

QILI QIANGXIN - TSILI TYANŞIN

A glowing yin-yang symbol is centered on a pedestal. The symbol is rendered in a 3D style with a gradient from dark red to light pink. The pedestal consists of three horizontal rectangular blocks of varying heights, also with a gradient. The background is a soft, light blue gradient.

**Gündəlik həkim praktikanızda
Xalq təbabətindən istifadə
edirsinizmi?**

Xalq təbabəti

- Əsrlər boyu təcrübədən keçirilmiş müalicə metodu.
- «Kimyəvi» maddə deyil-təbiidir.
- Yan təsirləri azdır
- Daha əlçatandır (ucuzdur)
- Müasir elmi yanaşma və klinik klassifikasiyalara uyğun deyil
- Əksər hallarda müsbət effektini sübut edən böyük klinik tədqiqatlar yoxdur.
- Tərkibindəki aktiv maddələrin təsir yeri (reseptor) və mexanizmi insan üzərində tam araşdırılmayıb.
- Effektiv dozanı titirləmək çətinidir.

Sübut Əsaslı Tibb- Evidence Based Medicine

- **Sübut əsaslı tibb** (EBM) mövcud elmi tədqiqatlardan əldə olunmuş sübutların klinik təcrübə ilə birləşməsinə imkan yaradan **sistemli yanaşmadır**.

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PMID

Randomized double blind placebo control studies, the “Gold Standard” in intervention based studies

[Shobha Misra](#)

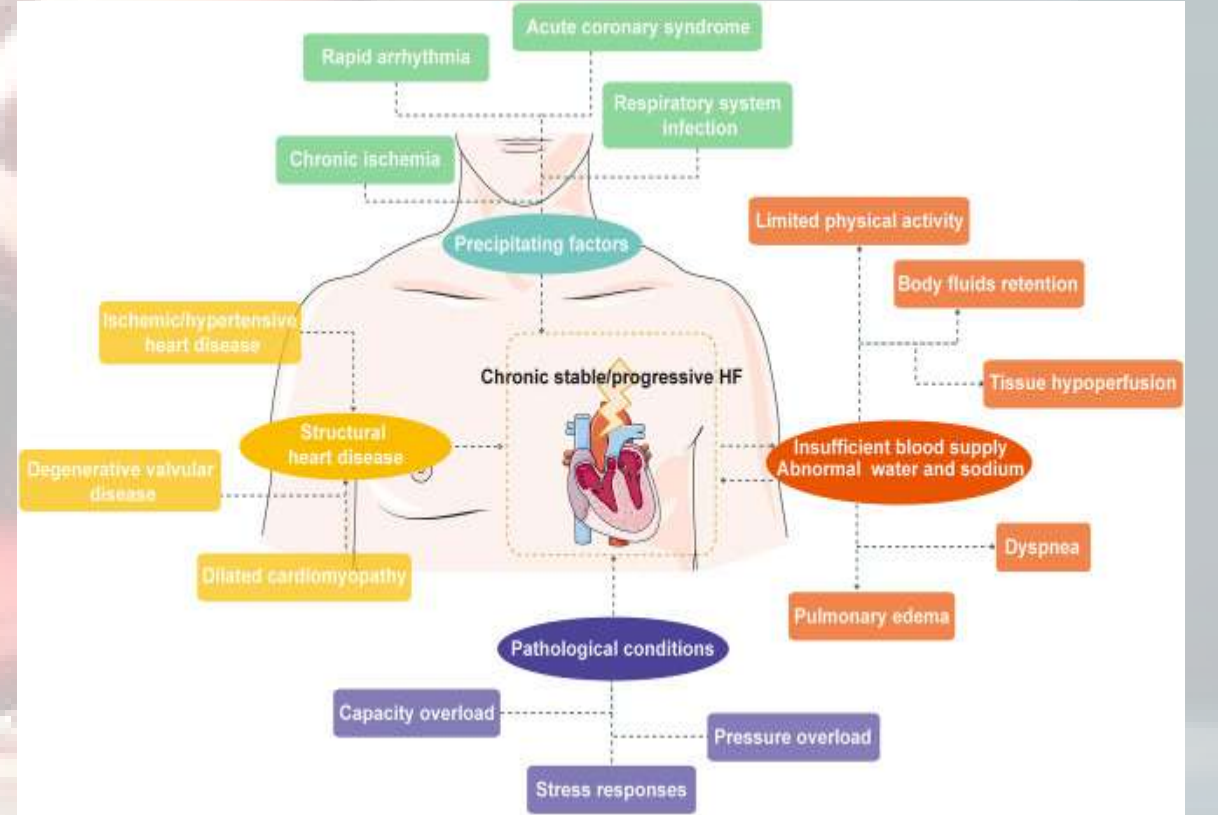
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[Abstract](#)



