

加味清眩降压汤在改善老年高血压 中医证候和眩晕症状中的作用

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摘要:目的 分析加味清眩降压汤在改善老年高血压中医证候和眩晕症状中的作用。方法 选取 2015 年 7 月~2017 年 7 月本院收治的 99 例老年高血压眩晕患者, 随机分为对照组(49 例)应用强力定眩片治疗, 治疗组(50 例)应用加味清眩降压汤。比较两组患者治疗前后收缩压、舒张压水平及治疗后中医证候疗效、眩晕症状疗效的差异。结果 治疗后, 对照组收缩压较治疗前明显下降($P < 0.05$), 而舒张压与治疗前比较, 并无明显差异($P > 0.05$)。与治疗前相比, 治疗组治疗后收缩压和舒张压均明显下降, 且治疗后血压水平较对照组明显下降($P < 0.05$)。治疗组中医证候治疗总有效率为 92.00%, 较对照组的 71.43% 明显升高($P < 0.05$)。治疗组眩晕症状治疗总有效率为 94.00%, 较对照组的 75.51% 明显升高($P < 0.05$)。结论 加味清眩降压汤可有效改善老年高血压中医证候及眩晕症状, 可明显减轻临床症状, 且具有良好的降压效果, 值得临床应用。

关键词: 高血压; 老年; 加味清眩降压汤; 中医证候; 眩晕症状; 疗效

中图分类号: R541.3 文献标识码: A 文章编号: 1672-0571(2019)02-0050-04

DOI: 10.13424/j.cnki.mtcm.2019.02.016

Effect of Modified Vertigo Clearing and Pressure Lowering Decoction on the Improvement of TCM Syndromes and Vertigo Symptoms of Senile Hypertension

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Abstract Objective To research into the effect of Modified Vertigo Clearing and Pressure Lowering Decoction on the improvement of TCM syndromes and vertigo symptoms of senile hypertension. **Method** Ninety-nine elderly patients with hypertensive vertigo admitted to our hospital from July 2015 to July 2017 were randomly divided into control group (49 cases) treated with Qiangli Dingxuan tablet and treatment group (50 cases) treated with Modified Vertigo Clearing and Pressure Lowering Decoction. The difference of systolic blood pressure, diastolic blood pressure before and after treatment, curative effect of TCM syndromes and vertigo symptoms between the two groups were compared. **Result** After treatment, the systolic blood pressure in the control group was significantly lower than that before treatment ($P < 0.05$), but there was no significant difference between the diastolic blood pressure after and that before treatment ($P > 0.05$). Compared with before treatment, systolic and diastolic blood pressure in the treatment group decreased significantly

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