

舒筋通络颗粒治疗颈椎病172例

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中文摘要:**目的:**探讨舒筋通络颗粒治疗神经根型颈椎病和椎动脉型颈椎病的临床疗效。**方法:**回顾性分析了2010年5月至2011年5月门诊及住院的神经根型及椎动脉型颈椎病患者共172例。两型颈椎病的对照组均予以常规牵引治疗、相同手法推拿治疗,治疗组在对照组治疗方法基础上给予口服舒筋通络颗粒,1袋/次,3次/d,疗程1个月。**结果:**①神经根型颈椎病治疗组总有效率(85.45%)高于对照组(69.77%)($P<0.05$);神经根型颈椎病患者在疼痛、压痛、上肢麻木、颈部活动受限、压顶试验和臂丛神经牵拉试验比较,差异具有统计学意义($P<0.05$),治疗组优于对照组,除对照组治疗后上肢肌力变化不明显外,两组治疗后其余观察项目均比治疗前改善($P<0.05$)。②椎动脉型颈椎病治疗组总有效率(92.86%)明显高于对照组(76.74%)($P<0.05$);椎动脉型颈椎病患者在主要的症状、体征消失方面,两组头痛、眩晕、压顶试验方面比较,差异具有统计学意义($P<0.05$),治疗组优于对照组;而转颈试验比较差异不具有统计学意义。**结论:**舒筋通络颗粒治疗神经根型颈椎病和椎动脉型颈椎病,在临床疗效和主要症状、体征消失方面有显著疗效。

中文关键词:[舒筋通络颗粒](#) [颈椎病](#) [临床疗效分析](#)

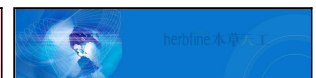
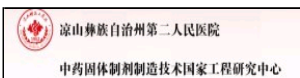
Shujin Tongluo Granule Treatment 172 Cases of Cervical Spondylosis

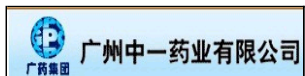
Abstract:Objective: This study aimed to investigate the clinical efficacy of Shujin Tongluo granule (STG) in radicular type of cervical spondylosis and cervical spondylosis vertebral artery. **Method:** A retrospective analysis of the 172 outpatients and inpatients suffered from radicular type of cervical spondylosis and cervical spondylosis vertebral artery from May 2010 to May 2011 was carried out. Two types of cervical spondylosis were treated similarly, the control group was treated with conventional traction treatment, the massage therapy. Treatment group on the basis of the control group was given STG, 1 bag/time, tid. The course of a month. **Result:** ① Compared the clinical efficacy of the two groups of radicular type of cervical spondylosis patients after treatment, the difference was statistically significant (treatment 85.45%, control 69.77%, $P<0.05$); ② The main symptoms and signs disappeared with regard to the treatment group and control group revealed that pain, upper extremity numbness, limited neck mobility, tenderness, brachial plexus traction test, the test of top pressure difference were statistically significant ($P<0.05$). However, the upper limb muscle strength was no statistical differences. The treatment group, after treatment, reveals that pain, upper extremity numbness, limited mobility. Compared the clinical efficacy of the two groups of cervical spondylosis vertebral artery patients, the difference was statistically significant (treatment 92.86%, control 76.74%, $P<0.05$). The disappearance of main symptoms and signs with regard to the treatment group and control group revealed that vertigo, headache, the test of top pressure difference was significant ($P<0.05$), neck-rotation test was not significant. After treatment the difference of vertigo, headache, the test of top pressure was statistically significant ($P<0.05$), but neck-rotation test showed no significant difference. **Conclusion:** STG shows significant efficacy in radicular type of cervical spondylosis and cervical spondylosis vertebral artery for main symptoms and disappearance of signs.

keywords:[Shujin Tongluo granule](#) [cervical spondylosis](#) [analysis of clinical efficacy](#)

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