

芪苈苓桂术甘汤治疗冠心病心衰 90 例临床研究

许应改 崔志娟

(伊川县中医院, 河南 伊川 471300)

摘要: **目的** 观察芪苈苓桂术甘汤治疗冠心病心衰的临床疗效。 **方法** 对我院住院冠心病心衰患者按随机表法将 90 例患者随机分为对照组和治疗组, 对照组采用西药对症治疗, 治疗组在对照组的基础上加用芪苈苓桂术甘汤口服, 治疗 10 日, 观察疗效及 BNP 改变情况。 **结果** 根据心功能分级标准治疗组总有效率达 95.56%, 对照组总有效率达 82.22%。BNP 治疗前后测量值治疗组较对照组改变更加显著。 **结论** 芪苈苓桂术甘汤治疗冠心病心衰疗效确切, 值得临床推广应用。

关键词: 冠心病心衰; 芪苈苓桂术甘汤; 临床观察

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Clinical Observation on 90 Ischemic Heart Failure Patients by QiLi LingGui ZhuGan Decoction

Xu Yinggai Cui Zhijuan

(Yichuan TCM Hospital of Henan Province, Yichuan 471300, China)

Abstract Objective To observe the therapeutic effect of QiLi LingGui ZhuGan Decoction on ischemic heart failure. **Methods** The 90 hospitalized ischemic heart failure patients were randomly divided into control and treatment groups; Western medicine was given to the cases of control group, while the combination of western medicine and QiLi LingGui ZhuGan Decoction was orally taken by patients of treatment group, for 10 days. The effect and BNP condition was recorded and analyzed finally. **Results** According to the cardiac function standard, the total effective rate of treatment group was 95.56% and that of control group 82.22%. Variation of measured BNP value of treatment group was quite more significant than that of control group before and after treatment. **Conclusion** The effect of QiLi LingGui ZhuGan Decoction on ischemic heart failure is accurate and worthy of disseminating.

Key words ischemic heart failure, QiLi LingGui ZhuGan Decoction, clinical observation

冠心病心衰为在冠心病的基础上出现心脏充盈或射血功能障碍, 心脏排血量不足, 组织血液灌注减少, 以肺循环或体循环脉系统瘀血水肿为特征的临床病理生理综合征, 是多数器质性心脏病最终的归宿。随着社会人口的老龄化, 人们生活水平的提高, 高血压、糖尿病、高脂血症发病率的提升, 冠心病心衰的发病率呈逐年上升趋势。

1 资料与方法

1.1 一般资料 所观察 90 例患者, 均来自 2015 年 1 月~2016 年 1 月间伊川县中医院心病科住院

部患者。按随机表法将患者随机分为 2 组, 每组 45 人, 治疗组男 20 例, 女 25 例, 年龄 45 岁~75 岁, 平均年龄 (60.5 ± 2.1) 岁; 对照组男 22 例, 女 23 例, 年龄 46 岁~76 岁, 平均年龄 (61.2 ± 1.5) 岁, 两组患者在性别、年龄、病程等方面比较无明显差异性 ($P > 0.05$), 具有可比性。

1.2 纳入标准 ①所纳入患者均符合《中药新药治疗充血性心力衰竭指导原则》, 原发病均为冠心病; ②中医辨证属于中阳虚衰型; ③临床表现以静息状态下或劳累后出现胸闷、气短、心慌、乏力、呼