

# Research on Traditional Chinese Medicine Dietetic Therapy for Coronary Heart Disease

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**Keywords:** Coronary Heart Disease, Dietetic Therapy, Traditional Chinese Medicine.

**Abstract:** Coronary heart disease is a serious threat to human health, and its morbidity and mortality are increasing rapidly in recent years. Traditional Chinese medicine(TCM) physical constitution theory is an important part of TCM basic theory. Dietetic therapy plays an important role in the treatment of coronary heart disease. The aim of this paper is to study dietetic therapy for patients suffering from coronary heart disease with different constitution, and the corresponding dietetic therapy for patients with coronary heart disease with different seasons and different regions. Taking the TCM constitution identification as the core, we separately study the suitable diet of patients with coronary heart disease with different constitution of Qi-deficiency, Yang-deficiency, Yin-deficiency, damp heat, phlegm-dampness, Qi stagnation, blood stagnation, and specific constitution. Secondly, according to the different seasons and residence of patients with coronary heart disease, the reasonable diet is studied. It turned out that coronary artery disease patients could benefit from a combination of diet and medication.


## 1 INTRODUCTION


Coronary heart disease is connected with coronary atherosclerosis, resulting in myocardial blood supply and oxygen supply disorders. Clinically, it is collectively referred to as coronary atherosclerotic heart disease or ischemic heart disease with coronary functional changes such as coronary artery spasm.


Coronary heart disease is a serious threat to human health. The incidence and mortality of coronary heart disease patients in China has been increasing rapidly in recent 30 years. The rapid development of modern medicine makes the intervention measures of coronary heart disease widely used. Some effective primary and secondary preventive measures have also gained popularity. The mature use of PCI and CABG in recent years has led to mortality decline of coronary heart disease.


However, there is no denying that coronary heart disease still plagues many patients and becomes a serious burden on individuals and society.


The modern medical treatment of coronary heart disease has the following aspects: risk factor control, drug treatment, revascularization, diet, exercise and other general prevention and treatment. The ABCDE principle centered on drug therapy runs through all aspects of the treatment of coronary heart disease. However, the systemic standard drug treatment has put patients under great economic pressure, and the risk and long-term adverse effects of interventional therapy has been criticized. At the same time, the side effects of multiple drugs is more common, and the interaction resulting from taking a variety of drugs together makes the patients' compliance greatly reduced.

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## 2 TRADITIONAL CHINESE MEDICINE DIETETIC THERAPY IS THE BENEFICIAL SUPPLEMENT OF THE INTEGRATIVE MEDICINE THERAPY ON CORONARY HEART DISEASE

The traditional characteristic therapy of coronary heart disease is the great treasure of traditional Chinese medicine. Under the guidance of the theoretical system of traditional Chinese medicine, diet therapy has played an important role in the treatment of coronary heart disease. Traditional Chinese Medicine dietetic therapy opens a new path in the treatment of coronary heart disease and plays an important role in the diagnosis and treatment of clinical diseases.

The traditional Chinese medicine has such advantages as "simple, convenient, effective and cheap". Traditional Chinese medicine dietetic characteristic therapy developed in the long-term medical practice, which embodies its "simple, convenient, effective and cheap". Due to the precise effect of dietetic therapy, the application of dietetic therapy for coronary heart disease angina pectoris has been paid more and more attention in recent years.

## 3 IMPLEMENTATION OF TRADITIONAL CHINESE MEDICINE (TCM) DIETETIC THERAPY

### 3.1 General Dietetic Therapy of Coronary Heart Disease

Patients with coronary heart disease diet should follow the principle of low salt and low fat, the daily diet should be light, mainly vegetables, fruits and soy products. Try to eat as little or no foods high in animal fat and cholesterol, such as lard, animal offal, egg yolk, cheese, and butter. Patients with coronary heart disease can supplement their protein by eating lean meat, fish, and eggs. Fish oil contains unsaturated fatty acids which can affect human lipid metabolism and reduce serum cholesterol and triglyceride, thus protect vessels, prevent and treat coronary heart disease. A healthy diet and reasonable weight can reduce risk factors for CHD.

