Comparison of integrated traditional Chinese and western medicine therapy on vascular cognitive impairment with no dementia

L.P. Wang¹, X.Y. Zhang¹, N. Liu¹, Z.Z. Ma² and D.S. Fang¹

¹Department of Neurology, Peking University Third Hospital, Beijing, China
²Peking University Health Science Centre, Beijing, China

Corresponding author: X.Y. Zhang
E-mail: rmyangcn@163.com

Received June 7, 2014
Accepted October 30, 2014
Published May 11, 2015
DOI http://dx.doi.org/10.4238/2015.May.11.22

ABSTRACT. The aim of this study was to investigate the clinical effect of western medicine therapy assisted by *Ginkgo biloba* tablets (GBT) in patients with vascular cognitive impairment with no dementia (VCIND). Eighty patients with VCIND were randomly divided into two groups: the conventional treatment group (control group) and the combined treatment group. The conventional treatment group was provided with anti-platelet aggregation conventional treatment. In this group, 75 mg aspirin was given three times a day for 3 months, whereas the combined treatment group was given 19.2 mg GBT three times a day for 3 months along with conventional anti-platelet aggregation treatment. Montreal cognitive assessment (MoCA) and transcranial Doppler ultrasonography were used to observe changes in cognitive ability and cerebral blood flow in patients with VCIND before and after treatment in the two groups. After 3 months of treatment, the MoCA scores of execution, attention, abstraction, delayed memory, and orientation were significantly increased in the combined treatment group compared with those before treatment and those in the control group after treatment. In addition, the blood flow velocity of the anterior...
cerebral artery was significantly increased in the combined treatment group. GBT can improve the therapeutic efficacy, cognitive ability, and cerebral blood flow supply of patients with VCIND.

**Key words:** Chinese traditional medicine; Western medicine; Vascular cognitive impairment with no dementia; *Ginkgo* tablet; Cognitive function; Cerebral blood flow