

# 沙藤红曲软胶囊治疗高脂血症的临床研究<sup>\*</sup>

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**摘要:**目的 研究沙藤红曲软胶囊治疗高脂血症以及对炎症因子 TNF- $\alpha$ 、IL-6 的影响。方法 采用双盲、随机、平行对照等原则进行实验设计, 治疗组给予受试药物沙藤红曲软胶囊, 对照组则给予安慰剂, 疗程 90 天。试验进入统计分析的有效例数为治疗组 58 例, 对照组 56 例。试验结束揭盲后, 分析沙藤红曲软胶囊治疗高脂血症患者炎症因子 TNF- $\alpha$  和 IL-6 的影响。结果 治疗组患者的总胆固醇 (TC) 有效率为 65.52%、甘油三酯 (TG) 的有效率为 51.72%、高密度脂蛋白 (HDL-C) 的有效率为 44.83%, 其分别明显高于安慰剂对照组的 7.14%、8.93% 和 28.57%。经对比分析得出, 治疗组的 TC、TG 值显著低于对照组, HDL-C 值显著高于对照组; 炎症因子 TNF- $\alpha$ 、IL-6 均低于对照组, 且具有统计学意义。结论 沙藤红曲软胶囊不仅可以有效地调节高脂血症患者的血脂水平, 还可以通过降低 TNF- $\alpha$ 、IL-6 以抑制血管动脉粥样硬化。

**关键词:**沙藤红曲软胶囊; 高脂血症; 炎症因子; 动脉粥样硬化

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## Clinical Study on Treatment of Hyperlipidemia with Shateng Hongqu Soft Capsule

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**Abstract Objective:** To study the effect of Shateng Hongqu Soft Capsule on hyperlipidemia and inflammatory factors TNF- $\alpha$  and IL-6. **Methods:** The experimental design was based on the principles of double blindness, randomization and parallel control. The treatment group was given Shateng Hongqu Soft Capsules, while the control group was given placebo for 90 days. The effective cases of the experiment were 58 cases in the treatment group and 56 cases in the control group. After the blindness was uncovered, the effects of Shateng Hongqu Soft Capsule on inflammatory factors TNF- $\alpha$  and IL-6 in patients with hyperlipidemia were analyzed. **Results:** The total cholesterol (TC) effective rate was 65.52%, the triglyceride (TG) efficiency was 51.72%, and the high density lipoprotein (HDL-C) was 44.83%, which were significantly higher than those of the placebo control group (7.14%, 8.93% and 28.57%). Through comparative analysis, TC and TG values in the treatment group were significantly lower than those in the control group, HDL-C values were significantly higher than those in the control group, and inflammatory factors TNF- $\alpha$  and IL-6 were lower than those in the control group, with statistical significance. **Conclusion:** Shateng Hongqu Soft Capsule can not only effectively regulate the blood lipid level of patients with hyperlipidemia, but also inhibit vascular atherosclerosis by reducing TNF- $\alpha$  and IL-6.

**Key words** Shateng Hongqu Soft Capsule; hyperlipidemia; inflammatory factor; atherosclerosis

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