical and scientific research workers more and more attention. Most of the clinical treatment of chronic heart failure are mainly in Western medicine, hemodynamics in patients with chronic heart failure tend to improve soon, while its quality of life is still low. angiotensin converting enzyme inhibitors (ACEI), aldosterone although the exact effect of antagonists, but due to the presence of prone to cause hyperkalemia, 'renal dysfunction and many other side effects, making some patients with chronic heart failure can not be well tolerated, and traditional Chinese medicine in improving the clinical symptoms of heart failure in patients with exact Efficacy has been recognized. Such as chronic heart failure can be felt in patients with early fatigue, fatigue, drowsiness and reduced physical activity, studies have shown that, in addition to tissue hypoperfusion and hypoxia, but also with respiratory muscles, including skeletal muscle dysfunction is closely related Door, these symptoms are often preceded by symptoms of heart failure, with the progression of the disease is more obvious; and remission of heart failure after the performance of such skeletal muscle abnormalities still exist. Western medicine is not only the lack of appropriate clinical evaluation methods. More lack of improvement of chronic heart failure when the skeletal muscle function of a good countermeasure; Although the amount of exercise per day is known, long-term use of ACEI on skeletal muscle damage improved beneficial, but How to control the specific exercise, how to take ACEI and so no relevant standards can learn from, leading to heart failure when the skeletal muscle damage to improve the poor condition, but also affected the quality of life of patients with heart failure TCM in improving heart failure patients skeletal muscle Loss of clinical symptoms have great advantages, laboratory research also supports the above conclusions. Modern research shows that many traditional Chinese medicine compound have different degrees of protection on skeletal muscle injury, such as improving the energy metabolism of skeletal muscle and mitochondrial enzyme activity of ischemia-reperfusion limb; improving skeletal muscle energy metabolism, improving the ability of hypoxia; Calcium overload the function of skeletal muscle cells; in improving the clinical symptoms of chronic heart failure has a good effect. Therefore, the advanced experimental methods of modern medicine should be used to study the changes of skeletal muscle morphology, function and metabolism in heart failure model animal and heart failure patients, to further understand the exact mechanism of the occurrence of heart failure, and adopt the research method of integrated traditional Chinese and western medicine. To carry out a large sample of clinical observation-based epidemiological investigation and study, not only can improve the prognosis of patients with heart failure and quality of life benefits, but also for the search for specific indicators of skeletal muscle damage and provide clues to effective traditional Chinese medicine preparations.

Modern medical research shows that human life activities do exist time rhythm, the disease often

accompanied by varying degrees of this rhythm disorder, so that the normal physiological rhythm changes is one of the causes of disease, maintain and protect the normal physiological rhythm may be Disease prevention and treatment of a train of thought. The time of medicine in cardiovascular disease is particularly important. If the rhythm according to the above, under normal circumstances the human heart at noon (10 ~ 13) when the blood of the most prosperous, relative to the sub-time (23 to 1) the weakest. Zhao Fengchuan observed 30 normal heart a number of different indicators, the results showed that heart rate, blood pressure, ejection time, pre-ejection time, myocardial oxygen consumption, left ventricular total pump force and other 11 parameters are reflected in the heart Function at noon strong, low when the sub-meet the rise and fall time of the heart. We observed the time rhythm of the patients with viral myocarditis and the results showed that viral myocarditis and its sequelae in patients with ventricular premature beats have obvious circadian patterns, different types of patients with their room early morning and evening distribution of differences: The incidence of the patients in the acute phase was higher than that in the control group. The incidence of the patients was higher in the daytime than in the day and the afternoon was worse in the afternoon and afternoon. Virtual, firelight is not busy in patients with high incidence in the middle of the night; and ventricular premature beats and heart rate had no significant relationship. This suggests that in the premature beat before the emergence of the time if the drug intervention, may play a better than the conventional time of clinical efficacy. Some clinical cardiovascular disease detection techniques are also based on time-based medical principles are designed to use, such as 24-hour ambulatory blood pressure (24hABPM) and Holter monitoring (Holter), etc., for blood pressure and heart rate (rate) 2z1 hours Or more long-term monitoring, help to find more immediate blood pressure and ECG more accurate abnormal changes and patterns of circadian rhythm, so as to better guide clinical medication. Such as peak blood pressure before the arrival of art hours and half an hour respectively, taking long-acting and short-acting antihypertensive drugs tend to be better than conventional time administration. Therefore, from the time of cardiovascular disease medical staff not only can more clearly understand the human cardiovascular system changes in the exact day and night, more important is to be able to change according to a reasonable time of administration, reduce drug side effects, improve drug efficacy; Can also be abnormal rhythm to normal, may be the gradual recovery of the disease help.

As mentioned earlier, with the current medical model from the traditional bio-medical model to a biological-psychological-social environment model to change at the same time, the majority of cardiovascular disease quality of life requirements are gradually strong. As early as 2 () 7 () era of Europe and the United States began to target patients after myocardial infarction risk stratification of cardiac rehabilitation work. Posterior indications gradually extended and expanded; today, cardiac rehabilitation medicine has become a cardiovascular disease patients must Indispensable to a treatment project. Our country started relatively late, so far there is no perfect cardiac rehabilitation medical model and related evaluation system. Chinese medicine as a treasure house in the world of traditional medicine in a wonderful work in China for thousands of years of health, health and treatment played an active role. Rehabilitation of traditional Chinese medicine is an important part of traditional Chinese medicine, as early as in the "Nei Jing" has been on rehabilitation related exposition. After several thousand years of development, the concept and method of implementation are different from western medicine. They include not only mental health, but also diet conditioning, physical exercise, physical therapy (such as acupuncture and cupping) Of the overall conditioning; more importantly, the Chinese medicine is very stressed that, due to the time, the method, pay attention to the relationship between the human body and the natural environment, which are Western medicine can not be compared. Therefore, the establishment of integrated Chinese and Western medicine for cardiac rehabilitation model and related assessment system, give full play to the advantages of traditional Chinese medicine, is bound to improve the prognosis of cardiovascular disease, and further improve the quality of life of patients to do something.

Conclusion

According to the different characteristics of traditional Chinese medicine and western medicine, we will adopt the most suitable treatment method for patients and modernized methods, such as the combination of traditional Chinese medicine and Western medicine, the best treatment for patients. Combined with the essence of traditional Chinese medicine treatment of coronary heart disease will achieve better results. However, in the process of integrated Chinese and Western medicine in the treatment of cardiovascular disease, drug selection, joint, dose and has a best joint program.

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