

# Evaluation of Clinical Effect of Traditional Chinese Medicine on Sequelae of Cerebrovascular Accident

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**Keywords:** Traditional chinese medicine, Cerebrovascular accident sequelae, Neurological function, Life ability

**Abstract:** Objective: To study the clinical treatment of cerebrovascular accident sequelae, and analyze the advantages of traditional Chinese medicine in treating this disease. Methods: Of a 3 armour hospital neurology in March, 2021 - December accepts the patient's medical records were analyzed, the position in which 82 cases of cerebrovascular accident sequelae of disease, according to different rehabilitation treatment group, blank group 41 cases take rehabilitation therapy, observation group 41 cases of rehabilitation training combined with traditional Chinese medicine and acupuncture and moxibustion therapy, the specific effect of different schemes are analyzed, and The degree of neurological deficit was calculated and the quality of life was evaluated. Results: The proportion of patients with effective disease in the observation group was higher than that in the blank group ( $P < 0.05$ ). The two methods were helpful for the recovery of patients' neurological function, and the quality of life was improved compared with before treatment. The NHSS score of the observation group was lower than that of the blank group, and the patients' neurological function was improved well ( $P < 0.05$ ). The ADL score of the observation group was higher than that of the blank group, and the patients' ability of life was stronger ( $P < 0.05$ ). Conclusion: For patients with cerebrovascular accident sequelae due to serious neurological deficiency, only standardized limb rehabilitation training has poor effect on the condition, combined with Traditional Chinese medicine and acupuncture treatment can promote faster recovery of neurological function, improve the basic living ability of patients, the overall effect is better, and can be actively adopted in clinical treatment.

## 1. Introduction

Cerebrovascular accident, or stroke, is the first cause of death, disabling conditions in our country, and the incidence of a disease is higher, more because of the blood pressure in patients with high-risk factors such as dyslipidemia live lead to cerebral thrombosis, cerebral embolism caused by, impact that supply situation, patients with these diseases are more than 40 ages, can come on under stress, embolism cases caused by cerebral ischemia or broken, And then damage the nerve of brain tissue<sup>[1]</sup>. More generally for neural function in patients with cerebrovascular accident injury in hemiplegia, disturbance of consciousness, such as headache, need to take timely regular treatment, if by more than half a year and rehabilitation training still have part of the limb function can not restore the damage symptoms, called cerebrovascular accident sequelae, mainly including the contralateral limb feel, movement disorders, language barriers, symptomatic epilepsy, etc., In severe cases, it may lead to the survival state of plants, and the sequelae are mostly permanent<sup>[2]</sup>. With the continuous development of medical technology, in recent years, there have been more and more traditional Chinese medicine treatments for sequelae of stroke in the study of cerebrovascular diseases. The effects of these treatments are not yet clear, but it is certain that it is difficult to improve and restore neurological function only through rehabilitation training<sup>[3]</sup>. In order to further explore the potential value of TCM treatment, 82 patients with cerebrovascular disease accident sequelae were selected for this study, and the detailed report is as follows.

## 2. Data and Methods

### 2.1 General Information

The medical records of 82 patients with sequelae of cerebrovascular disease accidents were analyzed from March to December 2021 in the department of Neurology of a third grade A hospital. All of them had limb sensory, motor, language dysfunction and dysphagia to varying degrees. Patients with unstable conditions, organ dysfunction, cognitive and consciousness disorders, and treatment resistance were excluded and divided into groups according to different rehabilitation treatment schemes. In the observation group, there were 41 patients, including 22 females and 19 males, aged from 42 to 75 years, with an average of (56.74±2.81) years. The average time from onset to hospitalization was (4.36±1.51) years; In the blank group, there were 41 patients, including 21 females and 20 males, aged from 44 to 76 years, with an average of (56.91±2.55) years, and the average time from onset to hospitalization was (4.28±1.64) years. The difference of basic indexes between the two groups was not typical ( $P > 0.05$ ).

