

中药熏洗辅助治疗类风湿关节炎的疗效分析

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【摘要】目的: 分析中药熏洗辅助治疗类风湿关节炎的疗效。方法: 采用方便抽样的方式, 将 2020 年 10 月至 2022 年 4 月前来我院就诊的类风湿关节炎患者中选择 80 例作为本次研究的对象, 根据治疗方案的不同进行分组, 各 40 例。两组患者均接受了甲氨蝶呤与艾拉莫德片治疗, 观察组患者另用中药熏洗辅助治疗。比较两组患者治疗前后类风湿因子、血沉、C 反应蛋白水平。统计与比较两组患者疗程结束后的治疗总有效率。比较两组患者治疗期间不良反应发生率。结果: 两组患者入院时的类风湿因子、血沉以及 C 反应蛋白水平差异较小 ($P>0.05$), 观察组患者治疗后的类风湿因子、血沉以及 C 反应蛋白水平显著低于对照组 ($P<0.05$)。观察组患者治疗总有效率显著高于对照组 ($P<0.05$)。但两组患者不良反应发生率未有显著的差异 ($P>0.05$)。结论: 使用中药熏洗辅助治疗类风湿关节炎疗效更好, 可以显著减轻机体炎症水平, 降低疾病活动度, 安全性高。

【关键词】: 类风湿关节炎; 中药熏洗; 艾拉莫德; 甲氨蝶呤; 实验室指标

Effect Analysis of Chinese Herbal Fumigation and Washing on Rheumatoid Arthritis

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Abstract: Objective: To analyze the therapeutic effect of traditional Chinese medicine fumigation and washing on rheumatoid arthritis. Methods: 80 patients with rheumatoid arthritis who came to our hospital from October 2020 to April 2022 were selected by convenient sampling as the subjects of this study, and 40 patients were divided into groups according to different treatment schemes. The patients in the two groups were treated with methotrexate and Elamod tablets, and the patients in the observation group were additionally treated with traditional Chinese medicine fumigation and washing. The levels of rheumatoid factor, erythrocyte sedimentation rate and C-reactive protein were compared between the two groups before and after treatment. Statistics and comparison of the total effective rate of the two groups of patients after the end of treatment. The incidence of adverse reactions during treatment was compared between the two groups. Results: The levels of rheumatoid factor, erythrocyte sedimentation rate and C-reactive protein in the two groups had little difference at admission ($P>0.05$). The levels of rheumatoid factor, erythrocyte sedimentation rate and C-reactive protein in the observation group were significantly lower than those in the control group after treatment ($P<0.05$). The total effective rate of the observation group was significantly higher than that of the control group ($P<0.05$). However, there was no significant difference in the incidence of adverse reactions between the two groups ($P>0.05$). Conclusion: The use of traditional Chinese medicine fumigation and washing as an auxiliary treatment for rheumatoid arthritis has better efficacy, can significantly reduce the level of body inflammation, reduce disease activity, and has high safety.

Keywords: Rheumatoid arthritis; Traditional Chinese medicine fumigation and washing; Alamo; Methotrexate; Laboratory indicators

[3]

1 资料与方法

1.1

[1-2]

2020 10 2022 4
80

11:29 47 77 53.82± 3.68

6 8 3.30± 0.49
10.30 42 76 52.60± 3.73
6 8 3.60± 0.52
P>0.05
1
2013 2
3 4
1 2
3 4
5
1.2
H22022674

	IU/mL		mm/h		C	
	206.40 ± 30.22	42.28 ± 15.31	53.68 ± 6.98	20.33 ± 4.19	16.93 ± 3.72	5.77 ± 1.58
	210.02 ± 30.54	79.50 ± 13.58	53.31 ± 6.55	32.74 ± 4.08	17.06 ± 3.66	8.29 ± 1.82
t	0.533	11.503	0.245	13.421	0.158	6.613
P	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

2.5mg*16s 10mg
H20110084 25mg*14s
25mg
20g 15g
10g
8 37 40

2.2

P<0.05

2

	20	18	2	95.00%
	15	16	9	77.50%
X ²				5.165
P				<0.05

1.3 [4-5]
C
[6]
69% 30%
70% = +
[7]

2.3

P>0.05

3

			/	
	0	1	0	2.50%
	1	0	3	10.00%
X ²				1.920
P				>0.05

3 讨论

1.4 [8]
SPSS
16.0 t X²
P<0.05 [9]

2 结果

2.1 C
P>0.05
C P<0.05
1

[10]

P>0.05

6

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- 1991.09
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" " " " " "

" " "

C

C

C

P<0.05

95.00%

77.50%

P<0.05

P>0.05