

临床研究

# 心络贴治疗冠心病效果评价及与 心率变异性的相关性研究

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**摘要:**目的 观察心络贴治疗冠心病心绞痛痰瘀互结型患者的临床效果及与心率变异性相关性。方法 将符合纳入标准的 120 例患者随机分为治疗组 60 例、对照组 60 例。对照组进行内科基础治疗, 治疗组在对照组的基础上联合应用心络贴, 观察治疗前后症状改善、中医证候改善及与心率变异性的相关性。结果 治疗组症状改善总有效率 85.00%, 对照组症状改善总有效率 76.67%。心络贴联合基础治疗对改善心绞痛发作频率、疼痛程度、临床症状及改善心率变异性方面优于对照组 ( $P < 0.05$ )。结论 在内科常规药物治疗的基础上加用心络贴, 其效果优于常规药物, 值得推广。

**关键词:**心络贴; 冠心病; 心率变异性; 效果评价

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## Study on the Effect of Xinluo Paste in Treating Coronary Heart Disease and Its Correlation with Heart Rate Variability

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**Abstract Objective:** To observe the clinical effect of Xinluo paste in treating angina pectoris of coronary heart disease with phlegm and blood stasis type and its correlation with heart rate variability. **Method:** 120 patients who met the inclusion criteria were randomly divided into treatment group (60 cases) and control group (60 cases). The control group was treated with basic medical treatment. The treatment group was treated with combined application of basic medical treatment and Xinluo paste. The symptoms before and after treatment, the TCM syndromes improvement, and the relationship with heart rate variability were observed. **Result:** The total effective rate was 85.0% in the treatment group and 76.7% in the control group. The improvement of angina pectoris frequency, pain degree, clinical symptom and improvement of heart rate variability were better than the control group ( $P < 0.05$ ). **Conclusion:** the combined use of the conventional medical treatment and Xinluo Paste proves better than conventional medicine only and is worth promoting.

**Key words** Xinluo paste; coronary heart disease; heart rate variability; effect evaluation

冠心病是动脉硬化导致器官病变最常见的类型,也是严重危害人类健康的常见病,近年来发病呈年轻化趋势,已成为威胁人类健康的主要病因之一<sup>[1]</sup>。冠心病属中医“胸痹”的范畴,症候表现为本虚标实,虚实夹杂,我们临床上常见证型有痰瘀互结证、气虚血瘀证、气滞血瘀证。痰为津液不化的病理产物,痰是人体血运不畅或离经之血着而不去的病理产物。痰来自津,瘀本于血,正是生理上的“津血同源”,必然导致病理上的“痰瘀相关”<sup>[2]</sup>。汪传主认为,“痰瘀痹阻心脉……不通则痛”,病机表现为本

虚标实<sup>[3]</sup>,因此我们选取临床上最为常见的痰瘀互结证患者作为研究对象。穴位贴敷是中医传统疗法,通过对特定穴的温热刺激,使药物从毛孔而入其腠理,以达到温经通络,调理阴阳,和气血,活血化瘀的目的<sup>[4]</sup>。科室在临床不断实践中,运用中医传统理论,结合现代制作工艺,自制心络贴,将药物贴敷于穴位上,联合常规药物,从而达到治疗冠心病心绞痛的目的。心率变异性属无创性指标,其可有效地反映出自主神经系统活性和定量,评估心脏交感神经与迷走神经张力及其平衡性,从而判断心血管疾