

临床研究

小剂量金匱肾气丸纠正老年人阳虚体质的临床研究

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摘要:目的 观察长期服用小剂量金匱肾气丸对阳虚质老年人的影响。方法 筛选阳虚体质老年人100例分为对照组和治疗组,治疗组以小剂量金匱肾气丸口服,3粒/次,每天3次;对照组以安慰剂口服,3粒/次,每天3次。两组用药时间都为6个月。治疗前后分别使用阳虚质亚量表测量两组的转化积分。结果 治疗后,治疗组老年人阳虚质亚量表转化积分较前明显下降,治疗前后的差值高于对照组($P<0.05$);对照组的转化积分与治疗前相比差异无统计学意义($P>0.05$)。结论 小剂量长期服用金匱肾气丸可明显纠正老年人的阳虚体质。

关键词:金匱肾气丸;阳虚体质;老年人

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Efficacy of low-dose *Jin gui shen qi* pill in Treating the Elderly Yang Deficiency Body Constitution

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Abstract: Objective To investigate the influence of low-dose long-term use of *Jin gui shen qi* pill on the elderly yang deficiency Constitution. **Methods** 100 cases belonging to yang deficiency Constitution were randomly divided into control group and treatment groups, treatment group was given low-dose Jingguishenqi pill orally, 3/times, three times a day; control group was given oral placebo, 3/times, 3 times a day. Treatment course lasted for 6 months. A conversion subscale was applied to measure the cases Yang deficiency constitution before and after treatment. **Results** After treatment, the elderly Yang deficiency constitution conversion subscale score was significantly decreased compared with the previous score in the treatment group, the D-value is higher than control group. ($P<0.05$); the elderly Yang deficiency constitution conversion subscale score had no significant difference in the control group ($P>0.05$). **Conclusion** Low-dose long-term use of Jingguishenqi pill can be significantly corrected elderly yang deficiency Constitution.

Keywords *Jin gui shen qi* pill; Yang deficiency Constitution; The elderly people

随着老龄化社会迅速到来,老年人群对养生延寿的愿望和要求越来越高,其中对老年病的预防方面更是重视。研究表明,人体体质决定了机体对某些疾病的易感性和病理类型的倾向性。唐代孙思邈《千金翼方》曰:“人年五十以上,阳气日衰,损与日至。”老年人脏腑功能衰退,阴阳气血俱

虚,而阳虚体质者占比甚大。阳虚质是人体阳气不足、以虚寒表现为主要特征的体质状态,是8种偏颇体质中居于第三位的体质类型^[1]。祖国医学认为,肾阳为人体阳气之根本,对人体各脏腑组织的功能起推动及温煦作用。本着补肾助阳的理念,我们提出了以金匱肾气丸这张千古名方,小剂