

Significance of Modern Aromatic Chinese Medications to Treat Angina Pectoris

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ABOUT THE STUDY

The clinical state known as angina pectoris of coronary heart disease occur by acute and short-term myocardial ischemia and hypoxia as a result of aberrant coronary blood supply and myocardial oxygen consumption. It can be fatal and is characterized by severe contraction, compression, and oppression. The most common clinical form of coronary heart disease is angina pectoris. It has been discovered that angina pectoris is becoming more common in China; patients tend to be younger, and the frequency of acute attacks rises every year. The prevention and treatment of angina pectoris are urgently needed due to the numerous consequences of angina pectoris in coronary heart disease. The condition known as "chest arthralgia" is one of the categories of angina pectoris in Traditional Chinese Medicine (TCM) and "heart arthralgia," and for its pathogenesis on Arthralgia (Su Wen Bi Lun) records "heart arthralgia, pulse obstruction," which means that heart pulse stasis can be treated by boosting blood circulation, dredging pulse, and relieving pain [1]. Chest tightness and pain, which are frequently brought on by labour and emotion, are the clinical manifestation of stable angina pectoris, which is primarily caused by coronary stenosis and myocardial blood supply insufficiency brought on by coronary atherosclerosis.

Currently, there are several western medications available for treating angina pectoris associated with coronary heart disease, including nitrates like nitroglycerin and isosorbide nitrate as well as antiplatelet medications like aspirin and clopidogrel. Western medicine is effective in preventing and treating angina pectoris, but there are side effects that can occur, including headaches, discomfort, a drop in blood pressure, a reduction in afterload, and fatigue. Additionally, the effectiveness of the medications is dependent on the patient's level of physical fitness. Numerous studies have indicated that aromatic Chinese medicine can play a crucial part in the treatment of angina pectoris. TCM can swiftly cure the symptoms of angina pectoris and has rehabilitative effects, with fewer side effects [2].

Chinese herbal remedies with an aromatic component have the properties of increasing, clearing collaterals, and aromatically removing dampness. As a result, this study summarized and studied the treatment guidelines for angina pectoris in traditional

Chinese medicine patents and old book prescriptions. Angina pectoris is referred to in ancient texts as "chest arthralgia," "heartache," or "heart arthralgia," and are frequently treated according to the origin and pathogenesis of these conditions. The two main treatment choices for angina pectoris today are western medicine and Chinese patent medications. Therefore, we gathered angina pectoris prescriptions from old literature and Chinese patent medications. Then, using data mining, we improved the key high-frequency aromatic Chinese medications, examined and summarized any potential drug regulations, and offered references for more effective medical care [3].

The terpenoids, aliphatic, aromatic, and other volatile components, as well as other aromatic Chinese remedies, were examined. There must be a specific source to gather old book prescriptions and Chinese patent medications containing aromatic Chinese remedies to prevent and treat angina pectoris [4]. Chinese Materia Medica and Chinese Medicine were used to compile a list of aromatic Chinese medications. The essential information is the drug composition and efficacy indications of ancient texts prescriptions and Chinese patent medicines for preventing and treating angina pectoris, according to the syndromes and symptoms of the condition. Additionally, the original data, including prescription source, prescription name, drug composition, and indications, as well as the properties and flavours, meridian tropism, efficacy, and efficacy categorization, were sorted [5].

CONCLUSION

It was discovered that the majority of the aromatic Chinese medicines prescribed in old literature are Qi-regulating, internal-warming, blood circulation-promoting, and blood stasis-removing medications. Danggui (*Angelicae Sinensis Radix*) is the most widely used aromatic Chinese medicine, followed by Chenpi (*Citri Reticulatae Pericarpium*). The most popular pharmacological combinations are Xiangfu (*Cyperus Rhizoma*)+Chenpi and Chuanxiong (*Chuanxiong Rhizoma*)+Danggui (*Angelicae Sinensis Radix*) (*Citri Reticulatae Pericarpium*) Danshen (*Salviae Miltiorrhizae Radix et Rhizoma*) is the most widely used aromatic Chinese medicine in Chinese patent medications, followed by Chuanxiong (*Chuanxiong Rhizoma*) and Sanqi (*Notoginseng Radix et Rhizoma*). Many different Chinese medicines can be coupled

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with Danshen (*Salviae Miltiorrhizae Radix et Rhizoma*) and Chuanxiong (*Chuanxiong Rhizoma*), among which the Confidence and Support of Chuanxiong (*Chuanxiong Rhizoma*) + Danshen. As a result, this study uses data mining to examine both traditional and contemporary prescription guidelines for aromatic Chinese remedies for angina pectoris. It then chooses Chuanxiong (*Chuanxiong Rhizoma*) as a candidate for further study and the creation of new angina pectoris medications.

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