

补肾益气中药对膝骨性 关节炎患者生存质量的影响^{*}

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摘要:目的 观察补肾益气中药对膝骨性关节炎患者生存质量的影响, 从而评价其治疗效果。方法 按照随机原则将 80 例膝骨性关节炎患者分为中药组和西药组各 40 例, 中药组给予补肾益气中药口服, 西药组给予西乐葆口服, 疗程 4 周, 用 SF-36 生存质量调查问卷对患者治疗前后健康状况进行调查并评价。结果 两组患者进行生存质量比较, 治疗前所有项目差异均无统计学意义($P>0.05$), 具有可比性; 治疗后在生理功能 PF、躯体疼痛 BP 方面比较, 差异无统计学意义($P>0.05$), 但在生理职能 RP、总体健康 GH、活力 VT、社会功能 SF、情感职能 RE、精神健康 MH 方面, 中药组明显高于西药组, 差异有统计学意义($P<0.05$)。结论 补肾益气中药可明显提高膝骨性关节炎患者的生存质量, 对膝骨性关节炎疗效可靠。

关键词:膝骨性关节炎; 补肾益气法; 中药治疗; 生存质量

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Effect of Chinese Medicine for Invigorating Kidney and Boosting Qi on the Quality of Life of Patients with Knee Osteoarthritis

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Abstract Objective: To evaluate the therapeutic effect of traditional Chinese medicine for invigorating kidney and boosting Qi on the quality of life of patients with knee osteoarthritis. **Method:** 80 patients with knee osteoarthritis were randomly divided into the traditional Chinese medicine group and the western medicine group, with 40 cases in each. The traditional Chinese medicine group was given orally Chinese medicine invigorating kidney and boosting qi, and the western medicine group was given orally Celebrex, both for 4 weeks. The health status of the patients before and after treatment was investigated and evaluated by SF-36 quality of life questionnaire. **Result:** The quality of life was compared between the two groups. There was no significant difference in all items before treatment ($P>0.05$), which was comparable. There was no significant difference in PF and BP after treatment ($P>0.05$).), but in RP, GH, VT, SF, RE, MH, the Chinese medicine group was significantly higher than those in the western medicine group, the difference was statistically significant ($P<0.05$). **Conclusion:** Kidney-invigorating and Qi-boosting herbs can obviously improve the quality of life of patients with knee osteoar-

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