

Effect of Banxia Baizhu Tianma Decoction Combined with Huanglian Wendan Decoction in the Treatment of Hypertension and Vertigo

Yanyong Miao, Fangfang Li and Chenggao Qin *

Henan Province Hospital of Traditional Chinese Medicine, Zhengzhou, Henan, 450000, China

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Abstract: To explore the clinical effect of the combined use of Banxia Baizhu Tianma Decoction and Huanglian Wendan Decoction in the treatment of patients with hypertension and vertigo. The location of this study was selected at our hospital, and the time of development was from November 2019 to November 2020. Patients in our hospital were selected as the research subjects. The selection criteria of patients were hypertension and vertigo symptoms, and the number of selected patients was 100. The patients were divided into two groups, one group was given conventional western medicine, and was named control group, and the other group was given the combined treatment of Banxia Baizhu Tianma Decoction and HuanWendan Decoction, and was named the experimental group. The treatment effects of the two groups of patients were compared and analyzed. Results: The effective rate of treatment in the experimental group was 92.00%, and the incidence of adverse reactions was 6.00%, which was quite different from 74.00% and 20.00% of that in the control group. The experimental group had better efficiency and lower incidence of adverse reactions. Before treatment, the diastolic and systolic blood pressure levels of the two groups of patients were not significantly different, $P>0.05$. After treatment intervention, the blood pressure of the patients was reduced. In contrast, the diastolic and systolic blood pressure of the experimental group was lower, the data difference between groups increased, $P<0.05$, which is meaningful. The treatment effect was better in the experimental group. The combined use of Banxia Baizhu Tianma Decoction and Huanglian Wendan Decoction in the process of treating patients with hypertension and vertigo has a significant effect, which can improve the blood pressure symptoms of the patients, reduce the incidence of adverse reactions, which has a positive meaning for patients recovery.

1 INTRODUCTION

Hypertension has a relatively high clinical incidence and is a chronic disease. The main factor leading to the onset of patients is the increase in arterial pressure. When a patient gets sick, it is usually accompanied by problems such as cardiovascular and cerebrovascular diseases and functional failure of the kidney organs. The patient's dizziness symptoms are more pronounced, which has a relatively large impact on the patient's daily life and health, so it needs clinically effective treatment for the patients (Huang 2019). On this basis, this study combined Banxia Baizhu Tianma Decoction and Huanglian Wendan Decoction to explore its clinical intervention effects. The analysis is as follows.

2 OBJECTIVES

Taking patients with hypertension accompanied by dizziness in our hospital as an example, the treatment methods of Banxia Baizhu Tianma Decoction and Huanglian Wendan Decoction were combined to observe and analyze the clinical application effects in order to provide a basis for treatment.

3 METHODS

3.1 Patient Information

The patients in our hospital were selected as the main subjects of this study. The selected personnel were all hypertensive patients with vertigo who were treated in our hospital from November 2019 to November

2020. 100 cases were selected as the research objects in this study who were randomly grouped into experimental group and control group and given different treatment methods. There are 59 patients in the experimental group. The number of males and females are 34 and 16 respectively. The minimum age of the patients is 48 years old, the maximum age is 78 years old, and the average age is (62.10±5.30) years old. The patient's course of disease was 0-3 years, and the average course of disease was (1.20±0.49) years.

3.2 Research Methods

The treatment method of the control group was conventional western medicine. In the specific implementation process, amlodipine was mainly applied. The drug was taken orally, with a dosage of 5 mg, with intervention once a day, mainly in the early morning. It needs to adjust the drug dosage according to the patient's medication situation. For patients with poor therapeutic effect, the dosage can be increased by 5mg every night. It should be noted that the maximum dosage for patients is 10mg.

Patients in the experimental group were treated with Banxia Baizhu Tianma Decoction and Huanglian Wendan Decoction. The prescriptions included 15g of Pinellia, 15g of Atractylodes, 6g of Coptis, 30g of Wild Gastrodia, 15g of Poria, 15g of Zhuru, 30g of Danshen, 10g of Tangerine Peel, and 12g of Citrus aurantium, 30g of Shichangpu, 10g of Polygala, 10g of Tangerine peel, 15g of Chuanqiong, 10g of Turmeric, 15g of Stiff silkworm, 6g of Scorpion and 15g of Chrysanthemum. All medicines are soaked in water. The soaking time is 30 minutes, and the decocting time is 30 minutes. After taking out 150ml of liquid medicine, add water and decoct again, and also take out 150ml of liquid medicine. Taking the combined liquid one dose per day, twice a day.

3.3 Observation Indicators

The treatment effects of the two groups of patients were observed and compared, including markedly effective, effective and ineffective. It is marked effective if after treatment, the patient's dizziness disappeared, and the blood pressure dropped above 20mmHg. It is effective if after treatment, the patient's dizziness symptoms improved and the patient's blood pressure drops above 10mmHg. It is ineffective if patients have no clinical improvement before and after treatment, and their blood pressure does not change much and still in hypertension. Excluding inefficiency is the total effective rate of

this study.

The systolic blood pressure and diastolic blood pressure of the two groups of patients before and after treatment were observed and compared.

The adverse reactions during the treatment of the two groups of patients were observed and calculated.

