

## 清脑降压片治疗高血压(肝阳上亢证)的临床疗效及对血管内皮功能的影响

投稿时间: 2012-07-27 点此下载全文

引用本文: 任江华.清脑降压片治疗高血压(肝阳上亢证)的临床疗效及对血管内皮功能的影响[J].中国实验方剂学杂志,2012,18(24):327~330

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中文摘要:目的:探讨清脑降压片治疗高血压(肝阳上亢证)的临床疗效及对血管内皮功能的影响。方法:156例高血压患者随机分为治疗组79例和对照组77例。I级高血压仅采用清脑降压片治疗,II级高血压原有治疗不变加用清脑降压片,对照组采用安慰剂治疗,均口服,4~6片/次,3次/d。疗程4周。观察两组血压、肝阳上亢证,检测一氧化氮(NO)、内皮素(ET-1)。结果:清脑降压片能明显降低I级、II级高血压患者的收缩压(SBP)和舒张压(DBP)( $P<0.01$ );清脑降压片能明显改善患者的肝阳上亢证证候积分,其疾病有效率和证候有效率分别达84.81%,89.87%( $P<0.01$ );清脑降压片能升高NO水平,降低ET-1水平,调节NO/ET-1比值( $P<0.01$ )。结论:清脑降压片对I、II级高血压患者均有明显的降压作用,能改善临床症状,其作用机制可能是通过调节NO/ET-1来实现的。

中文关键词:[高血压](#) [肝阳上亢证](#) [清脑降压片](#) [血管内皮](#)

## Clinical Efficacy and Impact of Qingnao Jiangya Tablets on Endothelial Function in Treatment of Liver Yang Hypertension

**Abstract:**Objective: To investigate the clinical efficacy and impact of Qingnao Jiangya tablets (QJT) on endothelial function in the treatment of liver yang hypertension. Method: One hundred and fifty-six patients with hypertension were randomly divided into treatment group of 79 cases and control group of 77 cases. Grade I hypertension was treated with QJT; Grade II hypertension was additionally treated by QJT based on the original treatment, The controls were only received placebo. QJT was orally given 4-6 tablets tid for 4 weeks. Blood pressure, liver yang score, nitric oxide (NO) and endothelin (ET-1) were evaluated for the two groups. Result: QJT significantly reduced systolic blood pressure (SBP) and diastolic blood pressure (DBP) for the grade I and grade II hypertension patients ( $P<0.01$ ). QJT significantly improved the patient's liver yang scores, and the disease efficiency and syndromes efficiencies were 84.81%, 89.87% ( $P<0.01$ ). QJT increased NO level, reduced ET-1 level and adjusted NO/ET-1 ratio ( $P<0.01$ ). Conclusion: QJT had obvious antihypertensive effect for grade I and grade II hypertensive patients. It could improve clinical symptoms, and its mechanism may be achieved by adjusting the ratio of NO/ET-1.

**keywords:** [hypertension](#) [liver yang ascending syndrome](#) [Qingnao Jiangya tablets](#) [vascular endothelium](#)

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