

Abstract

Background

Hypertension is defined as the persistent increase in arterial blood pressure, which causes large fatalities globally. Acupuncture is one of the traditional healing systems of medicine used to treat hypertension for centuries. *Zusanli* (ST-36) is a blood nourishing point. According to acupuncture concepts, it is used to reduce blood pressure. This study aimed to evaluate pressure-lowering effect of *Zusanli* (ST-36).

Objectives

To evaluate the changes in blood pressure and heart rate variability immediately after the intervention.

Materials and methods

This study was conducted on hundred hypertensive patients with anti-hypertensive medication, aged between 30-75 yrs. Hundred participants were randomized into 2 groups. The Study group underwent acupuncture at *Zusanli* (ST-36), and the control group underwent acupuncture at the sham point for 20 mins. Blood pressure and HRV were assessed before and immediately after the intervention.

Results

This study showed that acupuncture at *Zusanli* (ST-36) for 20 mins reduced SBP, DBP, and PP in study group. There was an increase in RR interval and HF in study group when compared with the control group. The other parameters of HRV variables have

no change when compared with the control group. The reduction in blood pressure may be due to the enhancement of parasympathetic dominance in patients with hypertension.

Conclusion

Acupuncture at *Zusanli* can be a cost-effective, adjuvant therapy for reducing blood pressure.