3.4 Statistical Methods

Making statistics on the data, the software SPSS20.0 is used, in which the analysis of measurement data ($\bar{x} \pm s$) is verified by the t value, and the calculation and comparison of the count data (n, %) is verified by the X^2 value. When the result is expressed as $P < 0.05$, it means that the comparison of this study is statistically meaningful (Wu 2015).

4 RESULTS

4.1 Therapeutic Effect

The effective number of patients in the experimental group and control group were 46 and 37 respectively, and the corresponding clinical treatment effective rates were 92.00% and 74.00% respectively. The corresponding data difference between the groups was large and statistically significant.

Table 1: Comparison of the treatment effect of the two groups of patients [n (%)].

Group	Marked effective	Effective	Ineffective	Effective rate
Experimental group (n=50)	33 (66.00)	13 (26.00)	4 (8.00)	46 (92.00)
Control group (n=50)	18 (36.00)	19 (38.00)	13 (26.00)	37 (74.00)
X^2				10.395
P				<0.05

4.2 Changes in Blood Pressure

Before treatment, the diastolic and systolic blood pressure levels of the two groups of patients were not significantly different, $P > 0.05$. After treatment intervention, the blood pressure of the patients was reduced. In contrast, the diastolic and systolic blood pressure of the experimental group was lower. The data difference between the groups increased, $P < 0.05$, which is meaningful.

Table 2: Comparison of blood pressure between two groups of patients after treatment ($\bar{x}\pm s$).

Group	Systolic blood pressure		Diastolic blood pressure		t	P
	Before treatment	After treatment	Before treatment	After treatment		
Experimental group(n=50)	145.23±12.05	122.31±7.20	79.40±5.34	102.35±7.11	9.486	<0.05
Control group(n=50)	146.08±12.20	135.20±7.03	94.20±6.22	101.22±6.58	8.990	<0.05
					0.662	>0.05

4.3 Incidence of Adverse Reactions

The adverse reactions of the two groups of patients mainly included headache, gastrointestinal discomfort and arrhythmia. The incidence of adverse reactions in the experimental group was 6.00%, and the incidence of adverse reactions in the control group was 20.00%. There is a large difference between the groups, which is statistically significant.

Table 3: Comparison of the incidence of adverse reactions between the two groups of patients [n(%)].

Group	Headache	Gastrointestinal discomfort	Arrhythmia	Incidence
Experimental group (n=50)	1 (2.00)	2 (4.00)	0 (0.00)	3 (6.00)
Control group (n=50)	3 (6.00)	5 (10.00)	2 (4.00)	10 (20.00)
X ²				9.485
P				<0.05

5 CONCLUSIONS

With the continuous advancement of our country's development and construction, people's quality of life has been improved, and eating and living habits have also changed, which has led to an increase in the incidence of hypertension, and it has caused a serious threat to people's life and health (Qin 2020). According to the results of relevant research data, the incidence of hypertension in my country is as high as 160 million, and the incidence is gradually increasing (Shi, Liu, Xue 2020). For patients with essential hypertension, the clinical symptoms after the onset are mainly palpitations, dizziness, fatigue and headache, etc., which have a greater impact on the life and health of the patients. Hypertension and dizziness mainly refer to patients with unsteady rotation, dizziness, difficulty in standing, and even fainting. Under normal circumstances, patients will be accompanied by a variety of complications, mainly including head swelling, vomiting, tinnitus, sweating, etc. (Wen, Huang, Han 2020). Judging from the current development situation, clinical treatment of patients is mainly to apply western medicine treatment methods to control the blood pressure of the patients. The use of this method can control the blood pressure of the patient, but it cannot achieve the effect of lowering blood pressure. The treatment effect on patients with vertigo is poor. From the perspective of traditional Chinese medicine, it believes that no sputum and no dizziness. When the patient is addicted to alcohol, it will cause damage to the patient's spleen and stomach, resulting in loss of health and vitality, and it is difficult to promote the transformation of water and grain into phlegm and sputum, which will resist fluid, resulting in clear Yang not rise and causing dizziness (Bao 2020). In the process of treating patients, the Banxia Baizhu Tianma Decoction and Huanglian Wendan Decoction were used in combination, and the results showed that its effect was significant. Among them, Polygala, Shichangpu and Turmeric have the effect of resolving phlegm and refreshing the brain, Gastrodia, Scorpion, Stiff silkworm and chrysanthemum have the effect of calming the liver and extinguishing evil wind, and Danshen can promote blood circulation and remove blood stasis. After the combined use of the drugs, the effects of extinguishing evil wind and activating blood can be achieved, and the spleen and stomach can get invigorated (Shi 2020). Atractylodes macrocephala and Poria cocos can regulate blood sugar, Pinellia ternata has a lipid-lowering effect, and Gastrodia can promote the increase of patient's arterial vascular compliance. It has a significant

effect of promoting the enhancement of the patient's body to withstand hypoxia. When the drugs are used in combination as much as possible, the symptoms of hypertension and dizziness can be improved and the patient's recovery can be promoted (Dong 2019).

To sum up, the combined use of Banxia Baizhu Tianma Decoction and Huanglian Wendan Decoction has a significant effect in the treatment of patients with hypertension and vertigo, which can reduce the patient's blood pressure and incidence of adverse reactions. It has significant clinical effects, which can promote the recovery of patients. It has positive significance for clinical development, and should be promoted.

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