

化痰祛瘀方联合心理疏导 治疗冠心病稳定型心绞痛 43 例^{*}

呼延静 王豆 谢福恒^{**}

(陕西中医药大学附属医院, 陕西 咸阳 712000)

摘要:目的 观察中药化痰祛瘀方联合心理疏导治疗冠心病稳定型心绞痛的临床效果。方法 纳入冠心病稳定型心绞痛患者 87 例随机分为两组, 对照组 44 例在西药对症处理的基础上配合心理疏导, 治疗组 43 例在对照组方案上再给予中药化痰祛瘀方治疗。结果 治疗后两组患者心绞痛症状、心电图和血脂 (TC、TG、LDL、HDL) 均有明显改善 ($P < 0.05$)。组间比较, 治疗组 TC 和 LDL 明显低于对照组、HDL 明显高于对照组 ($P < 0.05$), 但 TG 和对照组比较没有差异 ($P > 0.05$)。结论 化痰祛瘀方联合心理疏导治疗冠心病稳定型心绞痛, 可以明显改善患者的心肌缺血症状和血脂水平, 有效减少心绞痛的发生。

关键词:冠心病心绞痛; 颈动脉斑块; 化痰祛瘀方; 心理疏导

中图分类号: R541.4 文献标识码: A 文章编号: 1672-0571(2018)04-0022-04

DOI: 10.13424/j.cnki.mtcm.2018.04.008

Treatment of 43 Cases of Stable Angina Pectoris of Coronary Heart Disease with Huatan Quyu Recipe Combined with Psychological Counseling

Hu Yanjing Wang Dou Xie Fuheng

(Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang China, 712000)

Abstract Objective: To observe the clinical effect of Huatan Quyu Recipe combined with psychological counseling in the treatment of stable angina pectoris of coronary heart disease. **Method:** 87 patients with coronary heart disease with stable angina pectoris were randomly divided into two groups. 44 patients in the control group were treated with psychological counseling on the basis of symptomatic treatment of western medicine, and 43 patients in the treatment group were treated with traditional Chinese medicine Huatan Quyu Recipe. **Result:** After treatment, angina symptoms, electrocardiogram and blood lipids (TC, TG, LDL, HDL) were significantly improved in both groups ($P < 0.05$). Between groups, TC and LDL were significantly lower in the treatment group than in the control group, HDL was significantly higher than the control group ($P < 0.05$), but there was no difference of TG between the treatment group and the control group ($P > 0.05$). **Conclusion:** Huatan Quyu Recipe combined with psychological counseling for the treatment of stable angina pectoris of coronary heart disease can significantly improve myocardial ischemia and blood lipid levels in patients, and effectively reduce the occurrence of angina pectoris.

^{*} 基金项目: 陕西省教育厅科学研究计划自然专项(16JK1201); 陕西中医药大学青年项目(2015QN14); 陕西省科技惠民计划项目(2015HM-10)

^{**} 通讯作者: 谢福恒(1988-), 男, 主治医师, 医学硕士。研究方向: 中西医结合治疗脑血管疾病。E-mail: 429014515@qq.com