

通络明汤治疗非增生性糖尿病视网膜病变临床研究^{*}

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摘要: **目的** 探讨通络明汤治疗非增生性糖尿病视网膜病变的干预治疗作用。 **方法** 选择符合纳入标准的非增生性糖尿病视网膜病变 68 例, 随机分为治疗组和对照组, 两组受试者在常规糖尿病治疗的前提下, 分别给予通络明汤和多贝斯, 共治疗 8 周。观察眼底、FFA 和中医证候积分。 **结果** 散瞳后眼底照相及 FFA 显示治疗组能够有效改善眼底病变, 疗效均优于对照组 ($P < 0.05$); 治疗后治疗组中医证候积分优于对照组 ($P < 0.05$)。 **结论** 通络明汤联合糖尿病基础治疗能够从多途径、多靶点上有效控制 NPDR 进展。

关键词: 通络明汤; 糖尿病视网膜病变; 临床研究

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Clinical Observation of Non-proliferative Diabetic Retinopathy through *Tongluoming* Decoction

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Abstract: Objective To investigate the intervention effect of *Tongluoming* Decoction treatment of non-proliferative diabetic retinopathy. **Methods** 68 cases meeting the inclusion criteria of non-proliferative diabetic retinopathy, were randomly divided into treatment group and the control group, receiving conventional diabetes treatment, and given *Tongluoming* Decoction and Duobeisi for 8 weeks. With the observation of fundus, FFA and symptom scores. **Results** After dilated fundus photography and FFA, it showed that the treatment group could improve retinopathy, efficacy than the control group ($P < 0.05$); After treatment, the symptom score was lower than in the control group ($P < 0.05$). **Conclusions** It can effectively control NPDR progress by the basic treatment combining with *Tongluoming* Decoction.

Key words *Tongluoming* Decoction; diabetic retinopathy; clinical study

糖尿病视网膜病变 (diabetic retinopathy, DR) 是糖尿病 (diabetes mellitus, DM) 常见的微血管并发症。随着 DM 发病率的增加, DR 已经成为当前全球青壮年劳动人群的第一位致盲疾病^[1]。目前西医对非增生性糖尿病视网膜病变 (nonproliferative

diabetic retinopathy, NPDR) 尚无确切的治疗方法, 故本研究采用中药通络明汤治疗 NPDR, 对其疗效进行观察, 以期明确其临床价值。

1 资料与方法

1.1 一般资料 选择 2015 ~ 2016 年陕西中医药

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