黄葵胶囊联合 ACEI/ARB 类药物治疗慢性肾炎疗效及安全性 Meta 分析*

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摘 要:目的 系统评价黄葵胶囊联合 ACEI/ARB 类药物治疗慢性肾炎(CGN)疗效及安全性,为临床提供循证参考。**方法** 在 PubMed、Medline、Cochrane 图书馆、EMBASE、中国生物医学文献数据库、万方数据库、中国知网、维普期刊数据库中进行检索,搜集有关黄葵胶囊联合 ACEI/ARB 类药物治疗 CGN 的随机对照试验(RCT)或半随机对照试验(qRCT),采用 RevMan 5.3 统计软件进行 Meta 分析。**结果** 共纳入 35 项 RCT 或 qRCT,纳入 2505 例患者。Meta 分析结果显示,与对照组相比,试验组可以降低 CGN 患者 24h 尿蛋白定量(24hUTP)[OR = 0.38,95% CI (0.30,0.46),P < 0.00001]、血肌酐(Scr)[OR = 14.58,95% CI (6.57,22.60),P = 0.001]及尿氮素(BUN)[OR = 0.54,95% CI (0.28,0.79),P < 0.0001];升高 CGN 患者血浆白蛋白(ALB)[OR = 4.10,95% CI (2.07,6.13),P < 0.0001];提高 CGN 患者治疗的总有效率[OR = 4.61,95% CI (3.59,5.91),P < 0.00001];减少患者不良反应的发生[OR = 1.88,95% CI (1.09,3.24),P = 0.02]。**结论** 黄葵胶囊联合 ACEI/ARB 类药物与单用 ACEI/ARB 类药物相比,能提高总有效率,降低 24hUTP、Scr 及 BUN,升高 ALB,减少患者不良反应的发生,亚组分析显示试验组治疗 CGN 优于对照组。

关键词:黄葵胶囊;慢性肾炎;ACEI;ARB;Meta 分析
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Meta Analysis of Efficacy and Safety of Huangkui Capsule Combined with ACEI/ARB Drugs in the Treatment of Chronic Nephritis

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Abstract: Objective To systematically evaluate the efficacy and safety of Huangkui capsule combined with ACEI/ARB drugs in the treatment of chronic nephritis (CGN), providing evidence - based reference for clinical practice. **Methods** To Search in PubMed, Medline, Cochrane Library, EMBASE, Chinese Biomedical Literature Database, Wanfang Database, CnKI, and Weipu journal database and collect randomized controlled trials (RCTS) or semi - rcTs (qRCT) of Huang Kui capsule combined with ACEI/ARB drugs for CGN. The RevMan 5.3 statistical software is used for Meta analysis. **Results** A total of 35 ITEMS of RCT or qRCT and 2505 patients were included. Meta analysis results indicated that the experimental group could reduce the urinary protein quantification (24hUTP) of CGN patients for 24h [OR = 0.38, 95% CI (0.30, 0.46), P < 0.00001], serum creatinine (Scr)[OR = 14.58, 95% CI (6.57, 22.60), P

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