

补肾活血通络胶囊治疗原发性帕金森病120例

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中文摘要:目的: 观察中药补肾活血通络胶囊配合西药治疗帕金森病(PD)的临床疗效。 方法: 采用随机对照试验,纳入PD患者120例,其中治疗组(中药+西药组)60例,对照组(西药组)60例,疗程3个月。各组由神经内科医师分别在治疗前、治疗后1个月、治疗后2个月和治疗后3个月采用统一帕金森病评定量表(UPDRS)和帕金森病生活质量评分量表(PDQ)进行评分,分别记录精神、行为和情绪(UPDRS-I)、日常生活活动(UPDRS-II)、运动功能检查(UPDRS-III)、运动并发症(UPDRS-IV)、生活满意度(LSIB)和帕金森病生活质量评分量表(PDQ),评价治疗的有效率、运动功能的改善等情况。 结果: 建立了规范化中西医结合帕金森病综合治疗方案。经该方案治疗后1,2,3个月,治疗组UPDRS-I,UPDRS-II,UPDRS-III,UPDRS-IV,LSIB和PDQ评定均显著优于对照组($P<0.05$)。 结论: 补肾活血通络胶囊具有增效减毒作用,可降低帕金森病致残率,促进患者综合功能的改善,提高生存质量,使其身心功能得到最大程度的恢复,与西药联合应用在改善PD患者的运动功能和日常生活能力方面优于单用西药。

中文关键词:[帕金森病](#) [补肾活血通络胶囊](#) [临床观察](#)

Clinical Effect of Bushen Huoxue Tongluo Capsule on 120 Cases with Parkinson's Disease

Abstract:Objective: To investigate the clinical effect of Bushen Huoxue Tongluo capsule(BHTC) combined with western medicine on patients with Parkinson's disease (PD). Method: One hundred and twenty PD patients were enrolled in the randomized control trial (RCT). The patients were randomly divided into two groups (60 each): treatment group (BHTC and western medicine, peros) and control group (western medicine only, peros). At the end of the third month, the unified parkinson disease rating scale (UPDRS) and quality of life of Parkinson's disease rating scale (PDQ) were compared respectively for each group by a neurology doctor on the time of pre-treatment and one month, two months and three months post-treatment to record mental, behavioral and emotional state (UPDRS- I), daily activities (UPDRS- II), motor function check (UPDRS-IV), motor complications(UPDRS-IV), improvement of motor function (LSIB) and Parkinson's disease life quality rating scale (PDQ). Result: The study established a comprehensive treatment program for Parkinson's disease. After one month, two months and three months treatment, the effective power was significantly higher in treatment group than in control group ($P<0.05$). Conclusion: BHTC has an obvious effect on PD patients. BHTC combined with western medicine can improve motor function and daily living activity in PD patients better than western medicine only.

keywords:[Parkinson's disease](#) [Bushen Huoxue Tongluo capsule](#) [clinical observation](#)

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