

临床研究

天麻钩藤饮合杞菊地黄丸加减 治疗高血压的临床研究

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摘要: **目的** 评价天麻钩藤饮合杞菊地黄丸加减治疗对高血压患者血压水平的影响。 **方法** 随机选取本院自2015年3月~2017年4月收治的100例高血压病患者,采用随机数字表法将其分为对照组($n=50$)、治疗组($n=50$),对照组实施常规治疗,治疗组在常规治疗基础上添加天麻钩藤饮合杞菊地黄丸加减治疗,分析两组血压水平、血清炎症因子水平、治疗有效率、不良反应发生率。 **结果** 治疗组收缩压(133.5 ± 5.7) mmHg、舒张压(71.8 ± 5.0) mmHg 低于对照组收缩压(142.6 ± 6.7) mmHg、舒张压(80.7 ± 3.8) mmHg ($P < 0.05$, t 值依次为7.315、10.021);治疗有效率比较显示治疗组98%高于对照组86% ($P < 0.05$, $=4.891$);两组患者均出现心动过速、眩晕、头痛等不良反应,经停药两天后,不良反应全部消失,且不会影响治疗效果,组间对比差异不明显($P > 0.05$)。 **结论** 天麻钩藤饮合杞菊地黄丸加减方对改善患者血压水平具有积极作用,值得推广应用。

关键词: 天麻钩藤饮;杞菊地黄丸;高血压

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Clinical Study on Treatment of Hypertension with Modified Tianma Gouteng Decoction and Qiju Dihuang Pill

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Abstract Objective: To evaluate the effect of modified Tianma Gouteng Decoction and Qiju Dihuang Pill on blood pressure of hypertensive patients. **Method:** 100 cases of hypertension patients treated in TCM Hospital of Dali County from March 2015 to April 2017 were randomly selected and divided into control group ($n=50$) and treatment group ($n=50$). The control group were treated with routine treatment, the treatment group was treated with Tianma Gouteng Decoction and Qiju Dihuang Pill on the basis of routine treatment. The levels of blood pressure, serum inflammatory factors, treatment efficiency, and incidence of adverse reactions in both groups were analyzed. **Result:** The systolic blood pressure (133.5 ± 5.7) mmHg and diastolic blood pressure (71.8 ± 5.0) mmHg were lower in the treatment group than the systolic blood pressure (142.6 ± 6.7) mmHg and diastolic blood pressure (80.7 ± 3.8) mmHg ($P < 0.05$, t value were in turn 7.315 and 10.021) in the control group; the effective rate of treatment of the experimental group (98%) was higher than the control group (86%) ($P < 0.05$, $=4.891$); both groups had adverse reactions such as tachycardia, dizziness, headache, etc. After two days of drug withdrawal, adverse reactions were all disappeared, and will not affect the treatment effect, the difference between the groups was not significant ($P > 0.05$). **Conclusion:** Modified Tianma Gouteng Decoction with Qiju Dihuang pill has a positive effect on improving blood pressure level of patients, and is worthy of promotion and application.

Key words Tianma Gouteng Decoction; Qiju Dihuang pill; hypertension