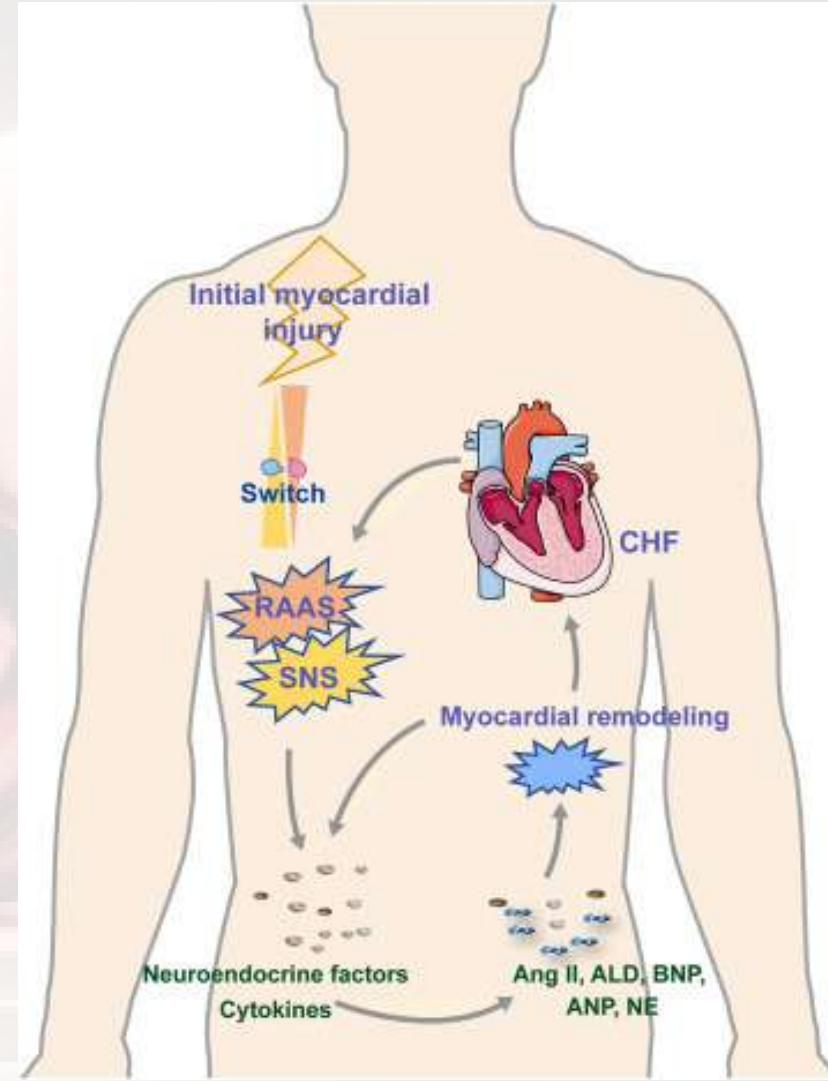
Xroniki ürək çatışmağlığı

- Xroniki ürək çatışmazlığı (XÜÇ) müxtəlif faktorların təsiri ilə ürəyin struktur və funksiyasında baş verən patoloji dəyişikliklər nəticəsində yaranan klinik sindromlar toplusudur.
- Mədəciklərin sistolo - diastolik funksiyası pozulduğundan ürək toxuması organizmin **metabolik ehtiyaclarını ödəmək** üçün kifayət qədər qan pompalaya bilmir.



Neyrohumoral tənziyləmə mexanizminin pozulması :

- Ürəyin remodelingi
- Sistolik və diastolik funksiyanın azalması
- Miokardın fibrozlaşması



Heart failure

The yin and yang of adaptive and maladaptive processes in heart failure

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The heart is continuously faced with a dynamic workload and is able to respond by modifying its size and shape. In response to acute hemodynamic loads (e.g. short term increases in blood pressure) or conditions that place a physiologic load on the

Yin - - Yang -

Moon Sun

Matter Energy

Substantial Non-substantial

Water, Cold Fire, Hot

Wet Dry

Quiet Restless

Slowness Rapidity

Conservation, storage Transformation, change

Female Male

Yin organs, structure of organs, blood-body fluids, nutritive qi Yang organs, function of organs, qi, defensive qi

Kidneys, Heart, Spleen, Liver, Lungs, Pericardium Bladder, Small Intestine, Stomach, Gall Bladder, Large Intestine, Triple Burner

Front, chest, abdomen, body, Interior, organs Back, head, exterior, skin, muscles

Below, below the waist Above, above the waist

Inside, down, right Outside, up, left

Interior-medial surface of limbs Posterior-lateral surface of limbs

Flat Round

Space Time







Contraction Expansion

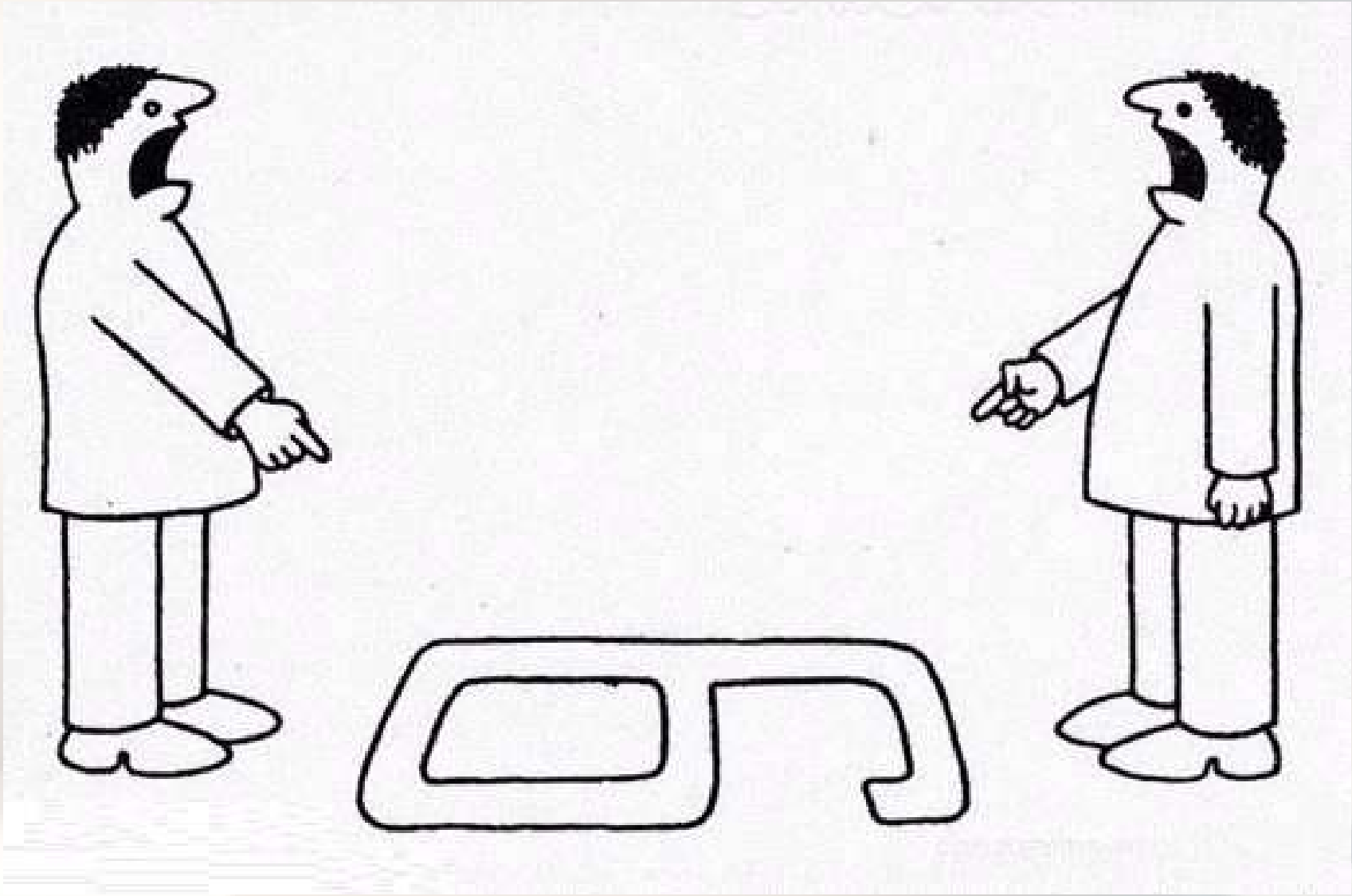
ÇXB-də ürək çatışmazlığı

- ÇXB -insan organizmini **vahid bir struktur** olaraq qəbul edən və insanın ətraf mühitlə qarşılıqlı əlaqələrini tənzimləmə yollarını öyrənən nəzəriyyədir.
- ÇXB -nin diaqnostik və terapeutik üsulları sindromların fərqləndirilməsinə (Çin dilində Zheng) və bitki mənşəli preparatların istifadəsinə (Çin dilində fan-Ji) əsaslanır.
- ÇXB nəzəriyyəsinə görə, **Üç təkə ürək deyil , bütün organizmin xəstəliyidir.**

