

临床研究

“五脏相关”辨证体系治疗慢性咳嗽的随机对照研究<sup>\*</sup>

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**摘要:**目的 观察“五脏相关”辨证体系治疗慢性咳嗽的疗效。方法 将慢性咳嗽患者 82 例随机分为治疗组及对照组, 各 41 例。治疗组接受中药辨证治疗, 对照组接受阶段性经验性治疗, 疗程 6 周。治疗前、后分别采用咳嗽症状积分、莱塞斯特咳嗽生命治疗问卷(LCQ)进行疗效评价, 记录患者咳嗽控制时间。结果 治疗前两组患者咳嗽症状积分、LCQ 评分比较无统计学意义( $P>0.05$ ); 治疗后两组在咳嗽症状积分、LCQ 评分改善程度方面无统计学意义( $P>0.05$ ), 在咳嗽控制时间方面有统计学意义( $P<0.05$ ), 治疗组优于对照组。结论 “五脏相关”辨证体系治疗慢性咳嗽可有效地改善症状, 值得基层单位临床推广应用。

**关键词:**慢性咳嗽; 五脏相关; 辨证体系; 随机对照; 研究

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A RCT Study on the Treatment of Chronic Cough by Syndrome Differentiating System of Five – Zang Correlation Theory

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**Abstract: Objective** To observe the treatment of chronic cough by Syndrome Differentiating System of Five – Zang Correlation Theory. **Method** 82 cases with chronic cough are randomly divided into treatment and control group with 41 cases in each group among which the former is treated by Chinese medicine syndrome differentiation, while the latter is given the periodic empirical treatment with a duration of 6 weeks. The effectiveness is evaluated by the score of cough symptom and LCQ before and after the treatment and the control time of cough is recorded. **Result** It is of no statistical significance in the score of cough symptom and LCQ score before the treatment between two groups( $P>0.05$ ). However, it is of statistical significance in the score of cough symptom and LCQ score after the treatment between two groups( $P>0.05$ ). By contrast, it is of statistical significance in the control time of cough ( $P<0.05$ ), thus the treatment group is superior to the control group. **Conclusion** The Syndrome Differentiating System of Five – Zang Correlation Theory can effectively improve the symptoms of chronic cough which is worth widely promoting in the clinical practice in the fundamental institution.

**Keywords:** chronic cough; Five – Zang Correlation Theory of ; Syndrome Differentiating System; the RCT; study

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