



冬病夏治消喘膏穴位贴敷疗法预防儿童哮喘复发的临床研究

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中文摘要:目的:验证冬病夏治消喘膏穴位贴敷疗法治疗缓解期儿童哮喘的临床疗效。方法:将90例哮喘患儿随机分为3组,分别予冬病夏治消喘膏贴敷、吸入激素和冬病夏治消喘膏贴敷联合吸入激素治疗,随访1年,观察哮喘的复发情况及肺功能水平。结果:1组(冬病夏治消喘膏贴敷)预防哮喘复发的总有效率为63.3%稍低于II组(激素治疗组)69.2%,但无统计学差异;III组(冬病夏治联合激素治疗组)总有效率为93.1%高于I组和II组,差异有统计学意义($P<0.05$)。治疗前3组 FEV_1 、 FEV_1/FVC 及PEF比较,无明显差异;3组治疗后与治疗前比较, FEV_1 、 FEV_1/FVC 、PEF均明显上升,差异有统计学意义($P<0.05$);治疗后III组与I组及II组 FEV_1 、 FEV_1/FVC 、PEF比较,差异有统计学意义($P<0.05$)。结论:冬病夏治消喘膏穴位贴敷治疗有预防哮喘复发的作用,与吸入激素联合治疗,效果更佳。

中文关键词:冬病夏治 消喘膏 儿童 哮喘

Clinical study on prevention of recurrence of asthma in children by Xiaochuangao acupoint paste: treating winter diseases in summer

Abstract:Objective: To verify the clinical efficacy of Xiaochuangao acupoint paste (XAP) in treating asthma in children. **Method:** Ninety children patients with asthma were randomly assigned to three groups with 30 patients each, being treated with XAP, hormone and XAP combined with hormone, respectively. The changes of the lung function and the recurrence times during one-year follow-up were observed. **Result:** Group I (Hormone group) saw higher total effective rate (69.2%) than Group J (XAP group)(63.3%), but with no statistic difference between these two groups. Group III (XAP and Hormone) saw the highest total effective rate (93.1%), with significant statistic difference from the other two groups ($P<0.05$). All three groups saw the significant increase of the levels of FEV_1 , FEV_1/FVC and PEF after the treatments ($P<0.05$), while no statistical difference of FEV_1 , FEV_1/FVC , PEF were observed in the three groups before the treatments. After the treatments, statistic differences of FEV_1 , FEV_1/FVC , PEF between Group III and Group II were observed ($P<0.05$). **Conclusion:** XAP played a role in preventing the recurrence of asthma in children. Combined with hormone, XAP showed better effects.

keywords: treating winter diseases in summer Xiaochuangao acupoint paste children asthma

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