

# 中药治疗慢性萎缩性胃炎临床疗效的 Meta 分析

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**摘要:**目的 中药对慢性萎缩性胃炎治疗的系统评价。方法 按照 Meta 分析方法,借助中国知网、万方等各大数据库,进行文献搜索,查找关于中药治疗慢性萎缩性胃炎的随机对照试验的相关文献,时间限制在 1997~2016 年。按照制定的筛选标准确定纳入的文献,将最终纳入的文献进行质量评价,并提取文献中的关于慢性萎缩性胃炎的临床综合疗效、总体症状体征疗效及胃镜下黏膜的改善情况等治疗数据后,进行数据转换,并采用 ReviewManager5 软件进行 Meta 分析。结果 共纳入 13 个研究,2270 例 CAG 患者。治疗组与对照组相比,临床综合疗效明显[RR=1.22, 95% CI(1.17, 1.27),  $P<0.00001$ ],总体的症状体征疗效明显[RR=1.68, 95% CI[1.52, 1.86],  $P<0.00001$ ],胃镜表现改善明显[RR=1.67, 95% CI[1.40, 1.99],  $P<0.00001$ ],改善病理结局[RR=1.46, 95% CI[1.29, 1.65],  $P<0.00001$ ]。但对于幽门螺杆菌感染阳性者,治疗组与对照组根除效果无统计学差异。结论 ①对于慢性萎缩性胃炎的治疗,在改善患者症状体征、胃镜表现及病理方面,常规的西医治疗基础上加用中药治疗较单独使用西药治疗效果更佳。②中西医结合与单独西医治疗在幽门螺旋杆菌根除疗效方面无显著差异。

**关键词:**中药; 中西医; 慢性萎缩性胃炎; Meta 分析

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## Meta Analysis of Clinical Effect of Chinese Medicine in Treating Chronic Atrophic Gastritis

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**Abstract Objective:** To give a systematic evaluation on Chinese medicine in treating chronic atrophic gastritis. **Method:** In accordance with the Meta analysis method, with the help of CNKI, Wanfang and other major databases, the literature search was conducted to find relevant literature on randomized controlled trials of Chinese medicine for the treatment of chronic atrophic gastritis. The time was limited to 1997-2016. According to the established selecting criteria to determine the included literature, a quality evaluation was then conducted on the final included literature, and treatment data such as the comprehensive clinical effect of chronic areophic gastritis, the overall symptoms and signs and the improvement of endoscopic mucosal conditions were extracted and converted, and ReviewManager5 was used for the Meta analysis. **Result:** A total of 13 studies were included in 2270 CAG cases, Compared with the control group, the clinical comprehensive efficacy of the study group was significant [RR=1.22, 95% CI(1.17, 1.27),  $P<0.00001$ ], and the overall symptoms and signs were significantly effective [RR=1.68, 95% CI[1.52, 1.86],  $P<0.00001$ ], gastroscopy findings improved significantly[RR=1.67, 95% CI [1.40, 1.99],  $P<0.00001$ ], pathological outcomes were improved [RR=1.46, 95% CI [1.29, 1.65],  $P<0.00001$ ]. However, for the positive Helicobacter pylori infection, there was no statistical difference in the eradication effect between the study group and the control group. **Conclusion:** (1) for the treatment of chronic atrophic gastritis, in improving the symptoms and signs, gastroscopy performance and pathology of the patients, the traditional Chinese medicine on the basis of traditional western medicine treatment is better