

Chronic heart failure

Chronic heart failure is the latest stage in a deteriorating heart condition. People with this condition have difficulty breathing, develop edema (accumulation of fluid in body tissues or cavities causing swelling) and lack energy or vitality. Abnormal structure of cardiac muscles, cardiac valves, blood vessels and coronary blood vessels are the causes of chronic heart failure.

According to Chinese Traditional Medicine (TCM), chronic heart failure is due to deficient qi , (the energy needed to pump blood through the body). The early stage of chronic heart failure is characterised by a deficiency in both qi and yin, (two qualities that complement or oppose each other to maintain a balance in body function). But at a later worsening stage, the condition is due to yang qi deficiency, which causes a build-up of body fluids and blood, the latter due to weak pumping of blood from the heart.

Chinese medicine can control ventricular remodelling (changes in the size, shape and function of the heart caused by injury to the ventricles, nerve cells endocrine (the nervous system) and anti-oxidizing. If controlled, blood circulation improves enabling the heart to function properly and preventing it from deteriorating.