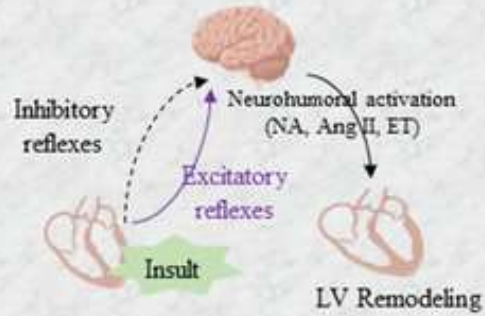
ÇXT -ürək xəstəliklərinə yanaşma

TCM Heart Deficient-Empty Patterns

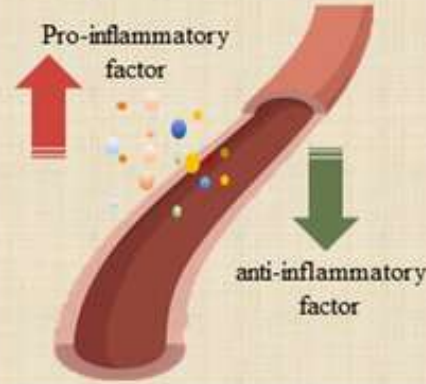
Syndrome	Symptoms	Pulses	Foods	Recs
Heart Qi Deficiency 	Palpitations, spontaneous sweating, fatigue, shortness of breath on exertion, pale face Tongue: pale or normal, possibly a center crack to the tip of the tongue	empty or superficial & pounding w/ light pressure & empty w/ heavy press	Cooked/warm foods = slow cooked: soups, veggies, whole grains, beans, protein, cinnamon, star anise, fennel seed Avoid: cold/raw foods, ice, salads, juice, overdoing (exercise, sex, work - physical and mental)	
Heart Yang Deficiency 	Same as Heart Qi deficiency PLUS the face = bright pale color, a feeling of discomfort or stuffiness in the heart area, feeling cold, cold hands Tongue: pale, slightly wet, possibly swollen	deep & weak possibly knotted	Do: yoga, moxibustion Heart Qi Deficiency possible formula: Yang Xin Tang Heart Yang Deficiency possible formula: Rou Fu Bao Yuan Tang	
Heart Yang Collapse 	More severe than Yang deficiency: palpitations, shortness of breath, profuse sweating, clammy, icy extremities, weak and shallow breathing, cyanosis of lips, grey-white complexion, in severe cases = coma Tongue: very pale or bluish-purple, short	hidden - minute - knotted, fibrillating	A very serious and severe acute condition that could cause death Possible formula: Guan Xin Su He Xiang Wan	
Heart Blood Deficiency 	Palpitations, dizziness, insomnia, poor memory, anxiety, easily startled, dull pale complexion, pale lips, dream-disturbed sleep Tongue: pale and thin	choppy or fine 	Bone marrow broth, longan berries, dark meat chicken, beans, liver: beef/chicken, leafy greens	Avoid: hormones in food, excessive sugar & salt Do: Yoga, tai chi, meditation Heart Blood def possible formula: Gui Pi Tang
Heart Yin Deficiency 	Same as above plus: mental restlessness, fidgetiness, night sweating, dry mouth & throat, heat in palms and soles Tongue: red w/out coat, dry	rapid, floating-empty or thin or thready	As above, note - too much animal protein may be heating, tofu	Heart Yin def possible formula: Tian Wang Bu Xin Dan



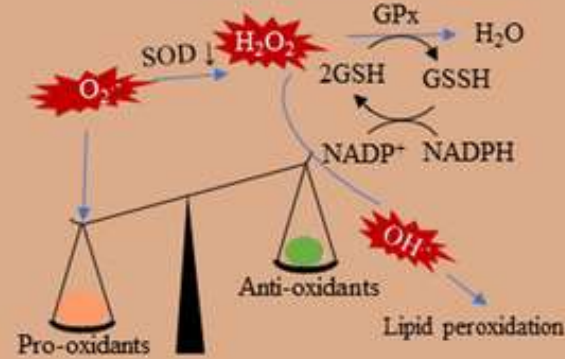
Overactivation of the neuroendocrine system



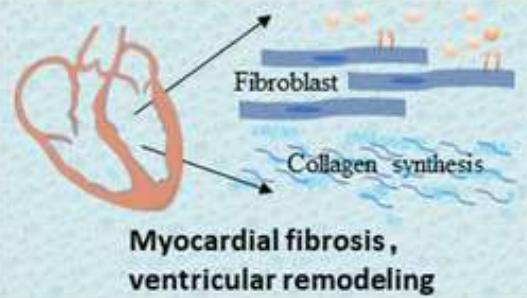
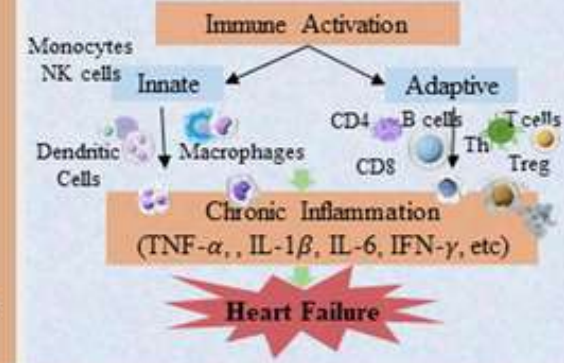
Inflammation response



