

综述与其他

中医治疗冠心病伴焦虑抑郁症的临床研究进展

李彤¹ 张翠英²

(1. 陕西中医药大学, 陕西 咸阳 712046; 2. 陕西中医药大学附属医院, 陕西 咸阳 712000)

摘要:冠心病伴焦虑抑郁症的发病率越来越高。西医仅限于对冠心病临床症状的缓解及抗焦虑、抑郁药的联合治疗,药物的副作用及患者的低依从性,无法获取理想的临床疗效。近年来中医对冠心病伴焦虑、抑郁症的诊疗进程,表明中医在治疗冠心病伴焦虑、抑郁症方面有良好的发展前景,本文从辨证论治、针灸、情志引导、养生保健等方面进行总结,分析归纳中医治疗疗效及优势。

关键词:冠心病;焦虑;抑郁;中医治疗

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Clinical Research Progress of Traditional Chinese Medicine in Treating Coronary Heart Disease with Anxiety and Depression

Li Tong¹ Zhang Cuiying²

(1. Shaanxi University of Chinese Medicine, Xianyang China, 712046;

2. Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang China, 712000)

Abstract The incidence of coronary heart disease with anxiety and depression is getting higher and higher. Western medicine is limited to the relief of clinical symptoms of coronary heart disease and focuses on the combined therapy of anti anxiety and depression, the side effects of drugs and the low compliance of patient can not help obtain the ideal clinical effect. In recent years, the TCM diagnosis and treatment process of coronary heart disease with anxiety and depression has shown that traditional Chinese medicine has a good prospect in the treatment of the disease. This paper summarizes the therapeutic effect and advantages of TCM from the aspects of syndrome differentiation, acupuncture, emotional guidance, health care and so on.

Key words coronary heart disease; anxiety; depression; TCM treatment

随着社会经济的迅猛发展,社会生活节奏的日趋加快,人们所面临的社会竞争愈发激烈,所承担的工作与生活方面的压力也日益增多。这些外在因素的影响,使人类精神疾病的患病率大幅提高。近年来研究表明,冠心病与焦虑、抑郁等心理疾病

关系紧密,也是现代医学所讲的“双心疾病”中的重要组成部分。针对此类疾病,西医仅限于对冠心病临床症状的缓解及抗焦虑、抑郁药的协同治疗,但随之而来的是药物之间的作用影响及副作用的增多,且多数患者关于精神科用药上存在认识上的