In addition, there are some traditional Chinese medicine with lipid-lowering effect can be drunk as a tea substitute, such as lotus leaves, cassia seed, hawthorn, Salvia miltiorrhiza, twisted blue, Polygonum multiflorum, radices puerarise, chrysanthemum, knotweed, manyprickle acanthopanax root, safflower.

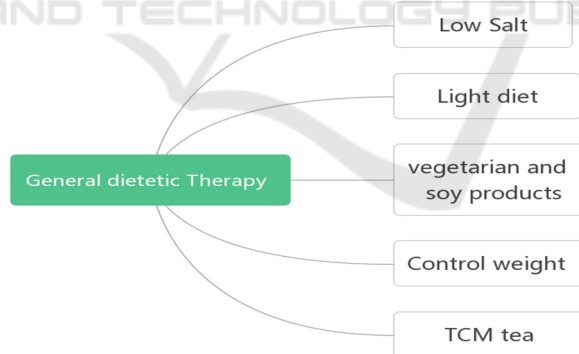


Figure 1: General dietetic Therapy of coronary heart disease.

### 3.2 Dietary Conditioning of Patients with Coronary Heart Disease with TCM Constitution Recognition as Its Core

Traditional Chinese medicine divides the human constitution into nine kinds, respectively balanced constitution, Qi-insufficiency constitution, Yang-deficiency constitution, Yin deficiency constitution,

damp heat constitution, phlegm-dampness constitution, Qi stagnation constitution, stagnant blood constitution, the specific constitution. Traditional Chinese medicine constitution is innately inherited, but can be changed through acquired diet and living habits. Patients with coronary heart disease usually have a variety of coexisting constitution. By distinguishing the biased TCM constitution of patients with coronary heart disease, adjusting the constitution of patients from their eating habits can

make the human body reach a peaceful state and improve the symptoms of coronary heart disease.

**Balanced constitution:** Balance your body, never beyond surplus; balance diet and do not overdo it; don't eat too much or get too hungry; live a regular life, quit smoking and limit alcohol.

**Qi-insufficiency constitution:** The main features of the patients were fatigue, shortness of breath, spontaneous perspiration and so on. The main aftercare is to invigorate qi. Eat more food with the effect of replenishing qi and invigorating the spleen, such as soybean, chicken, mushroom, jujube, longan. Eat less radish. Don't overwork to avoid damaging your vital qi. People with this constitution can use astragalus and ginseng to cook porridge.

**Yang-deficiency constitution:** Patients whose hands and feet are not warm, feel cold frequently. Patients with lassitude are fond of eating hot food. The main aftercare is to warm and enhance yangqi. More sun exposure in spring and summer can supplement yangqi. Eating more mutton, walnuts, leeks, ginger and other food that can warm Yang. Drinking less cold drinks and eating less cold food are beneficial to increasing yang qi. Try to avoid drinking strong tea, because some tea is cold and will damage yangqi. And strong tea contains more caffeine, resulting in sympathetic excitement, which is unfavorable for patients with coronary heart disease.

**Yin deficiency constitution:** The main features are dry mouth and dry throat, hot hands and feet, and so on. This kind of patients should pay attention to eat lean pork, duck meat, winter melon and other cool moisturizing food, eat less dog meat, pepper, chilli and other dry nature-flavour food.

**Damp heat constitution:** The main features are oil-skin, bitter taste in the mouth, yellowish fur and other damp-heat performance. The main aftercare is to clear heat and detoxify, and the most important thing is prevention. This kind of patients should light diet, and drink more boiled water, tea and eat small red beans, green beans, celery, cucumber and so on. Also eat less dog meat, chili, pepper, zanthoxylum and other sweet and hot food such as hot pot, fried food. Drink less and avoid damp living conditions.

