

红杏丸治疗高脂血症临床研究 及其对 $\text{TNF}-\alpha$ 、 $\text{IL}-6$ 、 $\text{ET}-1$ 的影响^{*}

张健俊¹ 刘文洲^{2**} 欧莉³

(1. 咸阳市城投医疗集团风轮医院, 陕西 咸阳 712000; 2. 西电集团医院, 陕西 西安 710077;
3. 陕西中医药大学, 陕西 咸阳 712046)

摘要:目的 探讨红杏丸治疗高脂血症的临床疗效及其对肿瘤坏死因子($\text{TNF}-\alpha$)、白介素-6($\text{IL}-6$)、内皮素-1($\text{ET}-1$)指标的影响。方法 采用随机、双盲、平行对照的试验设计方法,将纳入我院2017年9月~10月的112例高脂血症患者按照1:1的比例进行随机分组,治疗组与对照组各56例,其中治疗组给予红杏丸,对照组给予安慰剂,疗程60天。在试验过程中,治疗组脱落4例,对照组脱落5例,最终进入统计分析的例数,治疗组52例,对照组51例。试验结束揭盲后,分析红杏丸治疗高脂血症患者疗效以及对 $\text{TNF}-\alpha$ 、 $\text{IL}-6$ 和 $\text{ET}-1$ 指标的影响。结果 治疗组总胆固醇、甘油三酯及高密度脂蛋白的有效率为59.62%、55.77%和51.92%,明显高于安慰剂对照组的9.80%、3.92%和19.61%;治疗组TC、TG值显著低于对照组,而HDL-C值明显高于对照组;且 $\text{ET}-1$ 及炎症因子 $\text{TNF}-\alpha$ 、 $\text{IL}-6$ 均低于安慰剂对照组,具有统计学意义。结论 红杏丸不仅可以有效调节高脂血症患者的血脂水平,还可以通过降低 $\text{TNF}-\alpha$ 、 $\text{IL}-6$ 、 $\text{ET}-1$ 以保护血管内皮功能及改善炎症反应。

关键词:红杏丸;高脂血症;临床研究;血管内皮功能

中图分类号:R589.2 文献标识码:A 文章编号:1672-0571(2019)02-0096-05

DOI:10.13424/j.cnki.mtcm.2019.02.029

Clinical Study on Treatment of Hyperlipidemia with Hongxing Pill and Its Effects on $\text{TNF}-\alpha$, $\text{IL}-6$ and $\text{ET}-1$

Zhang Jianjun¹ Liu Wenzhou² Ou Li³

(1. Fenglun Hospital of Xianyang City Investment Medical Group, Xianyang China, 712000;
2. Xi'an XD Group Hospital, Xi'an China, 710007; 3. Shaanxi University of Chinese Medicine, Xianyang China, 712046)

Abstract Objective To explore the clinical efficacy of Hongxing Pill in the treatment of hyperlipidemia and its effects on tumor necrosis factor ($\text{TNF}-\alpha$), interleukin-6 ($\text{IL}-6$) and endothelin-1 ($\text{ET}-1$). **Method** A randomized, double-blind, parallel-controlled trial design method was used to randomize 112 patients with hyperlipidemia who were included in our hospital from September to October 2017 according to a 1:1 ratio. The treatment group and the control group each had 56 cases. The treatment group was given Hongxing Pills, and the control group was given a placebo for 60 days. In the course of the experiment, there were 4 cases failed in the treatment group and 5 cases in the control group. Finally, there were 52 cases in the treatment group and 51 cases in the control group. After the blindness was un-

* 基金项目:陕西省秦岭中草药应用开发工程技术研究中心项目(2008ZDGC-32)

** 通讯作者:刘文洲,副主任医师。E-mail:1744007342@qq.com