

临床研究

基于肾主骨运用膏方治疗骨质疏松症
用药规律及临床研究

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摘要:目的 研究基于肾主骨使用膏方进行老年性骨质疏松病的临床效果。方法 选择安徽中医药大学第一附属医院门诊部共计 118 名老年性骨质疏松病病例, 使用随机的方式分为对照组和治疗组, 每组共计 59 人, 对照组的患者使用福善美 + 阿发迪三 + 钙尔奇 D 片口服治疗, 治疗组患者使用基于肾主骨的膏方进行加减治疗, 持续治疗六个月之后, 对两组患者的各项骨科指标以及生活质量进行分析。结果 通过建立 Excel 表频次分析发现, 治疗老年性骨质疏松病的前 14 味主要为补益肝肾的药物, 通过 spss 分析发现膏方除滋补肝肾药物之外同时多用补气滋阴之药; 经过持续治疗之后, 治疗组患者骨密度高于对照组患者, 有差异显著性 ($P < 0.05$); 治疗前后两组组内中医证候均具有统计学意义 ($P < 0.05$), 治疗后组间有明显差异, 治疗组疗效显著高于对照组, 具有统计学意义 ($P < 0.05$)。结论 基于肾主骨使用膏方进行老年性骨质疏松病处方灵活、疗效显著、患者生活质量明显改善。

关键词:肾主骨; 膏方; 骨质疏松症

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Medication Rule and Clinical Study of Treating Osteoporosis
with Cream Formula Based on “Kidney Governing Bones”

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Abstract Objective To investigate the clinical effect of cream formula in treating osteoporosis based on “kidney governing bones”. **Method** A total of 118 cases of senile osteoporosis in the outpatient department of Department of Orthopedics, the First Affiliated Hospital of Anhui University of Traditional Chinese Medicine were randomly divided into control group and treatment group, with 59 cases in each group. The patients in the control group were treated by oral administration of Fushanmei + Afadi - 3 + Calcium - D tablets, and the patients in the treatment group were treated with modified cream formula based on “kidney governing bones”. After six months of continuous treatment, the orthopedic indexes and quality of life of the two groups were analyzed. **Result** 1. Through the establishment of Excel table frequency analysis, it is found that the first 14 treatment were mainly for invigorating liver and kidney. SPSS analysis found that besides nourishing liver and kidney, cream formula of supplementing qi and nourishing yin were the dominant. 2. After continuous treatment, the bone mineral density of patients in the treatment group was higher than that of patients in the control group, there was a significant difference ($P < 0.05$). 3. The TCM syndromes in the two groups were statistically significant before and after treatment ($P < 0.05$). There was significant difference between the two groups after treatment. The therapeutic effect of the treatment group was significantly higher than that of the control group ($P < 0.05$). **Conclusion** the curative effect of cream formula in the treatment of senile osteoporosis based on “kidney governing bones” is remarkable, and the quality of life of patients is significantly improved.

Keywords kidney governing bones; cream formula; osteoporosis