**Phlegm-dampness constitution:** The main features are fat body, fat abdomen, sticky and greasy sensation in the mouth, greasy fur and other phlegm dampness performance. The main aftercare is to invigorate spleen and remove dampness. This kind of patients should light diet, eat less fat meat and sweet, greasy food and eat more kelp, coix seed and so on.

**Qi stagnation constitution:** The main features are depression anxiety and fragility and other qi stagnation performance. The main aftercare is to relieve liver qi stagnation and balance mood. " Seek

your salve where you get your sore". This kind of patients should focus on psychological adjustment and can eat food with the function of promoting qi, relieving depression, promoting digestion and waking up the mind such as daylily, rose, scented tea.

People with Qi stagnation constitution should not always stay at home and they should try to increase outdoor activities or group activities, such as running, climbing, swimming and martial arts. They also should keep a regular sleep and avoid drinking tea, coffee and cocoa before going to bed.

**Stagnant blood constitution:** The main features are the dark skin color, dark purple tongue and other blood stasis performance. The main aftercare is to promote blood circulation and remove blood stasis. "pain is caused by blockage of channels, remove the blockage, then no pain". This kind of patients can eat food with the function of activating blood, removing toxin, promoting qi and relieving liver qi stagnation such as Hawthorn, vinegar, kelp and rose. Also they should eat less fat meat and other greasy food. People with such constitution can use notoginseng to boil water to improve blood stasis.

**The specific constitution:** the main aftercare is to strengthen physical fitness to avoid allergy. What is called "take timely measures to prevent exogenous pathogens". Usually, pay attention to avoid contact with allergens and the room should be good ventilation. Try to avoid eating seafood, mango, pineapple and other foods that are easy to cause allergies.

Food has four properties and five flavors. Choosing appropriate attributes of food according to the constitution can adjust the balance of Yin and Yang, so that the partial constitution can be corrected. Traditional Chinese medicine dietetic therapy is not only beneficial to patients with coronary heart disease, but also of great significance for the prevention of coronary heart disease.

It is worth noting that in the process of improving the constitution of patients with coronary heart disease through traditional Chinese medicine diet therapy, we should pay close attention to the dynamic changes of patients' physical fitness, and make dietary adjustments in time. For example, people with damp heat constitution should eat little cold food. However, long-term consumption of cold food will consume Yang Qi. If you can not make the adjustment of the diet plan in time, it will change the constitution to qi deficiency constitution and Yang deficiency constitution. Therefore, the principle of "discontinued in the medium term" should be followed in the process of dietary therapy for patients with coronary heart disease.

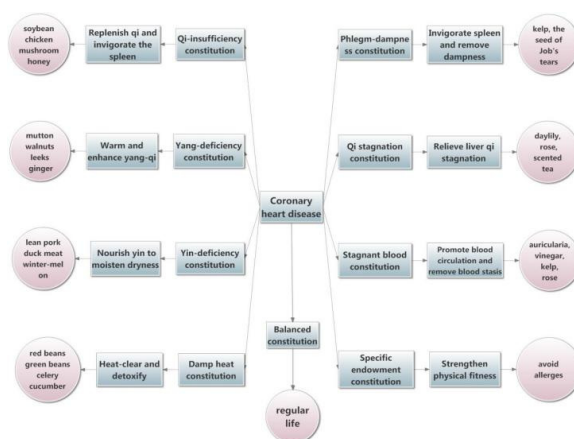


Figure 2: TCM constitution dietary therapy for patients with CHD.

