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

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Traditionally, 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 play 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 new therapeutic 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 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 (RAAS) play 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 new therapeutic treatments.

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 acupoint is 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 nervous system. 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 and mediating the balance of autonomic nervous system.

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 acupuncture 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 data from “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 new therapeutic treatments.
Disclosure Statement

None

Reference