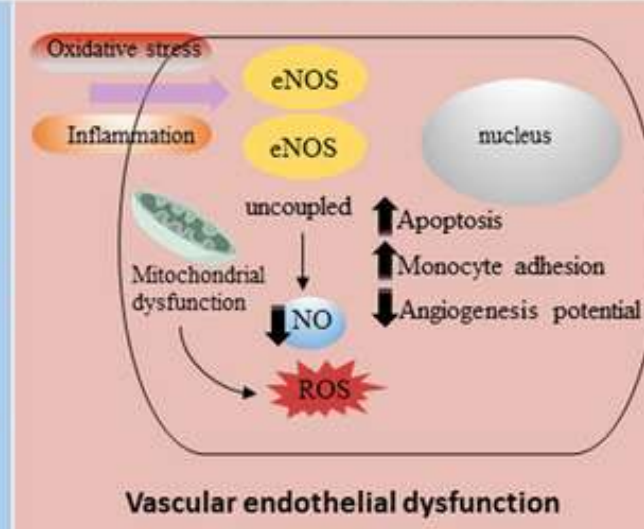
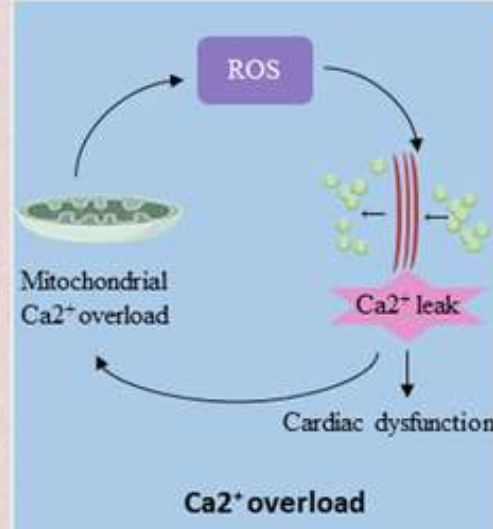
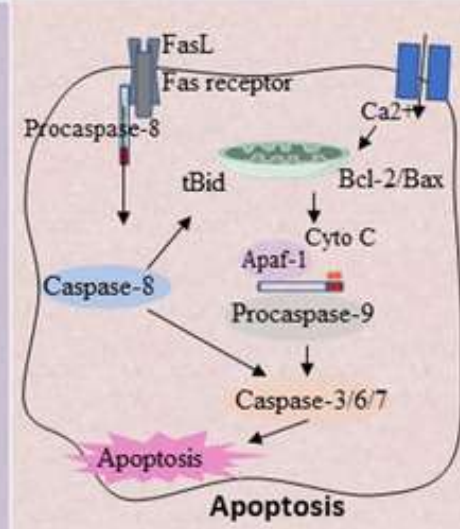
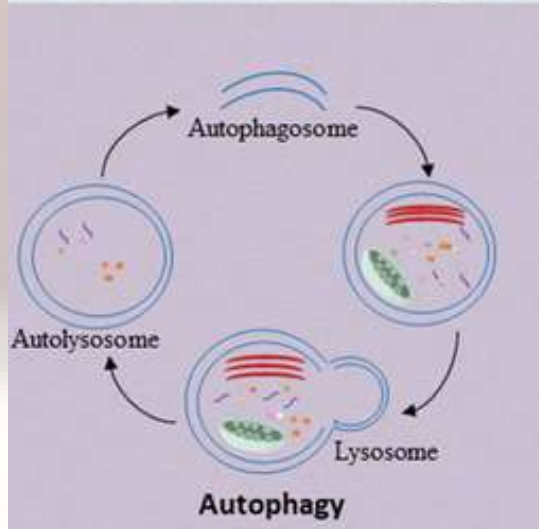
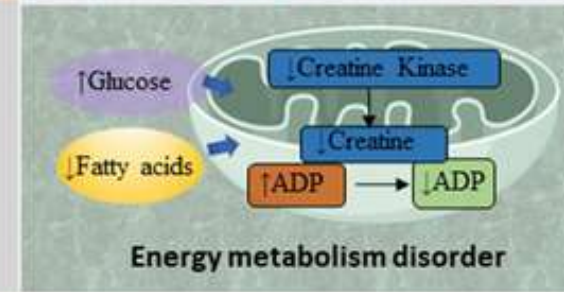
Oxidative stress

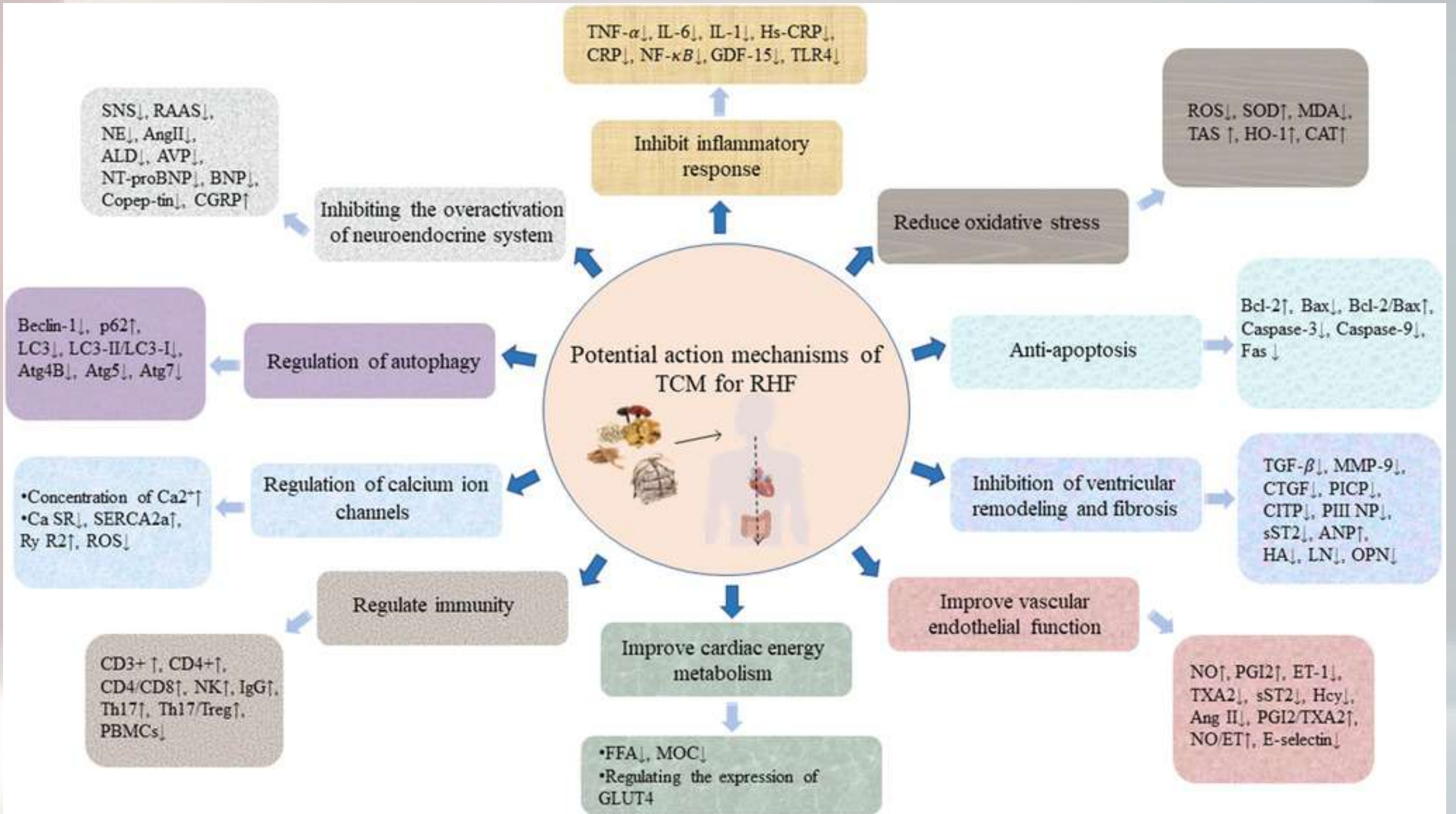


Immune changes



The pathogenesis of refractory heart failure





Çin Xalq Təbabəti (ÇXT)

- Akupunktra
- Nəfəs və fiziki hərəkətlər texnikası
- Taiçi və Qiyong texnikaları
- Massaj texnikaları
- Dietlər
- **Fitoterapia**



The bronze man

The landmark
for holistic therapy



The name Qinx contains the term Qi. This life-sustaining energy current flows through the pathways in the tissues under the skin. Acupuncture, one of the five TCM pillars, can maintain and regulate its balance.

