**SUMMARY OF THE DISSERTATION FINDINGS**

**Title:** " A research on therapeutic effects of HA - 02 on patients with primary hypertension”

**Code :** 62 72 02 01

**Major :** Traditional Medicine

**PhD student** : Bui Thanh Ha

**Instructors :** 1. Assoc, PhD Tran Quoc Bao

2. Assoc, PhD Hoang Trung Vinh

**Training institution :** Military Institute of Traditional Medicine

Ministry of Defense

**The new findings of the thesis:**

The thesis uses a new method for studying drugs contribute to richer traditional medicine in the treatment of hypertension.

The study was conducted from experimental to clinical, to identify the two basic requirements of traditional drugs are safe and effective in the treatment.

**1. Experimental studies on animals**

**1.1. Sub-chronic toxicity**

HA – 02 drugs at a dose of 80g / kg / day and 240g / kg / day (4.5 times the dose in humans - converted by a factor of 12) for the mice drinking for 30 consecutive days, non-toxic subchronic experimental animals.

**1.2. Pharmacological effects of HA- 02**

On hypertensive mice model experimental, HA - 02 doses 52.8g / kg / day orally for 30 consecutive days: HA – 02 drugs reduce 62.7% blood pressure in hypertensive mice in which experimental effectiveness reaching 27.7% good, 35.0% efficiency quite reach. The drug increases the concentration of NO and vasodilator prostaglandin E2 is, reduce triglycerides and cholesterol hypertensive mice.

**2. Clinical studies in patients with hypertension.**

**2.1. The therapeutic effect of the HA-02 in modern medicine**

- The drug reduces both systolic blood pressure, diastolic blood pressure and mean blood pressure with corresponding efficiency: 96.6%; 85.5%, 95.5%. Results of treatment 95.5% share according mean blood pressure, 52.22% effective; 36.67% fairly; 6.67% average. Effective blood pressure control achieved 83.3%; BP lowering drugs worked day and night to restore the valley on Holter blood pressure blood pressure for 24 hours, changing the statistical significance (p <0.01), no difference when compared to the treatment group by Telmisatan.

- This drugs has effect dyslipidemia adjustment: reducing cholesterol (28%), triglycerides (38.5%), LDL-C (22.4%) and increased HDL-C (32.8%) with p < 0.01.

**2.2. Therapeutic effect of HA-02 in traditional medicine**

Effective treatment of clinical effectiveness 91.11%, preferably 40%, effective (relatively) 51.11% better when compared with the group treated with medicines Telmisartan with p <0.01. HA - 02 lowers BP in both traditional 3 disease with effective possible: Livers-yang hyperactivity 93.02%, Liver kidneys yin-yang 97.06%, Phlegm-fluid retension 100%.

**2.3. The safety of HA-02**

HA-02 does not cause unwanted effects in clinical and subclinical.

**Instructors PhD student**