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六味五灵片治疗非酒精性脂肪性肝炎疗效观察

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摘要:

摘要: 目的 观察六味五灵片治疗非酒精性脂肪性肝炎(NASH)的临床疗效。方法 选择NASH患者67例随机分为治疗组(35例)和对照组(32例),两组均给予基础治疗,治疗组加用六味五灵片,每次1.5 g口服,每日3次,两组疗程均为12周。治疗结束后观察两组患者临床症状、肝功能、血脂水平、脂肪肝及总有效率的变化。结果 两组患者在临床症状、肝功能、血脂水平及脂肪肝方面均有改善,治疗组各项指标均优于对照组,差异有统计学意义($P < 0.05$)。结论 六味五灵片可以显著改善NASH患者的临床疗效,减轻肝细胞变性及坏死,恢复肝功能等作用。

Abstract: Objective To investigate the clinical effect of Liuweiwuling tablets on nonalcoholic steatohepatitis (NASH). Methods Total of 67 cases with NASH were randomly divided into treatment group ($n = 35$) and control group ($n = 32$). Both groups received basic therapy, and the treatment group were added with Liuweiwuling tablets (1.5 g) three times a day orally. The course of treatment was 12 weeks. The clinical symptoms, physical sign, liver function indexes, blood lipids levels, degree of fatty liver and total effective rate were observed after therapy. Results The clinical symptoms, liver function indexes, blood lipids levels of two groups improved compared with pre-therapy. All the indexes of treatment group were better than that of the control group, and there was significant differences between the two groups ($P < 0.05$). Conclusions Liuweiwuling tablets can recover liver function, alleviate the clinical symptoms, and has a positive effect on treating non-alcoholic steatohepatitis.

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