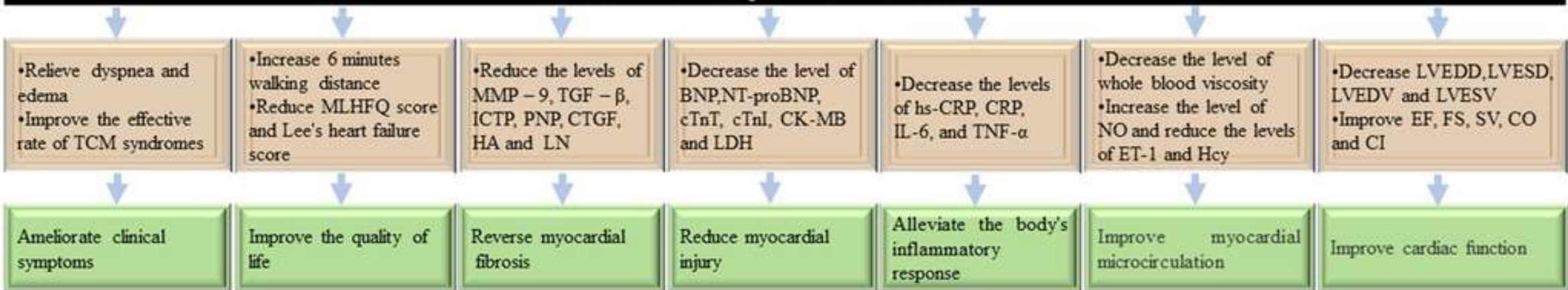
Symbol of Chinese Medicine

In China, many generations learned the ancient therapy method of acupuncture from a bronze man who is now 1000 years old. The statue is considered the symbol of Chinese medicine par excellence and is held in the highest esteem in China and throughout the world: In 2016, Chinese President Xi Jinping presented the World Health Organization (WHO) with an "acupuncture bronze man". Students can not only read all the meridians and acupuncture points precisely on the 3-D model. Filled with water on the inside and coated with a layer of wax on the outside, the bronze man allows the precise placement of needles - and has done so since the time of the Song Dynasty around 1000 B.C. If the water flowed out after the needle was placed correctly, the test was passed!













Traditional Chinese Medicine

Traditional Chinese medicine decoctions	Chinese patent medicines	Traditional Chinese medicine injections
<ol style="list-style-type: none"> 1) Shenlu Ningxin decoction 2) Sanshen Guiqi mixture 3) Zhenwu decoction 4) Danlou Zhenwu decoction 5) Fangji Fuling decoction 6) Guipi decoction 7) Guizhi decoction 8) poge Jiuxin decoctio 9) Xinshuai recipe 10) Jiawei Yixin decoction 11) Qiangxin Liniao recipe 12) Qiangxin Liniao recipe 13) Shengmai yixin decoction 14) Zhenwu Zhuyu decoction 15) Shenqi Jidan Lizhi Long decoction 16) Self-prepared Xinshuai formula 17) Wenyang Lishui decoction 18) Modified Linggui Zhugan decoction 19) Huoxue yixin decoction 20) Shenqi Yangxin decoction 21) Yiqi Qiangxin prescription 22) Yiqi Qiangxin decoction 23) Yiqi Qiangxin Lishui formula 24) Zhenwu decoction and Wuling powder 25) Qishen Ningxin prescription 26) Modified Wenyang Huayu Lishui decoction 27) Shenqi Qiangxin decoction and Wenyang Lishui decoction 	<ol style="list-style-type: none"> 1) Shenfu Qiangxin pill 2) Yixinli capsule 3) Qiliqiangxin capsule 4) Shensong Yangxin capsule 5) Self-prepared Lixin granule 6) Guanxinkang capsule 7) Yangxin Shengmai granule 8) Yangxin Huoxue Tongmai ointment 	<ol style="list-style-type: none"> 1) Shenfu injection 2) Shenmai injection 3) Shenqi injection 4) Sofre injection 5) Astragalus injection 6) Shengmai injection 7) Xinmailong injection 8) Yiqifumai injection 9) Salvia Miltiorrhiza and Ligustrazine Hydrochloride injection

Refractory heart failure



Qili Qiangxin –TSILI TYANŞIN

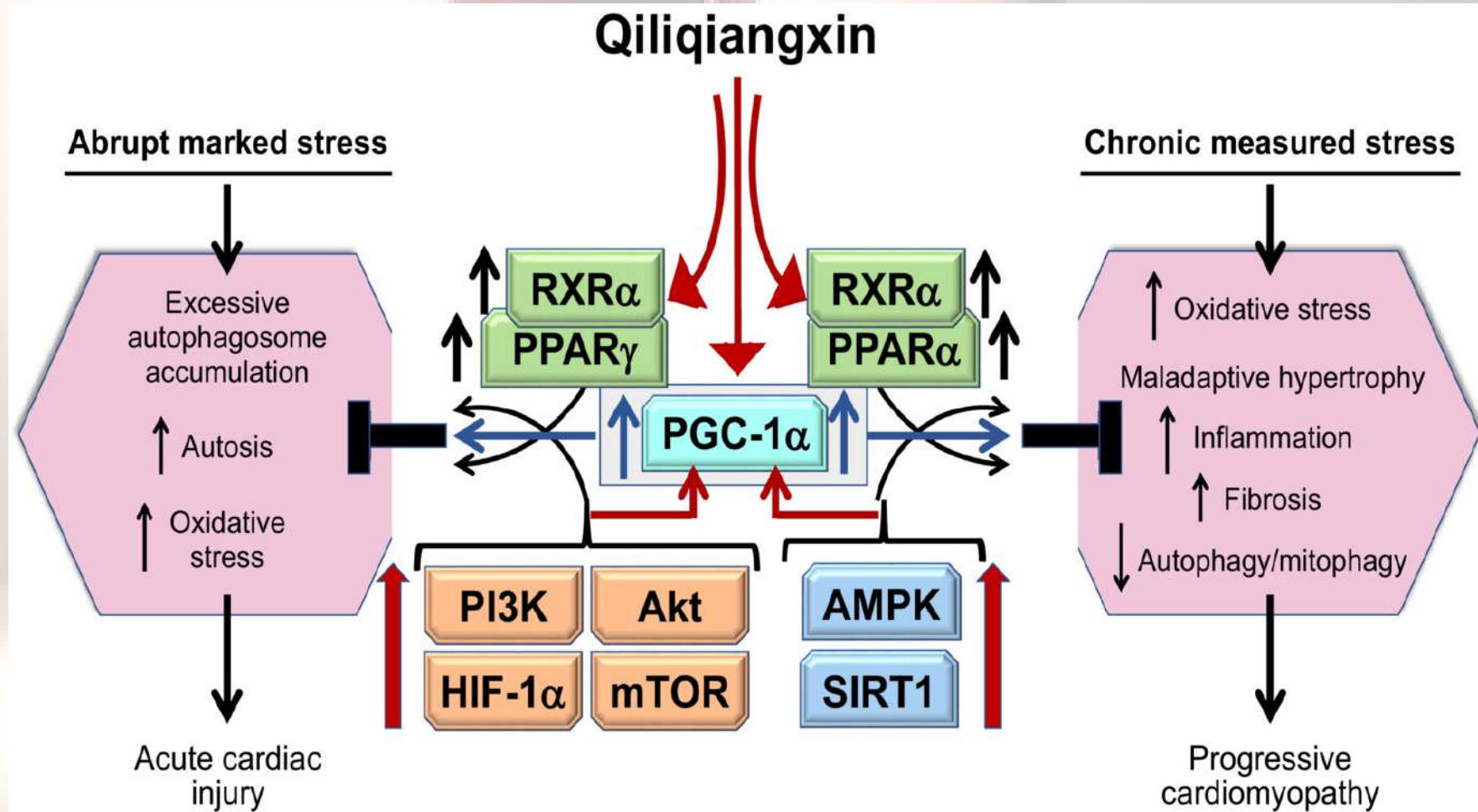
					
<i>Astragali Radix</i> Huang-Qi	<i>Aconitum carmichaelii</i> Debx. Zhi-Fu-Zi	<i>Panax ginseng</i> C. A. Mey. Ren-Shen	<i>Salvia miltiorrhiza</i> Bge. Dan-Shen	<i>Lepidium apetalum</i> Willd Ting-Li-Zi	
Monarch drug (JUN)			Ministerial drug (CHEN)		
					