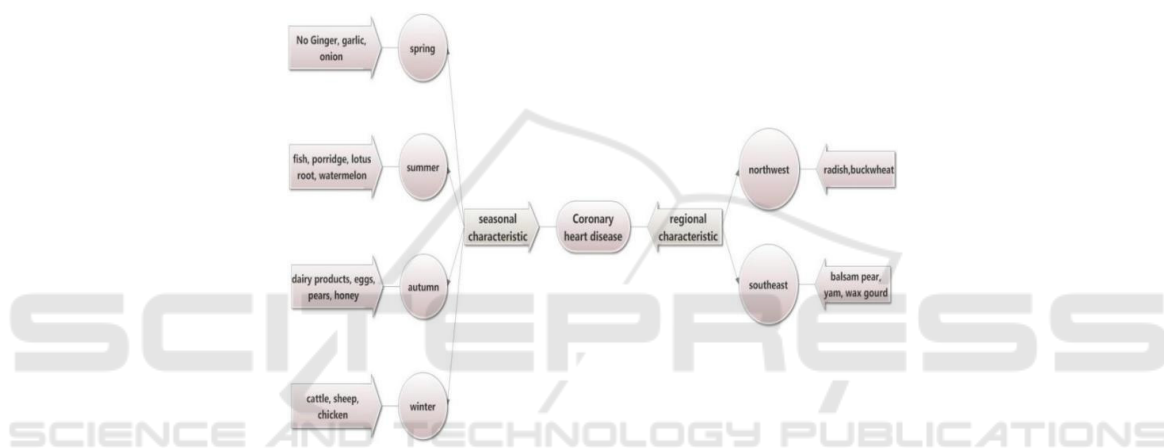


Figure 3: Seasonal and regional dietary therapy for patients with CHD.

### 3.3 A Reasonable Diet for Patients with Coronary Heart Disease Combined with Seasonal and Regional Characteristics

Traditional Chinese medicine emphasizes the whole theory and unity between man and nature. Nature has different climate in spring, summer, autumn and winter, and food has different property and flavor. Therefore, the diet and health care should be adapted to the seasonal climate in order to prevent diseases.

Yang qi blooms in spring and body striae loose and easy to be intruded by external pathogenic factors. Therefore, it is not advisable to use pungent and warming drugs, such as Ginger, garlic and onion.

In hot summer, excessive water evaporation of the human body leads to body fluid loss. It is suitable to choose foods that clear heat, produce body fluid and easy to digest, such as fish, porridge, lotus root, watermelon.

The autumn climate is getting cooler and drier. We should choose the foods that have the function of producing fluid such as dairy products, eggs, pears, honey.

The winter changes from cool to cold and Yin qi prosperous and Yang qi declines. The human body striae is dense and the Yang qi converges. Food should be warm and can be matched with cattle, sheep, chicken and so on. Eat less cold food to prevent injury to Yang Qi.

China has a vast geographical area, different climate conditions and living habits. Plain Questions (Suwen) said “The weather in the northwest is cold and warm drugs should be used. The weather in the southeast is warm and cold drugs should be used.” In the northwest, more cattle, sheep and other warm food should be chosen. In the southeast, Many diseases are out-cold and in-heat type; dietetic therapy should pay attention to disperse out-cold and clear in-heat. The southeast is low-lying and warm and rainy. These lead to loose striae, yangqi leakage, and easy

to produce damp-heat. Therefore, dietetic therapy should pay attention to the use of less acrid taste for dispersing foods, more choice of foods to clear heat and remove dampness, such as balsam pear, yam, wax gourd.

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## 4 CONCLUSIONS

Some Chinese patent medicines can also play a role in lowering blood lipids, such as Xuezhikang capsules, Zhibitai. These drugs are able to reduce total cholesterol and LDL cholesterol, and can raise HDL cholesterol.

Taking the constitution, season and region of traditional Chinese medicine as the cut-in point, dietetic therapy for patients with coronary heart disease can effectively improve the symptoms and is expected to improve life expectancy. Based on the idea of "medicine and food are of the same origin", the patients' compliance with the therapy is high, which reduces the patients' worries about the side effects of the medicine. In the future, the research on Chinese Medicine dietotherapy should be more in-depth.

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