

自拟培土固本方治疗脾肾两虚型 CGN 的临床分析^{*}

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摘要:目的 探讨自拟培土固本方治疗脾肾两虚型慢性肾小球肾炎 (chronic glomerulonephritis, CGN) 的临床疗效, 为临床用药提供参考。方法 选取符合诊断标准的 100 例 CGN 患者, 随机分为治疗组和对照组, 各 50 例。对照组接受西药对症处理, 观察组在对照组基础上加以服用自拟培土固本方进行临床疗效对比分析。结果 治疗 6 个月后, 治疗组临床显效 18 例, 有效 25 例, 无效 7 例, 总有效率为 86.00%; 对照组显效 15 例, 有效 22 例, 无效 13 例, 总有效率 74.00%, 两组比较存在显著性差异 ($P < 0.05$)。结论 自拟培土固本方治疗脾肾两虚型 CGN 疗效显著。

关键词:慢性肾小球肾炎; 培土固本方; 脾肾两虚; 临床研究

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Clinical Analysis of Self-made Peitu Guben Prescription in the Treatment of CGN with Spleen and Kidney Deficiency

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Abstract: **Objective:** To explore the clinical efficacy of self-made Peitou Guben Prescription in the treatment of chronic glomerulonephritis (CGN) with deficiency of both spleen and kidney, so as to provide reference for clinical medication. **Method:** 100 cases of CGN patients who met the diagnostic criteria were randomly divided into treatment group and control group, 50 cases each. The control group received symptomatic treatment of Western medicine, while the observation group took self-made Peitu Guben Prescription on the basis of the control group for comparative analysis of clinical efficacy. **Result:** After 6 months of treatment, 18 cases were clinically effective in the treatment group, 25 cases were effective, 7 cases were ineffective, and the total effective rate was 86.00%. In the control group, 15 cases were markedly effective, 22 cases were effective, 13 cases were ineffective, and the total effective rate was 74.00%. There was a significant difference between the two groups ($P < 0.05$). **Conclusion:** The self-made Peitou Guben Formula has a significant effect on CGN with both spleen and kidney deficiency.

Keywords chronic glomerulonephritis; Peitou Guben Prescription; deficiency of both spleen and kidney; clinical study

慢性肾小球肾炎 (CGN) 简称慢性肾炎, 是指以水肿、蛋白尿、血尿, 伴或不伴肾功能异常等为

主要临床表现的肾小球疾病^[1]。根据临床症状和发病特点属于中医学“水肿”“虚劳”等范畴, 其病

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