					
<i>Alisma orientalis</i> (Sam.) Juzep. Ze-Xie	<i>Polygonatum odoratum</i> (Mill.) Druce Yu-Zhu	<i>Carthamus tinctorius</i> L. Hong-Hua	<i>Periploca sepium</i> Bge. Xiang-Jia-Pi	<i>Citrus reticulata</i> Blanco Chen-Pi	<i>Cinnamomum cassia</i> Presl Gui-Zhi
Adjuvant drug (ZUO)				Envoy drug (SHI)	

TSİLİ TYANŞİN kapsulu (TTK)









- Çin Qida və Dərman Nəzarəti administrasiyası tərəfindən təsdiqlənən XÜÇ da ÜVS azaldan və mədəciklərin remodellingini ləngidən - bitki mənşəli dərman vasitəsidir.
- 11 növ otlardan hazırlanmış standartlaşdırılmış Çin bitki ekstraktıdır

No.	Ingredients	Scientific Name	English Name	Plant sources	Used part of Plant
1	Astragali Radix	<i>Astragalus membranaceus</i> (Fisch.) Bge. var. <i>mongholicus</i> (Bge.) Hsiao or <i>Astragalus membranaceus</i> (Fisch.) Bge.	Milkvetch Root	<i>Astragalus membranaceus</i> (Fisch.) Bge. var. <i>mongholicus</i> (Bge.) Hsiao or <i>Astragalus membranaceus</i> (Fisch.) Bge.	Root
2	Ginseng Radix et Rhizoma	<i>Panax ginseng</i> C. A.Mey.	Ginseng	<i>Panax ginseng</i> C. A.Mey.	Root
3	Aconiti Lateralis Radix Praeparata (heishunpian)	<i>Aconitum carmichaeli</i> Debx.	Prepared Common Monkshood Daughter Root	<i>Aconitum carmichaeli</i> Debx.	Root
4	Salviae Miltiorrhizae Radix et Rhizoma	<i>Salvia miltiorrhiza</i> Bge.	Danshen Root	<i>Salvia miltiorrhiza</i> Bge.	Root and rhizome
5	Descurainiae Semen	<i>Descurainia Sophia</i> (L.) Webb ex Prantl	Pepperweed Seed	<i>Descurainia Sophia</i> (L.) Webb ex Prantl	Ripe seed
6	Alismatis Rhizoma	<i>Alisma orientale</i> (Sam.) Juzep.	Oriental Waterplantian Rhizome	<i>Alisma orientale</i> (Sam.) Juzep.	Tuber
7	Polygonati Odorati Rhizoma	<i>Polygonatum odoratum</i> (Mill.) Druce	Fragrant Solomonseal Rhizome	<i>Polygonatum odoratum</i> (Mill.) Druce	Rhizome
8	Cinnamomi Ramulus	<i>Cinnamomum cassia</i> Presl	Cassia Twig	<i>Cinnamomum cassia</i> Presl	Young branch
9	Carthami Flos	<i>Carthamus tinctorius</i> L.	Safflower	<i>Carthamus tinctorius</i> L.	Flower
10	Periplocae Cortex	<i>Periploca sepium</i> Bge.	Chinese Silkvine Root-bark	<i>Periploca sepium</i> Bge.	Root bark
11	Citri Reticulatae Pericarpium	<i>Citrus reticulata</i> Blanco	Dried Tangerine Peel	<i>Citrus reticulata</i> Blanco	Pericarp

Təsir mexanizmi



A Multicenter, Randomized, Double-Blind, Parallel-Group, Placebo-Controlled Study of the Effects of Qili Qiangxin Capsules in Patients With Chronic Heart Failure

Xinli Li MD, PhD,*  , Jian Zhang MD, PhD[†]  , Jun Huang MD*  , Aiqun Ma MD,[‡] Jiefu Yang MD,[§] Weimin Li MD,^{||} Zonggui Wu MD,[¶] Chen Yao PhD,^{**} Yuhui Zhang MD, PhD,[†] Wenming Yao MD, PhD,* , Boli Zhang MD,^{**} , Runlin Gao MD, PhD,[†]
Efficacy and Safety of Qili Qiangxin Capsules for Chronic Heart Failure Study Group

- 12 həftəlik təqib zamanı hər iki qrupda **NT-proBNP** səviyyəsinin **statistik əhəmiyyətli azalması** qeyd edildi ($p = 0.002$);

Əlavə olaraq **TTK** müalicəsi zamanı:

- NYHA klass azalması
- LV EF artması
- 6 dəqiqəlik gəzinti testi
- Həyat keyfiyyətinin dəyərləndirilməsi plasebo qrupu ilə müqayisədə **üstün effektivlik müşahidə olunub**.

Meta analiz

Meta-analiz nəticələrinə əsasən:

- Təkcə OMT ilə müalicə olunan xəstələrlə müqayisədə OMT+TTK alan xəstə qruplarında
- LVEDD, BNP, Hs-cTnT göstəriciləri daha intensiv azalmış
- LVEF, və 6 MVt göstəricilərin artması müşahidə olunub .
- Nəticələr XÜÇ xəstələrində TTK istifadəsinin effektivliyini və təhlükəsizliyini bir daha təsdiqlədi.

Evid Based Complement Alternat Med. 2021; 2021: 9761159.

