

3rd World Congress on
Cardiology

&

16th International Conference on
Nutrition and Fitness

October 29-30, 2018 | London, UK

The effect of auricular therapy on blood pressure: A systematic review and meta-analysis of human studies**Guang chen**

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Although a number of clinical studies have investigated the effectiveness and safety of auricular therapy for treating hypertension, the overall evidence remains uncertain. We aimed to evaluate the evidence for the effect of auricular therapy on blood pressure using meta-analysis methodology. We searched PubMed, Embase, Cochrane Library databases, Clinicalkey, China National Knowledge Infrastructure, China Scientific Journal Database and Wanfang Database and Chinese Biomedicine for trials that compared the effects of auricular therapy to that of sham auricular therapy, antihypertensive drugs (AD) or no intervention on blood pressure. BP value before and after treatment, magnitude of BP change between baseline and post-intervention and the efficacy rate, as outcomes, were synthesized by RevMan 5.3. Continuous outcomes were expressed as a weighted mean difference (WMD), and dichotomous data were expressed as relative risk (RR) with 95% confidence intervals (CI). We systematically reviewed forty-four randomized controlled trials (involving 5,022 patients through June 2018). Auricular

acupressure plus antihypertensive drugs (AAPAD) might be more effective than AD alone in both reducing SBP value after treatment (n=464 patients; MD, -5.06 mmHg; 95% CI -6.76 to -3.36, $p<0.00001$; I²=32%), decreasing DBP after treatment (n=464 patients; MD, -5.30 mmHg; 95% CI -6.27 to -4.33, $p<0.00001$; I²=0%) and the efficacy rate (RR, 1.22; 95% CI, 1.17 to 1.26; $p<0.00001$; I²=0%). Although 44 trials were included, the quality of evidence was limited by their quality. Results from high methodological quality studies are still warranted to draw definitive conclusions in terms of effectiveness of auricular therapy.

Speaker Biography

Guang Chen, from Beijing University of Chinese Medicine and China Academy of Chinese Medical Sciences. His research mainly focus on the R&D of Chinese herbal medicine in treatment of cardiovascular diseases, genetic and epigenetic mechanism of Chinese herbal medicine and cell targeting Aptamers for Nanotheranostics using Cell-SELEX.

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