ABSTRACT

**Introduction:** COPD (Chronic Obstructive Pulmonary Disease) with high prevalence, morbidity, mortality, and economic burden of the world is a global health problem. Recent research into the cause of death COPD will rank fourth in the world in 2030. The new therapy and appropriate strategies are needed to increase the effectiveness in treating this deadly disease. Several systematic reviews have been conducted, demonstrating the potential effectiveness of Chinese herbal medicine in COPD. However, the effectiveness is still not assured because of the low quality of research. **Methods:** The search strategy used in this study are as follows: Chronic Obstructive Pulmonary Disease, [AND] Complementary [OR] Alternative Medicine, [OR] Herbs, [OR] Alternative Treatment on search engines Proquest journals and Scopus. **Results:** 15 studies of Chinese herbal medicines. 13 studies conducted in humans with COPD and 2 studies in experimental animals with COPD. **Conclusion:** Traditional Chinese medicine pills may be involved in reducing the expression of interleukin (IL)-8, IL-6, IL-10, IL-1β and TNF-α, and set the levels of inflammatory cytokines. Traditional Chinese Medicine is able to increase the quality of life of patients with COPD. At present, quality of life becomes an indispensable indicator in the world.

**Keywords:** Chronic obstructive pulmonary disease, traditional chinese medicine, complementary therapy.

INTRODUCTION

Chronic Obstructive Pulmonary Disease (COPD) is defined as a slowly progressive condition characterized by reversible airflow limitation and systemic inflammation (Li et al. 2015). Prevalence COPD with high morbidity, mortality, and economic burden is a global health problem world (Li et al. 2013). COPD in 1990 was the sixth leading cause of death in the world, a recent study says COPD will become the leading cause of death in the world ranking fourth in 2030 (Zheng et al. 2016). Therefore, designing strategies and treatments for COPD are important (S. Li et al. 2012). Drug therapy that include bronchodilators, steroids and phosphodiesterase inhibitors become the main method in treating. New therapies and appropriate strategies are needed to increase the effectiveness in treating this deadly disease. In recent years, much attention has been paid to developing Chinese herbal medicine for the treatment of COPD (Li et al. 2015). Phosphodiesterase inhibitors become the main method in treating. New therapies and appropriate strategies are needed to increase the effectiveness in treating this deadly disease. In recent years, much attention has been paid to developing Chinese herbal medicine for the treatment of COPD (Li et al. 2015).

COPD is one of the major non-communicable diseases are rarely reported due to lack of information. In the United States the data in 2007 showed that the prevalence of COPD of 10.1% (SE 4.8) in males 11.8% (SE 7.9) and for women 8.5% (SE 5.8). While mortality ranked as the fourth most common cause is 18.6 per 100,000 population in 1991 and the death
rate increased by 32.9% from 1979 to 1991. While the prevalence of COPD in the countries of Southeast Asia is estimated to 6.3% with the highest prevalence found in Vietnam (6.7%) and China (6.5%) (Oemiat 2013). Estimates of the prevalence of COPD in Indonesia in men aged > 30 years was 1.6% and 0.9% of women. Chronic obstructive pulmonary disease is a progressive disease, destructive and debilitating. Lung function will decline rapidly, if not properly controlled COPD and the first patients often experience exacerbations. Decline in lung function will cause a decrease in health status and quality of life of patients with COPD. COPD patients will find it difficult to carry out daily activities, not being able to do what you want, it can even become an invalid, who just lay helpless in bed (Wijaya et al. 2012).

Several systematic reviews have been conducted, demonstrating the potential effectiveness of Chinese herbal medicine in COPD. However, the effectiveness is still not assured because of the low quality of research. In this study, we systematically explain the effectiveness of herbal medicines in COPD using lung function, quality of life and clinical symptoms as a measuring tool (Chen et al. 2014). A systematic review would be beneficial to current practices and instructions to continue research with a new method of treatment. The purpose of this study was to assess the positive effects of Chinese herbal medicine (TCM) plus conventional treatment in stable COPD adults (Haifeng et al. 2015).

METHODS
Giving TCM for the treatment of stable COPD accepted for inclusion, control group treated with conventional medicine, all studies published openly and research data was provided; The results have most influenced the process of COPD, such as exacerbations, lung function, six-minute walk test (6MWD), dyspnea, quality of life (QOL), St. George's Respiratory Questionnaire (SGRQ), and symptoms. The search strategy used in this study are as follows: Chronic Obstructive Pulmonary Disease, [AND] Complementary [OR] Alternative Medicine, [OR] Herbs, [OR] Alternative Treatment on search engines Proquest journals and Scopus

RESULTS
Review conducted at 15 research journals on Chinese herbal medicine. two studies (Lu et al. 2016) and (Chengyang et al. 2015) used a sample of COPD rats given Chinese herbal medicine. Based on these two studies, traditional Chinese medicine can lower inflammatory responses and improve the function paru.13 studies were conducted in patients with COPD. Research (Wang et al. 2014), (Ng et al. 2012), and (S. Li et al. 2012) explains that the Chinese herbal drug therapy can improve lung function of COPD patients. Research (Dong et al. 2014), (Li et al. 2013), (J. Liu et al. 2014), (Ya-ling et al. 2012), (Li et al. 2016), (JS Li et al . 2012), (Miao et al. 2016), and (Jiansheng et al. 2016) describes the Chinese herbal medicine can improve the quality of life of patients with COPD. Research (M. Liu et al. 2014) and (Guo et al. 2014) describes the Chinese herbal medicine can improve lung function and quality of life of COPD patients in the intervention group

CONCLUSION AND RECOMMENDATION
Conclusion
Chinese herbal medicine can improve lung function and quality of life of patients with COPD. Further research on a large scale, design appropriate studies, randomized trials of TCM for COPD would be required to justify the effect that is written in this study

Recommendation
Future experiments should be conducted in Indonesia in order to determine the effects of traditional Chinese medicine in Indonesian society and able to
adopt the traditional Chinese medicine preparations.

**REFERENCES**


Li, F.S.E.N. et al., 2016. trial of the Yiqigubiao pill for the treatment of patients with chronic obstructive pulmonary disease at a stable stage. , i, pp.2477–2488.


Li, S. et al., 2012. Effects of comprehensive therapy based on traditional Chinese medicine patterns in stable chronic obstructive pulmonary
disease: a four-center, open-label, randomized, controlled study., (1), pp.1–11.


Lu, X. et al., 2016. Sequential Treatments with Tongsai and Bufei Yishen Granules Reduce Inflammation and Improve Pulmonary Function in Acute Exacerbation-Risk Window of Chronic Obstructive Pulmonary Disease in Rats.


Wang, G. et al., 2014. Effects of Two Chinese Herbal Formulae for the Treatment of Moderate to Severe Stable Chronic Obstructive Pulmonary Disease: A Multicenter, Double-Blind, Randomized Controlled Trial., 9(8).

