

郑丽维, 陈庆月, 陈 丰, 梅丽娟, 郑建询. 八段锦运动对老年1级高血压患者血管内皮功能的影响[J]. 中国康复医学杂志, 2014, (3): 223-227

八段锦运动对老年1级高血压患者血管内皮功能的影响 [点此下载全文](#)

[郑丽维](#) [陈庆月](#) [陈 丰](#) [梅丽娟](#) [郑建询](#)

福建中医药大学护理学院护理学基础教研室, 福州市, 350122

基金项目: 福建中医药大学护理学院资助课题 (HK20120301)

DOI:

摘要点击次数: 34

全文下载次数: 21

摘要:

**摘要目的:** 从血管内皮功能探讨八段锦运动对老年1级原发性高血压 (EH) 患者降压效果的机制。**方法:** 将60例1级EH患者按随机数据表法随机分组, 试验组30例, 行常规药物治疗, 护理及八段锦运动干预; 对照组30例, 行常规药物治疗及护理。收集两组干预前后血压、血清一氧化氮 (NO) 浓度和血浆内皮素-1 (ET-1) 浓度的变化情况。结果: 干预后试验组患者收缩压 (SBP) 下降程度显著优于对照组 ( $P < 0.01$ ), 而舒张压 (DBP) 与对照组相比, 差异无显著性意义 ( $P > 0.05$ ); 试验组患者的平均SBP和平均DBP的下降幅度均大于对照组。血清NO浓度明显升高, 与对照组比较, 差异有显著性意义 ( $P < 0.05$ ); 血浆ET-1浓度显著降低, 与对照组比较, 差异有显著性意义 ( $P < 0.05$ )。结论: 长期进行八段锦运动能够有效降低老年1级高血压患者的血压, 其降压机制与血清NO浓度增加和血浆ET-1浓度降低所引起的血管内皮功能的改善有密切关系。

**关键词:** [八段锦](#) [原发性高血压](#) [一氧化氮](#) [内皮素](#) [内皮功能](#)

The influence of ba duan jin exercise on vascular endothelium function in old patients with hypertension grade 1 [Download Fulltext](#)

School of Nursing, Fujian University of Traditional Chinese Medicine NO.1 Qiuyang Road, Fuzhou, Fujian Province, 350122

Fund Project:

Abstract:

**Abstract Objective:** To reveal the mechanisms of ba duan jin exercise reduce blood pressure on endothelial function in old patients with hypertension grade 1. **Method:** Sixty old patients with essential hypertension (EH) grade 1 were randomly divided into two groups according to the randomized digital table, 30 patients in experimental group received routine drug treatment, nursing and ba duan jin exercise, while 30 patients in control group received routine drug treatment and nursing. Blood pressure, serum nitric oxide (NO) level, and plasma endothelin-1 (ET-1) level were monitored before and after training. **Result:** Compared with control group, there was significant decrease of systolic blood pressure (SBP) after exercise for 12 weeks in experimental group ( $P < 0.01$ ), while significant difference was't found in diastolic blood pressure (DBP) ( $P > 0.05$ ). As well as, the amplitude of variations of SBP and DBP in experimental group were higher than that in control group. The significant increase in serum NO concentration and significant decrease in plasma ET-1 concentration were found after 12 weeks exercise in experimental group ( $P < 0.05$ ). **Conclusion:** Long term ba duan jin exercise could decrease SBP and DBP in old patients with hypertension grade 1. The mechanism of ba duan jin exercise reducing blood pressure was related to the improvement of vascular endothelial function caused by serum NO concentration increase and plasma ET-1 concentration decrease.

**Keywords:** [ba duan jin](#) [essential hypertension](#) [nitric oxide](#) [endothelin-1](#) [endothelial function](#)

[查看全文](#) [查看/发表评论](#) [下载PDF阅读器](#)

82380美女性感美女97990美女美女星空

您是本站第 3705128 位访问者

版权所有: 中国康复医学会

主管单位: 国家卫生和计划生育委员会 主办单位: 中国康复医学会

地址: 北京市和平街北口中日友好医院 邮政编码: 100029 电话: 010-64218095 传真: 010-64218095

本系统由北京勤云科技发展有限公司设计 京ICP备10000329号