

黄芪降糖丸治疗 2 型糖尿病 60 例

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摘 要:目的 通过研究黄芪降糖丸对 2 型糖尿病患者血糖的影响从而为临床上辅助降糖提供新思路。方法 采用随机双盲平行对照设计,选取 2 型糖尿病病例 120 例,随机分为两组,各 60 例,治疗组(给予黄芪降糖丸治疗),对照组(给予安慰剂),给药治疗 60 天后观察两组患者的血糖监测指标及临床症状的变化。结果 与对照组相比治疗组在治疗后的空腹血糖(FBS)、餐后 2 小时血糖(2hPG)及糖化血红蛋白(HbA1c)均较治疗前明显降低($P < 0.05$);临床症状较治疗前均有明显改善。结论 黄芪降糖丸对 2 型糖尿病患者有辅助降糖的作用,为临床上辅助降糖的应用及推广上提供了临床依据。

关键词:黄芪降糖丸;2 型糖尿病;临床研究

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60 Cases of the Treatment of Type 2 Diabetes with Huangqi Jiangtang Pill

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Abstract Objective: Through the research on the effect of Huangqi Jiangtang Pill on type 2 diabetes, to provide a new idea for clinical auxiliary hypoglycemic activity. **Method:** A randomized double-blind parallel control design was adopted to select 120 cases of type 2 diabetes, which were randomly divided into two groups with 60 cases in each: the treatment group (treated with Huangqi Jiangtang Pill), the control group (treated with placebo). Blood glucose monitoring indicators and clinical symptoms were observed in two groups after 60 days of the treatment. **Result:** Compared with the control group, the fasting blood glucose (FBS), 2-hour postprandial blood glucose (2hPG) and glycosylated hemoglobin (HbA1c) in the treatment group were significantly lower than those before the treatment ($p < 0.05$), and the clinical symptoms were significantly improved compared with those before treatment. **Conclusion:** Huangqi Jiangtang Pill has auxiliary hypoglycemic function on type 2 diabetes and provides clinical basis for its application and promotion.

Key words Huangqi Jiangtang Pill; type 2 diabetes; clinical research

2007 年,中华医学会糖尿病分会在全国 14 个省市对糖尿病流行病学进行调查,其显示成人的糖尿病患病率为 9.7%,总数达到 9200 万,到现在我国已经是世界上糖尿病患者人数最多的国家^[1]。目前,西药在降糖方面都具有明显的疗效,但对于饮食结构改变引起的轻型糖尿病患者只需要通过调理饮食习惯和服用辅助降糖的药物就可以控制病情,同时也可避免药用资源的浪费^[2]。大量的实

验研究发现很多天然药物对升高的血糖有预防和控制的作用^[3]。因此,用陕西中医药大学第二附属医院治疗糖尿病的临床经验方黄芪降糖丸,筛选 2 型糖尿病的病例,给予降血糖的治疗,并用安慰剂作为对照,给药 60 天后观察疗效,具体方法和结果如下。

1 资料和方法

1.1 一般资料 在 120 名受试者中,随机分成两