

Application of Shensong Yangxin Capsule in Atrial Fibrillation: Just a Small Step

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ABSTRACT

Due to the overlapping pathogenesis of atrial fibrillation, currently there is no perfect treatment method. For paroxysmal atrial fibrillation, radiofrequency ablation surgery is strongly recommended. However, even with the continuous improvement of surgical instruments or personal surgical skills of doctors, the high postoperative recurrence rate has always been a problem that troubles everyone. Therefore, effectively reducing the postoperative recurrence rate of atrial fibrillation has always been a focus of clinical research. The application of antiarrhythmic drugs during the blank period can improve the anatomical and electrical remodeling of the left atrium, effectively reducing the risk of recurrence of atrial arrhythmias. Traditional Chinese medicine is a unique treatment method in China that has been widely used in the treatment of atrial fibrillation, with the classic example being the Shensong Yangxin Capsule.

Keywords: Shensong Yangxin capsule; Paroxysmal atrial fibrillation; Radiofrequency ablation

DESCRIPTION

It is estimated that there are more than 20 million patients with atrial fibrillation in China, and the incidence rate increases with age, and the incidence rate at the age of 80 is 7.5% [1]. Radiofrequency ablation is currently one of the recommended techniques in the medical community for treating atrial fibrillation [2]. To improve arrhythmia caused by atrial endometrial injury, inflammatory response, delayed recovery of left atrial function, and autonomic ganglion recovery three months after radiofrequency ablation, antiarrhythmic drugs can be routinely used for three months after surgery, which is clinically defined as a blank period [3]. Various atrial arrhythmias can occur during the blank period and are related to the recurrence of long-term arrhythmias [4]. Traditional Chinese medicine is a unique treatment in China, and Shensong Yangxin Capsule is a traditional Chinese medicine compound developed based on the theory of traditional Chinese medicine collateral diseases. It is mainly used for the treatment of antiarrhythmic drugs. A large number of studies have shown that Shensong Yangxin capsules inhibit myocardial remodeling, reduce

myocardial cell fibrosis, block multiple ions, improve cardiac autonomic nervous function, improve pre-and post cardiac load, effectively regulate the activity of matrix metalloproteinase-9, and thus reduce the occurrence and development of arrhythmia [5-7]. In addition, Shensong Yangxin capsules can upregulate sinus heart rate in patients by 7-10 beats per minute, reducing the side effects of Class III antiarrhythmic drugs [8]. This article presents a randomized controlled study by Zhou and his colleagues on the efficacy of the combination of Shensong Yangxin capsules and dronedarone after ablation of paroxysmal atrial fibrillation. Choosing paroxysmal atrial fibrillation effectively avoids research errors caused by differences in atrial mechanisms due to the course of persistent atrial fibrillation, and can more accurately reflect the therapeutic effect of drugs on the treatment itself. The research results also showed that the study group had significantly better AFEQT scores and heart rate elevation in atrial fibrillation compared to the control group. At 3 months, the early atrial fibrillation recurrence rate in the study group was lower than that in the control group, but there was no significant difference between the two groups after 1 year of follow-up.

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CONCLUSION

Shensong Yangxin capsule reduces the early recurrence of atrial fibrillation after radiofrequency ablation, improves quality of life, and has a certain effect. Further research is needed for long-term application. Can we boldly assume that continuous administration of Shensong Yangxin capsules can significantly reduce postoperative recurrence of atrial fibrillation, as it indicates that Shensong Yangxin capsules play a good role in research? Of course, more clinical randomized studies are needed to confirm this, but this provides us with a good research approach.

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