

补气活血汤治疗腰椎间盘突出术后 综合征的临床研究^{*}

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摘 要: **目的** 观察补气活血汤治疗腰椎间盘突出术后综合征的临床疗效。 **方法** 将 50 例腰椎间盘突出症患者, 随机分为治疗组(25 例)和对照组(25 例), 两组均接受神经减压术, 治疗组术后服用补气活血汤治疗, 对照组服用甲钴胺片治疗 4 周。 分别在各个观察时点对疼痛的视觉模拟评分(VAS 系统)、JOA 下腰痛评分及不良事件进行观察。 **结果** 50 例腰椎间盘突出症患者全部得到随访。 术后 2、4 周观察组在 VAS、JOA 评分要优于对照组, 有统计学差异($P<0.05$)。 **结论** 补气活血汤能改善腰椎间盘突出术后残留神经症状, 提高患者的生活质量。

关键词: 腰椎间盘突出症; 术后综合征; 补气活血汤; 临床研究

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Clinical Study on the Treatment of LIDP Postoperative Syndrome with Buqi Huoxue Decoction

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Abstract Objective To observe clinical effect of Buqi Huoxue Decoction on LIDP postoperative syndrome. **Method** 50 LIDP cases were randomly divided into treatment group (25 cases) and control group (25 cases), both groups received nerve decompression, the treatment group were treated with Buqi Huoxue Decoction and the control group mecobalamin tablets for 4 weeks. The visual analogue scale (VAS), low back pain score of JOA and the adverse events were observed at each observation point. **Result** 50 LIDP patients were all followed up. At 2 and 4 weeks after operation, the scores of VAS and JOA in the treatment group were better than those in the control group, with statistical significance ($P<0.05$). **Conclusion** Buqi Huoxue Decoction can improve LIDP postoperative residual nerve symptoms as well as patients' life quality.

Key words lumbar intervertebral disc protrusion; postoperative syndrome; Buqi Huoxue Decoction; clinical study

腰椎间盘突出症是骨科临床中常见病及多发病之一,经保守治疗无效,腰腿疼痛症状严重,多次反复发作的患者,应采取手术治疗,约占腰椎间盘突出症患者的 10~20%^[1]。手术后患者常有不同程度地腰腿疼痛、麻木症状残留^[2],目前西医尚无明确有效的治疗方法,而中医药在治疗腰椎间盘突出术后残留症状中有明显疗效。我科采用补气活血汤治疗腰椎间盘突出术后残留症状 25 例,恢复

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