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PMCID: PMC8367493

PMID: [34408783](https://pubmed.ncbi.nlm.nih.gov/34408783/)

Clinical Efficacy of Qili Qiangxin Capsule Combined with Western Medicine in the Treatment of Chronic Heart Failure: A Systematic Review and Meta-Analysis

[Xiaoming Xu](#), ¹[Yang Yang](#), ²[Gendong Zhou](#), ²[Zhengxuan Du](#), ²[Xiaohong Zhang](#), ²[Wei Mao](#), ¹ and [Hongwen Cai](#) ¹

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Associated Data

[Supplementary Materials](#)

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Abstract

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Qili Qiangxin capsule (QQC) is a formulation of traditional Chinese medicine commonly used for the treatment of heart failure in China. This meta-analysis aimed to assess the clinical efficacy of QQC combined with western medicine in the treatment of chronic heart failure (CHF). We conducted a systematic review and meta-analysis abided by the PRISMA guidelines. Literature search was conducted in the China National Knowledge Infrastructure, Wanfang Database, Chinese Scientific Journals Database, PubMed, and Web of Science from inception to August 2020. A total of 52 eligible studies were obtained, and 42 of these studies were included in the meta-analysis. The results showed that, compared with western medicine alone, the combination of Qili Qiangxin capsule and Western medicine treatment has better efficacy (metoprolol: RR: 1.24, 95%CI 1.14–1.34; carvedilol: RR: 1.24, 95%CI 1.14–1.34; trimetazidine: RR: 1.20, 95%CI: 1.12–1.27; sacubitril valsartan sodium: RR: 1.23, 95%CI: 1.11–1.36; sodium nitroprusside: RR: 1.33, 95%CI: 1.23–1.45; and bisoprolol: RR: 1.31, 95%CI: 1.15–1.49) and increased the level of LVEF, LVEDD, and 6MWT of patients with CHF and reduced the adverse effects and the level of HR, LVEDD, BNP, and Hs-cTnT as well. However,

Qiliqiangxin in patients with heart failure and reduced ejection fraction

Conclusion



The traditional Chinese medicine qiliqiangxin reduces hospitalisation for HF and CV death in patients with heart failure (HF) and a reduced ejection fraction (HFrEF).

Impact on clinical practice



The findings demonstrate meaningful clinical benefit with qiliqiangxin in patients with HFrEF and support its use as an adjunct therapy.

Study objectives



The QUEST trial evaluated the clinical efficacy and safety of qiliqiangxin on major HF outcomes in HFrEF patients.

Study population

Adult HFrEF patients

- with a left ventricular ejection fraction $\leq 40\%$
- with NT-proBNP ≥ 450 pg/ml
- had been on a stable standardised baseline treatment regimen for ≥ 2 weeks prior to enrolment

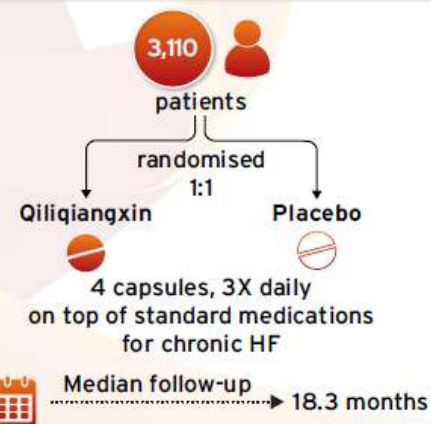
Where?



China and Hong Kong SAR of China

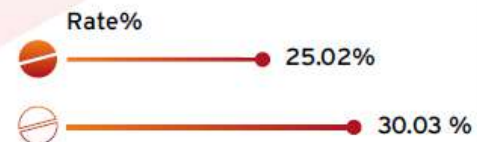
133 hospitals

Who and what?



Primary endpoint

Composite of rehospitalisation for worsening HF or CV death



Hazard ratio 0.78
95% CI 0.68-0.90; $p < 0.001$

Effect related to

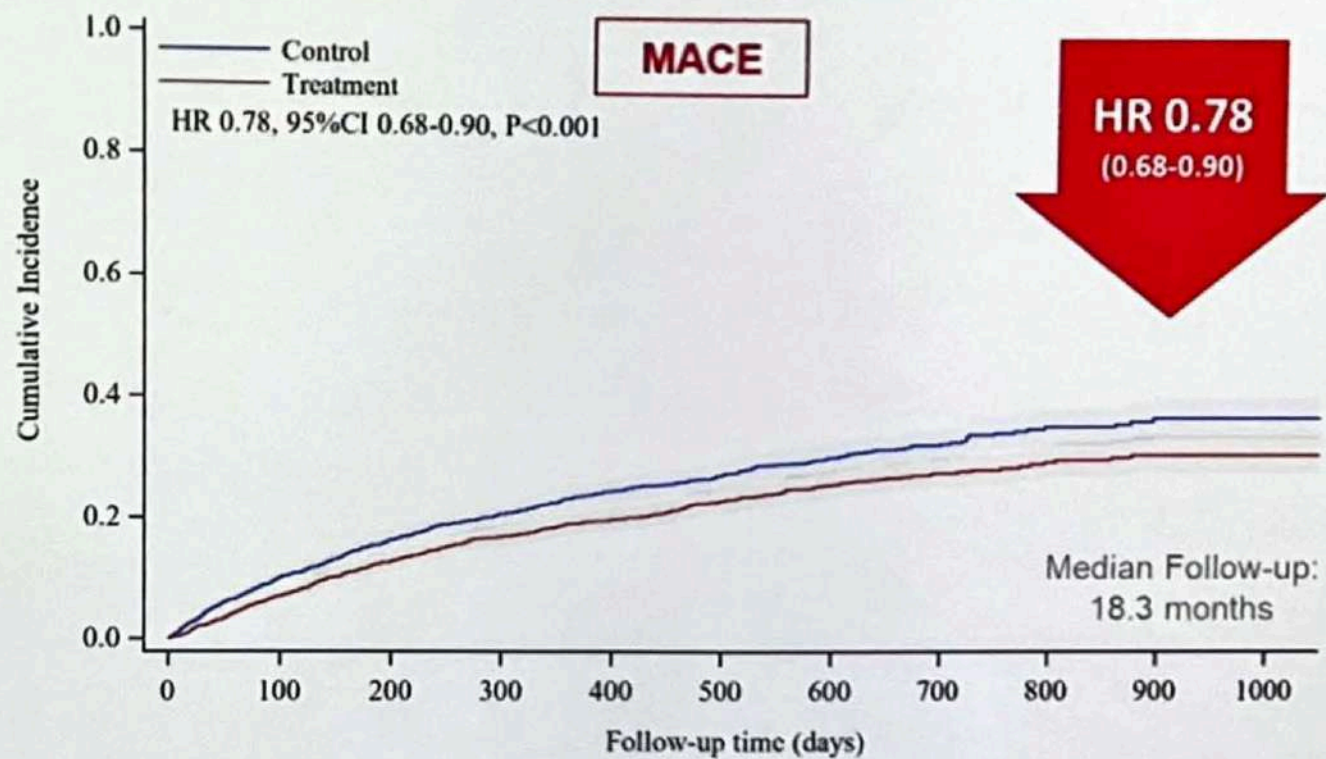
Rehospitalisation for worsening HF reduced with



CV death reduced with



Major adverse cardiovascular events: Cardiovascular Death & Hospitalization of Heart Failure



**Compared to placebo group,
QLQX significantly reduced the risk of MACE**

Qiliqiangxin in Patients with Heart Failure with Reduced Ejection Fraction (The QUEST Study)

