

诊疗特色

中草药封包疗法治疗
类风湿关节炎的临床研究^{*}

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摘要:目的 观察中草药封包疗法在治疗活动期和病情较重的类风湿性关节炎的临床疗效。方法 选择治疗活动期和病情较重的类风湿关节炎患者 120 例, 随机分成对照组 52 例和治疗组 68 例。对照组采用口服来氟米特、甲氨蝶呤、白芍总苷胶囊、洛索洛芬钠缓释片, 治疗组在对照组的基础上加中草药封包疗法。两组均治疗 2 个疗程, 每个疗程 3 个月。比较两组治疗前后患者满意率、关节压痛数、肿胀数、DAS28 和实验室指标。结果 治疗后, 治疗组患者满意率、临床症状、DAS28 评分、实验室指标等均优于对照组, 治疗 3 个月和 6 个月, 差异均有统计学意义 ($P < 0.01$), 且部分患者骨质破坏较轻或已经僵直的关节功能, 均有不同程度的恢复。结论 中草药封包疗法治疗活动期和病情较重的类风湿关节炎患者疗效显著, 患者满意度高, 且具有毒副作用小、安全和价格低廉等特点。

关键词: 类风湿关节炎; 痹症; 中草药; 封包疗法; 临床应用研究

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Clinical Study on The Treatment of Rheumatoid Arthritis
with Chinese Herbal Medicine Package Therapy

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Abstract: Objective: To observe the clinical efficacy of Chinese herbal medicine package therapy in the treatment of active and severe rheumatoid arthritis. **Methods:** 120 patients with active and severe rheumatoid arthritis were randomly divided into control group ($n = 52$) and treatment group ($n = 68$). The control group was given leflunomide, methotrexate, total glucosides of peony capsule and loxoprofen sodium sustained-release tablets, while the treatment group was treated with Chinese herbal medicine package therapy on the basis of the control group. Both groups were treated for 2 courses, 3 months for each course. The satisfaction rate, joint tenderness, swelling, DAS28 and laboratory indexes