

温阳止泻汤治疗功能性腹泻脾肾阳虚证 临床研究^{*}

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摘 要:目的 观察温阳止泻汤治疗脾肾阳虚型功能性腹泻的临床疗效、安全性,并探讨其机理。方法 将 60 例纳入的患者按就诊顺序随机分为两组,治疗组 30 例服用温阳止泻汤治疗,对照组 30 例给予安慰剂治疗,两组均服药 28 天。治疗前后进行安全性观察,记录两组前后中医证候和积分变化,并进行比较。结果 治疗组患者大便性状、畏寒肢冷、腰膝酸软优于对照组($P<0.05$);治疗组排便频次、食欲不振、神疲乏力等与对照组对比疗效相当($P>0.05$);在中医证候疗效及中医症状总积分方面,温阳止泻汤组明显优于对照组($P<0.05$);两组患者治疗前后分别检测相关安全性指标,均未发现明显异常,安全可靠。结论 温阳止泻汤可有效治疗脾肾阳虚型功能性腹泻,无不良反应,值得临床推广应用。

关键词:功能性腹泻;脾肾阳虚;温阳止泻汤;临床研究

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Clinical Research on Treatment of Functional Diarrhea of Yang-deficiency Pattern with Yang-warming and Diarrhea-stopping Decoction

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Abstract Objective: To observe the clinical effect of the Yang-warming and Diarrhea-stopping Decoction on functional diarrhea classified into pattern of yang-deficiency of spleen and kidney and evaluate its safety and further to explore its mechanisms. **Method:** Totally 60 patients were evenly divided into treatment and control groups according to their hospitalized numbers. The control group received placebo while the treatment group accepted the Yang-warming and Diarrhea-stopping Decoction for 28 days. The comparison of drug's safety and changes of TCM symptoms as well as integral indexes was conducted before and after treatment. **Results:** The symptoms of stool form, aversion to cold and limbs chilliness, soreness and weakness of waist and knees in the treatment group were all superior to those in the control

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