



Short Communication

Discussion on the Thinking Innovation by the Theory of Traditional Chinese Medicine

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Traditional Chinese Medicine (TCM) views the healthy human body as an entity in yin-yang equilibrium, and the ultimate goal of treatment in TCM is to restore the yin-yang balance. Therefore, the essential principle of treating diseases in TCM is treating diseases mainly by regulating and mediating the imbalance state to dynamic balance and yin-yang harmony. Previous studies have shown that the sympathetic nerve activity and renin-angiotensin-aldosterone system plays a key pathophysiologic role in the progression of cardiovascular diseases. Under the guidance of TCM theories and modern technology, we can further reveal the pathogenesis of disease and obtain the newtherapeutic treatments.

Traditional Chinese Medicine (TCM) has been attracting more and more attention and receiving an increasing acceptance from a global scope due to its important role in prevention and treatment of diseases [1]. TCM views the healthy humanbody as an entity in yin-yang equilibrium, and theultimate goal of treatment in TCM is to restore the yin-yangbalance. Therefore, the essential principle of treatingdiseases in TCM is treating diseases mainly by regulating andmediating the imbalance state to dynamic balanceand yin-yang harmony.

Previous studies have shown that the sympathetic nerve activity and Renin-Angiotensin-Aldosterone System (RAAS) plays a key pathophysiologic role in the progres-sion of choric heart failure and Atrial Fibrillation (AF) [2]. Suppression of the sympathetic nerve activity or RAAS was proven to reduce the combined endpoints of mortality and morbidity in patients with heart failure and prohibit the progression of AF [3,4]. We hypothesis the yin-yang balance in TCM

has the similar meanings with the balance in autonomic nerve activity and RAAS. AF belongs to “palpitation” and “syndrome of Chong” category in TCM. TCM believes that the cause of AF is due to “Qi Yin Deficiency”, “heart kidney yang deficiency” lead to heart and kidney failure. We supposed that AF has a closely relationship with the kidney according to these theories. Under the guidance of TCM theories, we investigated the effects of renal denervation on the incidence of AF. We first reported thatactivity of RAAS increased during short-time rapid atrial pacing, while renal enervation decreased activity of RAAS. The episodes of AF could be decreased bypercutaneous renaldenervation during short-time rapid atrial pacing. These effects might have relationship with decreased activity of RAAS [5]. Furthermore, we also found that renal denervation suppressed the increased levels of circulating hormones and inhibited atrial and ventricular substrate remodeling during rapid atrial or ventricular pacing. The effects might be associated with decreased activity of the RAAS after renal denervation [6,7]. In our study, we found that renaldenervation can attenuate the changes of levels of plasma neurohormones in the activated RAAS and sympathetic nerve system but had not obviously effect in the normal physiology of RAAS and sympathetic nerve system [8]. These results further demonstrate that the theories of treating diseases mainly by regulating andmediating the imbalance state are reasonable.

Acupuncture is a therapeutic modality that emerged from TCM. In clinical practice, it has been recognized that the stimulation of the Neiguan spot has been utilized to treat AF [9]. The Neiguan spot is located in the portion of the Meridian of the Heart Minister situated in the forearm, along the course between the two tendons. This acupointis located overlies the trunk of the median nerve. Therefore, we supposed that the stimulation of the Neiguan acupuncture point mimics median nerve stimulation to exert a modulatory function on the autonomic nervoussystem. In our recent study, we demonstrated that median nerve stimulation substantially prevents atrial electrical remodeling and AF vulnerability [10]. The effects of median nerve stimulation on AF have relationship with regulating andmediating the balance of autonomic nervoussystem.

In our recent study, we found that Neiguan acupuncture combine amiodarone therapy appears to be superior to amiodarone alone in preventing the early recurrences of AF after catheter ablation in patients with persistent AF. The efficacy of Neiguan acupuncture therapy on the early recurrences is associated with decreased inflammation factors. In this study, we found the patient’s heart rate decreased during acupuncturing of Neiguan Points. These results indicated that acupuncturing of Neiguan Point was similar to that of an increase in vagal neural activity [11].

TCM is based on 5000 years of medical practice and experience, and is rich in datafrom “clinical experiments” which guarantee its effectiveness and efficacy. The theories of TCM contain rich philosophical and humanistic spirit. Under the guidance of TCM theories and modern technology, we suggest that we can further reveal the pathogenesis of disease and obtain the newtherapeutic treatments.

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Disclosure Statement

None

Reference

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