Clinical effects of combined traditional Chinese medicine and western medicine for cardiovascular disease complicated with anxiety disorders

ZHU Ding-yue
(Department of Cardiology, Lianshui People’s Hospital of Jiangsu Province, Huai’an Jiangsu 223400, China)

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[Author]: ZHU Ding-yue (1971-), Male, Lianshui Jiangsu, Attending Physician, M. M., Tel: 13152650671, E-mail: penpenguo126.com.

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View from specialist: It is creative, and of certain scientific and educational value.

[ABSTRACT] Objective: To investigate clinical efficacy of combined traditional Chinese medicine and western medicine for treatment of cardiovascular disease with anxiety disorder. Methods: A total of 89 patients with cardiovascular disease accompanied with anxiety disorder were randomly divided into observation group (48 cases) and control group (41 cases), patients in control group only received routine cardiovascular drug, while the observation group also received Chinese medicine, Anshen Dingzhi pills and fluoxetine capsules. Anxiety scores before treatment and 7, 14 days after treatment, total efficiency as well as cardiac functional grading were compared between the two groups. Results: Higher percentage of patients in the observation group showed obvious effects than the control group, it also showed significant higher total efficiency. After treatment, anxiety score of the observation group decreased significantly ($P < 0.05$), higher proportion of patients showed heart function recovery of level I ($P < 0.05$). Conclusions: Chinese medicine combing with Western medicine can alleviate anxiety levels in patients with cardiovascular diseases.

[KEY WORDS] Traditional Chinese medicine combining with western medicine; Cardiovascular disease; Anxiety disorder