

调脂柔脉颗粒对症状性颈动脉
粥样硬化血脂及颈内膜作用的临床研究^{*}

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摘要:目的 探讨调脂柔脉颗粒对症状性颈动脉粥样硬化的血脂及颈动脉内膜的影响。方法 将 90 例颈动脉粥样硬化的患者随机分为治疗组和对照组, 治疗组 60 例, 对照组 30 例, 对照组给予阿托伐他汀钙和阿司匹林肠溶片治疗, 治疗组在对照组基础上加用脂柔脉颗粒, 共 12 周, 观察血脂、颈动脉 B 超。结果 两组的双侧颈动脉 IMT 厚度较治疗前均有所减少 ($P < 0.05$), 组间比较无明显差异 ($P > 0.05$); 两组颈动脉粥样硬化 Crouse 积分经治疗后均呈下降趋势, 组间比较无显著差异 ($P > 0.05$), 治疗组 TC、LDL-C 改善方面优于对照组, 差异有统计学意义 ($P < 0.05$)。结论 调脂柔脉颗粒联合西药能降低颈动脉粥样硬化患者的血脂水平, 延缓颈动脉硬化化的发展。

关键词:调脂柔脉颗粒; 阿托伐他汀钙; 颈动脉粥样硬化

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Clinical Study of the Effect of Tiaozhi Roumai Granules on Blood Lipid and Carotid Artery Intima of Symptomatic Carotid Atherosclerosis

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Abstract Objective: To treat the effect of Tiaozhi Roumai Granules on blood lipid and carotid artery intima of symptomatic carotid atherosclerosis. **Method:** 90 cases of carotid atherosclerosis were randomly divided into treatment group (60 cases) and control group (30 cases). The control group was treated with Atorvastatin Calcium and Aspirin Enteric-coated Tablets, and the treatment group was treated with Tiaozhi Roumai Granules on the basis of the control group. After 12 weeks, the blood lipids were measured and B-scan ultrasonography of the carotid arteries were applied in both groups. **Result:** IMT in bilateral carotid arteries was significantly lower than that before treatment ($P < 0.05$), and there was no significant difference between the two groups ($P > 0.05$). Carrouse scores of carotid atherosclerosis in both groups showed a downward trend after treatment, and there was no significant difference between

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