

# 保阴煎结合孕激素序贯治疗 血热型黄体功能不足致习惯性流产 30 例<sup>\*</sup>

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**摘要:**目的 探讨保阴煎结合孕激素序贯治疗黄体功能不足(LPD)致习惯性流产的疗效及对患者血清孕酮(P)的影响。方法 选取LPD致习惯性流产的患者60例,随机分为治疗组 and 对照组,各30例。治疗组采用保阴煎结合孕激素序贯治疗,对照组采用孕激素治疗,两组均治疗3个月经周期。比较两组临床疗效与血清P水平。结果 治疗后临床疗效治疗组总有效率93.3%,对照组总有效率为80.0%,两组比较差异有显著性( $P < 0.05$ );治疗后两组患者月经周期第20~23天血清P水平比较差异有显著性( $P < 0.05$ )。结论 保阴煎结合孕激素序贯治疗LPD致习惯性流产能显著提高疗效,具有临床推广意义。

**关键词:** 保阴煎;序贯治疗;血热型;黄体功能不足;习惯性流产

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## Treatment of 30 Cases of Habitual Abortion Caused by LPD of Blood – heat Type with Sequential Therapy of Yin Protecting Decoction and Progesterone

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**Abstract Objective:** To investigate the effect of Yin protecting decoction combined with progesterone on sequential treatment of LPD induced habitual abortion and its effect on serum progesterone. **Method:** 60 cases of LPD induced habitual abortion were selected and randomly divided into treatment group and control group, with 30 in each. The treatment group adopted sequential therapy of Yin protecting decoction and progesterone, while the control group received progesterone treatment. Both groups were treated for 3 menstrual cycles. The clinical efficacy and serum progesterone levels were compared between the two groups. **Result:** After treatment, the total effective rate was 93.3% in the treatment group and 80.0% in the control group, the difference between the two groups was statistically significant ( $P < 0.05$ ). The serum progesterone levels were compared between the 20th and 23rd days of the menstrual cycle in both groups after treatment, the difference was significant ( $P < 0.05$ ). **Conclusion:** The sequential treatment of LPD induced habitual abortion by Yin protecting decoction combined with progesterone can significantly improve the curative effect, and is of clinical significance.

**Keywords** Yin protecting decoction, sequential therapy, blood – heat Type, LPD, habitual abortion

随着我国实施“全面二孩”政策,2017年迎来了生育高峰,但由于生育年龄推迟、工作压力大、

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