Iranian And Herbal Medicine Methods In Reducing Anxiety Before Angiography: A Systematic Review

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OPEN ACCESS

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Citation:
Mohammadi F, Abedi Z S, Ahangarzadeh M. Iranian And Herbal Medicine Methods In Reducing Anxiety Before Angiography: A Systematic Review. *Iranian biomedical journal*. Supplementary (12-2024): 203.

ABSTRACT

Introduction: Coronary angiography is an invasive method of diagnosing coronary artery diseases. Anxiety is one of the most annoying and common complaints reported in patients who are candidates for angiography, which can increase the levels of blood catecholamines, cortisol, prostaglandins, epinephrine, and norepinephrine. It also can affect the physiological indicators of the body, such as systolic and diastolic blood pressure, cardiac output, breathing rate, heart rate, and myocardial oxygen consumption. This process can ultimately delay patients' healing process and increase the duration and difficulty of procedures. Several methods have been introduced to reduce anxiety before angiography. This study was conducted to investigate approved methods in the field of Iranian and herbal medicine to reduce anxiety before angiography.

Search Strategy: In this systematic review, English and Farsi articles on pre-angiography anxiety focused on complementary medicine and Iranian medicine methods were searched in PubMed, Scopus, Google Scholar, IranDoc, and SID databases in the period of 2010-2024. Studies were searched based on the keywords anxiety, angiography, complementary medicine, and Iranian medicine in the mentioned databases. In the initial search, 329 articles were found in the entire database. Articles with repetitive and unrelated titles were excluded. A total of 17 abstracts of articles in Farsi and English were selected according to the purpose of the study, and relevant information was extracted.

Results: A total of 17 articles were examined according to the screenings. The methods used in Iranian and complementary medicine to reduce anxiety before angiography were in two areas: aroma therapy and consumption of plant extracts. Smelling the aroma of plants such as rose, lavender, lemon balm, orange, and mint and consuming saffron extract effectively reduced anxiety before angiography.

Conclusion and Discussion: Our findings indicate a growing interest in managing health through herbal and complementary medicine, highlighting the significance of integrating complementary and conventional medical practices. The application of herbal and Iranian medicine is a recognized approach to alleviating patient anxiety. However, the broader adoption of these methods necessitates comprehensive research to better understand their uses and properties.

Keywords: Anxiety, Angiography, Medicine

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[DOI: 10.61186/ibj.25th-11th-IACRTIMSS]