### 2.2 Methods

The blank group (41 cases) received rehabilitation therapy, and the observation group (41 cases) received rehabilitation training combined with Traditional Chinese medicine and acupuncture therapy. Both groups lasted for one month. Rehabilitation process in detail: the stroke sequela disease knowledge and rehabilitation training of health science, and take the body exercise rehabilitation professional guidance, pay attention to the limb function in daily, with the help of a healthy limb or rehabilitation equipment to strengthen the limb activity, and specific implementation language function treatment, to learn the language, more reading and communication. Specific process of TCM treatment: In gastrodia elata uncaria drink can improve the blood circulation in patients with hemiplegia, and pathological symptom such as dizziness, to make up for Yang five soup also reduce qi and blood stasis symptoms, selection of parts of the acupuncture therapy according to actual paralyzed patients and cerebral cortex nerve function area, to the foot three mile, lunar, yangming, people, and three Yin intersection of acupuncture points is given priority to, or cooperate with head acupuncture point, body acupuncture point in acupuncture treatment, It aims to improve the movement of body muscles, dredge the meridians and improve symptoms at the same time. Patients are advised to relax their body and mind, and maintain the time of about 15 times after the injection, once a day.

### 2.3 Observation Criteria

(1) Judgment of curative effect: significant refers to the disappearance of symptoms and recovery of basic living ability; Generally refers to the improvement of symptoms, simple ability to live; Invalid means that neither of the above two items is satisfied.

(2) The degree of neurological impairment was negatively correlated with NHISS score, and the quality of life was positively correlated with ADL score.

## 3. The Results

### 3.1 Efficacy Analysis

The proportion of patients with effective disease in the observation group was higher than that in the blank group ( $P < 0.05$ ). See Table 1 for details.

Table 1 Efficacy Analysis [n (%)]

groups	number of people	notable	commonly	be of no effect	effective percentage
observation group	41	25	13	3	38(92.68)
blank group	41	10	22	9	32(78.05)
P	-	<0.05			

### 3.2 Analysis of Neurological Function and Living Ability

The two methods were helpful for the recovery of patients' neurological function, and improved their living ability compared with before treatment. The NHISS score of the observation group was lower than that of the blank group ( $P < 0.05$ ), and the ADL score of the observation group was higher than that of the blank group ( $P < 0.05$ ). See Table 2 for details.

Table 2 Analysis of Neurological Function and Living Ability (Score,  $X \pm s$ )

groups	ADL scores		NHISS scores	
	Before the treatment	After treatment	Before the treatment	After treatment
observation group	16.43±3.85	47.16±9.52	34.26±4.43	27.81±3.43
blank group	16.96±2.47	34.75±8.21	34.05±3.66	19.25±2.92
P	-	<0.05	-	<0.05

#### 4. Conclusion

In recent years, people lifestyle changes increase the incidence of cerebrovascular accident, according to statistics, this kind of disease patients have different degrees of high cholesterol or high blood pressure, bad habits in life is more, in addition with age factors cause the body produces, vascular elasticity decreased can induce thrombosis diseases, cerebrovascular accident risk increases, Considering that this disease can be prevented at an early stage and has a good prognosis after early treatment, attention should be paid to changing bad behavior habits in daily life, removing high-risk factors and reducing the incidence<sup>[4]</sup>. For cerebrovascular accident sequelae, rehabilitation is the most common way of patients because the body paralysis, speech center is impaired, the life cannot provide for oneself, prone to extreme mental state, the low dependency to rehabilitation treatment, combined with physical rehabilitation training need to insist, short-term effect is not ideal, so rely on rehabilitation exercise is difficult to completely restore nerve function<sup>[4]</sup>. TCM treatment method can be applied to multiple disease, the effect of the patients with cerebrovascular accident sequelae research research, can reach a certain level of recovery and treatment of thinking mainly through open channels and collaterals, blood circulation, improve cerebral blood supply and nerve nutrition, and promote the recovery of liver and kidney function, and then restore nerve function, plenty of qi and blood can promote body muscle movement, To alleviate the sequelae, the treatment plan is applied to the clinic, and the practical effect is outstanding<sup>[5]</sup>. In this study, Tianma Unteng Decoction was used to improve hemiplegia, blood circulation, dizziness and other pathological symptoms of patients, and Buyang Huwu Decoction was used to relieve qi stagnation and blood stasis. The application of acupuncture therapy is aimed at stimulating blood circulation and clearing collateral channels through acupoints, which is conducive to faster absorption of pathological hematoma and improvement of brain neurological function<sup>[6]</sup>. In this study, the effective rate of the observation group treated with TCM was higher than that of the blank group, and the patients' neurological function improved well and their living ability was stronger ( $P < 0.05$ ). Rehabilitation therapy combined with TCM therapy was conducive to rapid recovery of the disease. In conclusion, due to serious neurological deficiency in patients with cerebrovascular accident sequelae, only standardized limb rehabilitation training has poor effect on the condition, while TCM and acupuncture treatment can promote faster recovery of neurological function and improve the basic living ability of patients, with better overall efficacy.

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