

IMPACT OF ACUPUNCTURE IN THE TREATMENT OF ARTERIAL HYPERTENSION: A SYSTEMATIC REVIEW



IMPACTO DA ACUPUNTURA NO TRATAMENTO DE HIPERTENSÃO ARTERIAL: UMA REVISÃO SISTEMÁTICA

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ABSTRACT: Introduction: Cardiovascular diseases are the leading causes of death in Brazil and are directly associated with arterial hypertension. Difficulties in lifestyle changes and limitations in pharmacology are influential factors in uncontrolled hypertension (HTN). Acupuncture, a practice of traditional Chinese medicine, is being integrated into Western medicine, and its effects should be evaluated when combined with Western medicine in the context of HTN. **Objective:** To identify the impact of acupuncture in the treatment of arterial hypertension and its benefits through Western physiology. **Methodology:** This systematic review utilized the descriptors "Acupuncture" and "Hypertension" registered in the Health Sciences Descriptors (DeCS) platform to search for original articles in the PUBMED/MEDLINE and VHL databases during October 2024. Articles published from 2019 onward, in Portuguese and English, were included. Results: A total of 56 articles were found across the databases. Of these, 39 were excluded due to incoherent titles and/or abstracts, failure to address Western medical physiology, evaluation of acute treatments, or study protocols, leaving 17 articles included in this review. **Results:** The studies presented promising results regarding the use of acupuncture techniques, with a significant reduction in systolic and diastolic blood pressure. Improvements were noted in early-stage hypertension and obstructive sleep apnea. The review also highlighted the potential use of non-invasive acupoint techniques in antihypertensive treatment, such as transcutaneous electrical acupoint stimulation (TEAS), moxibustion, and auriculotherapy. The justification for blood flow regulation lies in the dilation of blood vessels due to parasympathetic nervous system stimulation and sympathetic nervous system inhibition. The studies emphasize the prioritization of pharmacological treatment, given its proven efficacy, with traditional Chinese medicine techniques serving as a complementary therapeutic approach. **Conclusion:** In summary, most analyzed studies concluded that acupuncture and related techniques yield satisfactory results, particularly when applied to individuals with stage 1 hypertension. The studies also highlighted the correlation between the applied techniques and reduced anxiety, a critical factor for the intended effectiveness. However, further in-depth studies with robust samples are necessary to ensure more consistent results.

KEYWORDS: Acupuncture, Hypertension, Auriculotherapy, Moxibustion, Traditional Chinese Medicine.

RESUMO: Introdução: As doenças cardiovasculares são as principais causas de morte no Brasil e são diretamente associadas à hipertensão arterial. A dificuldade em mudanças no estilo de vida e limitações na farmacologia são influentes na HAS descontrolada. A acupuntura, prática da medicina tradicional chinesa, está sendo implementada na medicina ocidental e seus efeitos devem ser avaliados quando associados à medicina ocidental no que diz respeito a HAS. **Objetivo:** Identificar o impacto do uso da acupuntura no tratamento de hipertensão arterial e seus benefícios, através da fisiologia ocidental. **Metodologia:** Essa revisão sistemática utilizou os descritores “Acupuntura” e “Hipertensão” cadastrados na plataforma Descritores em Ciências da Saúde, para buscas de artigos originais nas bases de dados PUBMED/MEDLINE e BVS, no mês de outubro de 2024, publicados a partir de 2019, em português e inglês. **Resultados:** Foram encontrados 56 artigos nas plataformas utilizadas, sendo descartados 39, sendo eles por título e/ou resumo incoerente, por não abordar a fisiologia médica ocidental, por avaliar tratamento agudo, por se tratar de protocolos de estudo, restando 17 artigos incluídos nesta revisão. **Discussão:** Os estudos apresentaram resultados promissores entre o uso de técnicas de acupuntura, com redução significativa da pressão arterial sistólica e diastólica. Ressaltam melhora em HAS estágio inicial e quanto a apneia obstrutiva do sono. Aborda, também, a possibilidade de uso de técnicas de acupontos não invasivas no tratamento anti-hipertensivo como estimulação elétrica (TEAS), moxabustão e auriculoterapia. A justificativa para a regulação do fluxo sanguíneo é pela dilatação dos vasos sanguíneos devido a estimulação do sistema nervoso parassimpático e inibição do sistema nervoso simpático. Os estudos ressaltam a priorização do tratamento farmacológico, visto sua eficácia comprovada, sendo a técnica da medicina tradicional chinesa um complemento no esquema terapêutico. **Conclusão:** Em suma, os textos analisados em sua maioria concluem que a acupuntura, bem como as outras técnicas apresentam resultados satisfatórios, principalmente quando avaliadas em indivíduos com hipertensão estágio I. Os estudos apresentam destaque para a relação entre as técnicas aplicadas e a redução da ansiedade, um fator crucial para a efetividade pretendida. Contudo, estudos mais aprofundados com amostragens robustas são necessários para garantir permitir resultados mais consistentes.

PALAVRAS-CHAVE: Acupuntura, Hipertensão, Auriculoterapia, Moxibustão, Medicina Tradicional Chinesa.

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