

临床研究

中西医结合治疗肾阴亏虚型原发性高血压 40 例

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摘要: **目的** 观察中西医结合治疗肾阴亏虚型原发性高血压的临床疗效。 **方法** 将诊断为肾阴亏虚型原发性高血压的 80 例患者随机分为 2 组。对照组 40 例给予西药联合治疗, 治疗组 40 例在对照组治疗基础上给予左归丸加减治疗。治疗 2 个月后比较两组疗效。 **结果** 治疗组总有效率 92.5%, 对照组总有效率 77.5%, 两组比较差异有统计学意义 ($P < 0.05$)。 **结论** 左归丸加减并辅助西药联合降压治疗肾阴亏虚型原发性高血压能有效改善患者临床症状, 值得推广应用。

关键词: 肾阴亏虚型原发性高血压; 左归丸加减; 西药联合治疗

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Clinical Observation on 80 KDPH Cases Treated by Chinese and Western Medicine

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Abstract Objective: To observe the clinical effect of the combination of Chinese and western medicine on primary hypertension of kidney-yin deficiency pattern (KDPH). **Method:** Totally 80 patients diagnosed as KDPH were evenly divided into treatment and control groups. The control group received western medical combining therapy (oral maleic acid enalaprilat, 10 mg/time, 2 times/d; oral nifedipine zyban, 10 mg/time, 2 times/d), while the treatment group was added the Modified Zuogui Pills besides western medicine. The comparison of the effects in two groups was conducted after two-month treatment. **Results:** The total efficiency of the treatment group was 92.5%, and the control group 77.5%. The differences of two groups were statistically significant ($P < 0.05$). **Conclusion:** The Modified Zuogui Pills combined with western medicine can effectively improve the clinical symptoms (including the abnormal symptoms of patients with improved blood pressure) and decrease blood pressure in KDPH patients, worthy of popularizing in clinical application.

Keywords KDPH, the Modified Zuogui Pill, western medical combining therapy

高血压病是目前最常见的严重危害群众健康的疾病^[1], 我国居民高血压患病率不断升高, 估计现有高血压患者 2 亿人, 在 10 个成人中就有 2 人

是高血压患者。无论在发病率还是病死率方面, 高血压病均占据前列, 严重威胁我国人民的生命健康。笔者在常规西药联合降压治疗(马来酸依