- **Purpose:** To assess the reduction in mortality when using Qiliqiangxin (QLQX) compared with placebo for heart failure with reduced ejection fraction (HFrEF) patients
- **Trial Design:** Interventional, randomized, double-blind, placebo-controlled, parallel group, multi-center, N=3110
- **Primary Outcomes:** The composite of Major Adverse Cardiovascular Event (MACE) defined as CV death or hospitalization for heart failure (HHF)
- **Secondary Outcomes:** All-cause mortality and secondary composite outcome including treatment termination due to worsening HF, cardiac arrest resuscitation, malignant arrhythmia, or non-fatal stroke
- **Key Takeaways:** QLQX lowered MACE compared to placebo in patients with HFrEF

	QLQX N=1555	Placebo N=1555	Hazard Ratio (95% CI)	p-value
Primary Outcomes – N (%)				
MACE	389 (25.02)	467 (30.03)	0.78 (0.68-0.90)	<0.001
CV Death	207 (13.31)	248 (15.95)	0.83 (0.68-1.00)	0.045
HHF	243 (15.63)	298 (19.16)	0.76 (0.64-0.90)	0.002
Secondary Outcomes – N (%)				
All-cause mortality	221 (14.21)	262 (16.85)	0.84 (0.70-1.01)	0.058
Secondary composite endpoint	26 (1.67)	44 (2.83)	0.58 (0.35-0.94)	0.027
Results: Using QLQX reduced the incidence of CV death and HF-related hospitalization in patients with HFrEF compared to the placebo group.				

Summary and Conclusion

QUEST

- **Qiliqiangxin capsule** reduced the risk of hospitalization of heart failure and death from **cardiovascular causes** among patients with heart failure and a reduced ejection fraction, when added to standard therapy.
- The risk reductions in both **cardiovascular death and hospitalization** were substantial, clinically important, and consistent across the subgroups.
- **Qiliqiangxin capsule** was **well tolerated**, and the rate of treatment discontinuation was low.
- **Qiliqiangxin capsule** might be further explore as a new approach to the treatment of HFrEF.

Qərb təbabəti TTK –ni qəbul edirmi?

- Tədqiqatda SGLT -2 inhibitoru istifadə olunmayıb. Hal bu ki, bu preparat XÜÇ da klass 1 seçim preparatıdır.
- Kapsulun tərkibindəki 11 komponentin hər birinin dəqiq təsir mexanizmi və dozaları təqdim edilməyib.
- Gündəlik qəbul dozasi 4 kapsul x 3 dəfə olduğundan regulyar qəbulu çətinləşdirə bilər

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First randomised trial of traditional Chinese medicine for heart failure shows benefit

QUEST trial presented in a Hot Line Session today at ESC Congress 2023

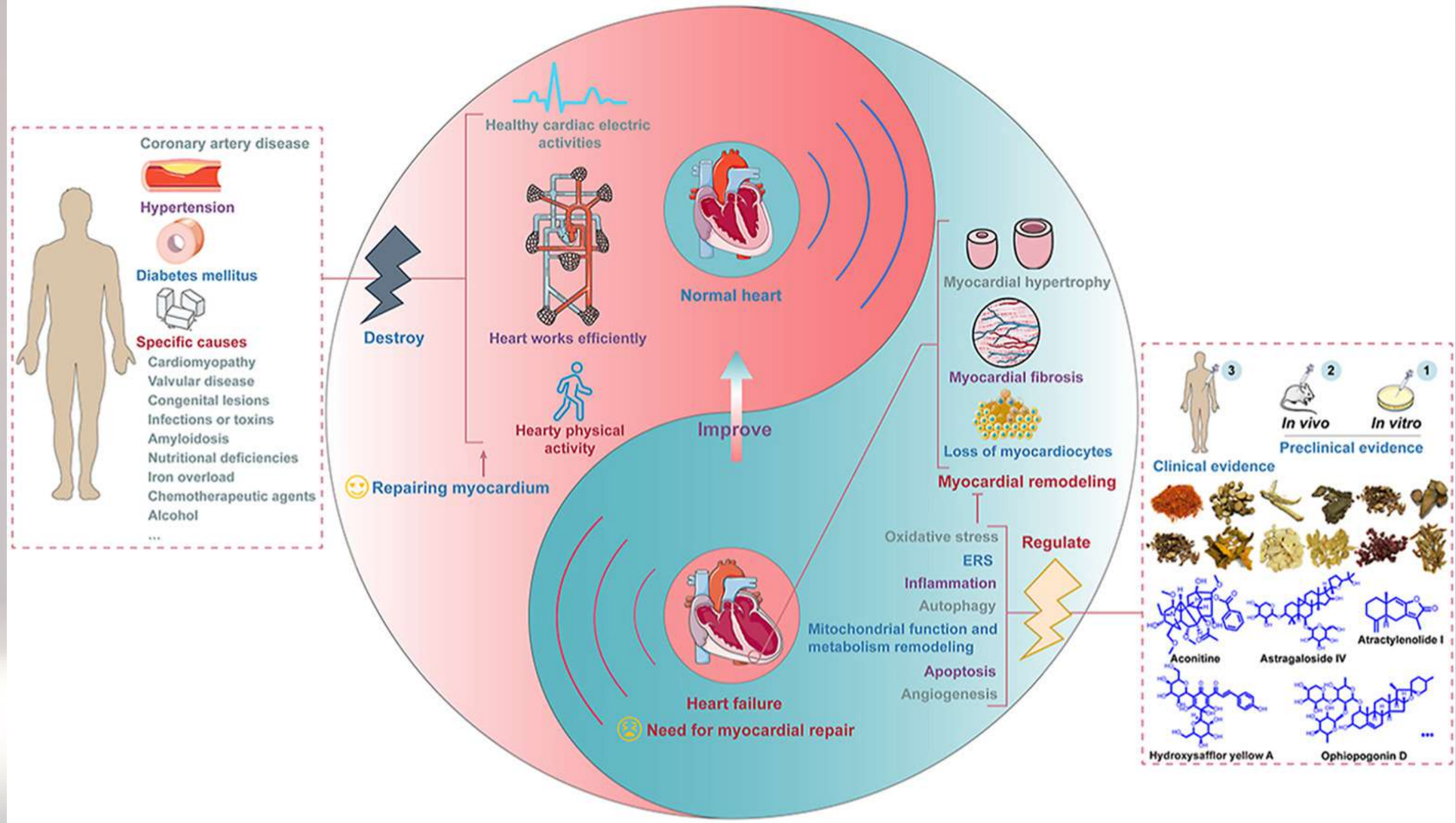
26 Aug 2023

Topic(s): *Heart Failure;*

Amsterdam, Netherlands - 26 Aug 2023: The traditional Chinese medicine qiliqiangxin reduces hospitalisation for heart failure and cardiovascular death in patients with heart failure and a reduced ejection fraction (HFrEF),

- This findings demonstrate meaningful clinical benefit with qiliqiangxin in patients with **HFrEF**, which support the use of qiliqiangxin as an **adjunct therapy** for treating heart failure.”

- «Bu nəticələr əhəmiyyətli kliniki yaxşılaşmanı göstərir, TTK **aşağı fraksiyalı ÜÇ** xəstələrin müalicəsi üçün **dəstək terapiya** kimi istifadə edilə bilər.»





Diqqətinizə görə təşəkkürlər

感谢您的关注