

文献研究

2型糖尿病中医证型分布与四时气候相关性的调查研究^{*}

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摘要:目的 分析2型糖尿病患者中医证型分布与四时气候的相关性。方法 按四时统计分析512例2型糖尿病患者的临床资料, 归纳出各中医证型的四时分布规律。结果 2型糖尿病的湿热兼证与夏季呈正相关, 与秋季呈负相关; 燥热伤肺证与秋季呈正相关。结论 在重庆, 2型糖尿病在夏季湿热兼证相对于其他季节增多, 需针对此特点进行保健和治疗, 可适当考虑清热利湿之法, 而到了秋季湿热兼证相对减少, 燥热伤肺证相对其他季节增多, 故治疗时需适当考虑润肺生津。

关键词: 2型糖尿病; 中医证型; 四时气候; 调查研究

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Investigation on the Relationship between the Distribution of TCM Syndrome Types and the Four Seasons in Type 2 Diabetes

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Abstract Objective: To analyze the relationship between the distribution of TCM syndrome types and the four seasons in type 2 diabetes. **Method:** The clinical data of 512 patients with type 2 diabetes were analyzed according to four seasons, and the regularities of distribution of TCM syndrome types based on four seasons were summarized. **Result:** The damp-heat syndrome of type 2 diabetes was positively correlated with summer and negatively correlated with autumn; the dry-heat impairing lung syndrome was positively correlated with autumn. **Conclusion:** In Chongqing, the damp-heat syndrome of type 2 diabetes in summer is more than in other seasons, so it is necessary to carry out health care and treatment for this feature, clearing heat and promoting diuresis is thus suggested. In the autumn, the occurrence of damp-heat syndrome is relatively reduced, while the dry-heat impairing lung syndrome increased more than in other seasons, hence moistening lung and promoting production of fluid is suggested to take into consideration.

Keywords type 2 diabetes; TCM syndrome types; four seasons; investigation

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