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个体化医学时代与九体医学研究范式

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摘要 文章从“为什么要个体化，什么是个体化，如何研究个体化，个体化的发展前景”四个方面对个体化医学展开论述。首先，为什么要个体化。从临床角度出发，认为疗效差异及毒副作用等临床事实迫使我们思考，医生端的循证医学仍不能解决“普遍性”，病患端的个体差异问题亟待解决。个体化医学势在必行。其次，什么是个性化。提出，个性化并不等于点对点的治疗，不等于个体的辨证论治，需要兼顾个体差异性及群体趋同性两个维度，并涵盖养生保健以及生命全周期的生命全过程。第三，如何研究个体化。分析了现代医学个体化的代表“精准医学”的优势和面临的问题，并提出中医个体化的研究思路—九体医学研究范式。认为，精准医学的手段是“基于基因序列的靶向治疗”，并开始关注机体的系统性，有望对肿瘤等重大疾病防治迈向新的一步。而九体医学的手段是“九种体质辨识与调理”，是全因素、全过程、全景、系统化、整体化的个体化手段。中国作为发展中国家，结合精准医学，实施九体医学健康计划，将走出一条自己的路。最后，提出，九体医学个体化在未来不仅会在大医学个性化诊疗中发挥重要作用，其“辨体-辨病-辨证”诊疗模式将成为中国特色的个体化诊疗模式；九体医学个性化未来的发展不仅局限在临床诊疗中，在个性化健康管理、个体化健康产业中应用前景也十分广阔。

关键词 个体化医学；九体医学；研究范式

Individualized medicine and research paradigm of nine-constitution medicine

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Abstracts: This article discusses about individualized medicine from these four following aspects, including the reason why med-individuality should be promoted, the definition of med-individuality, tools and strategies used in study of med-individuality and prospect of med-individuality. About the reason, we have learned from a mass of clinical experience and reports on efficiency variation and side-effects of existing therapies that med-individuality might be the solution we urgently need to the conflict between evidence-based medicine and variation of people's condition. About the definition, besides syndrome differentiation and features of every single patient, we must take both variation and convergency of people, and focus on not just lifespan but also the formation and conditioning of life. About tools and strategies, we made a rough summary of advantages and disadvantages of precision medicine, which is the representation of modern med-individuality, and developed our own standard, distinguishing and regulation of nine constitution, based on theories of traditional Chinese medicine. With increasing attention paid on
systematic thought of health and targeted therapy assisted by gene sequencing, precision medicine does have a promising future in making breakthroughs in treatments of cancer and other substantial diseases. Meanwhile, distinguishing and regulation of nine constitutions is a individualized therapy that covers all-factor, whole process and landscape, and also, systematic and integrated thought on health. As a developing country, to establish our own individualized therapy, China needs to combine precision medicine and distinguishing and regulation of constitutions. At the end of article, we demonstrate our conclusion. We believe that distinguishing and regulation of nine constitutions would play an important role in worldwide med-individuality, and that its diagnosis and treating mode, which combines differentiation of constitutions, diseases and syndromes, would contribute to establishment of Chinese med-individuality. Application of distinguishing and regulation of nine constitution in diagnosis and treatments, and more importantly in fields including individual health care and individualized health industry, has a very bright future.

Key words: individualized medicine; nine-constitution medicine; research paradigm
Voluntary non-remunerated blood donation can improve donors' health

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Abstract: Voluntary non-remunerated blood donation has achieved remarkable results since the Blood Donation Act enacted in 1998. Compared with the developed countries and regions, the blood donation rate is lower and the crowd of donors is relatively single in China, so it can’t adapt to the rapid growth of health care services. Voluntary non-remunerated blood donation, the main source of clinic use of blood, can ensure not only the sufficiency and quality of blood, but also the safety of transfusion. At present, the publicity about blood donation focus on public welfare and harmlessness. However, more and more studies showed that moderate blood donation can promote donors’ physical and mental health. Based on literature research and empirical analysis, the aim of this study was to confirm that moderate blood donation can promote physical and mental health, enhance quality of health and improve the constitution of traditional Chinese medicine. So that we can change the publicity of blood donation to help people to help themselves, and then we can recruit more regular donors to release the underserved clinical use of blood.

Key Words: non-remunerated blood donation; health; physical health; quality of life; constitution of traditional Chinese medicine

基于项目反应理论的中医体质量表条目分析

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摘 要 目的: 通过项目反应理论方法，探讨中医体质量表条目的区分度、难度、功能差异特征，为中医体质量表的修订以及简短版的发展提供依据。方法: 采用项目反应理论指导下的等级反应模型，对1114名被试的中医体质量表作答情况进行项目参数估计，绘制出各条目的项目特征曲线，针对不同性别、不同年龄（青年与中老年）被试进行项目功能差异分析。结果: 条目1和条目53的区分度参数略低于0.30，其余各条目区分度参数均在0.60以上。半数以上条目难度参数介于-3.00~3.00之间，部分条目难度参数略偏大，项目特征曲线有右偏的倾向。部分条目在不同性别（条目1、条目2、条目5等24个条目）、年龄（条目1、条目2、条目6等20个条目）被试间存在项目功能差异。结论: 经项目反应理论分析，中医体质量表整体性能良好，部分条目存在区分度偏低、
An Application of Item Response Theory on the Constitution in Chinese Medicine Questionnaire

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Abstract  Objective: To assess the performance of Constitution in Chinese Medicine Questionnaire (CCMQ) via item response theory (IRT) by the items’ character such as discrimination parameter, difficulty parameter, and differential item functioning (DIF), then providing some advice for developing of revision CCMQ and short-version CCMQ.

Methods: After determining 1114 examinees, the parameter estimation, item character curve, and DIF analysis were conducted in item response theory graded response model.

Results: Except the item 1 and 53’s discrimination parameters were slightly lower than 0.30, another item’s discrimination parameters were above 0.60. More than half of items’ difficulty parameters were between -3.00 to 3.00, the difficulty parameters of some items were slightly larger and the item character curves had a tendency to the right. 24 items, such as item 1, 2, 5, had DIF between different gender groups. 20 items, such as 1, 2, 6, had DIF between different age groups. Conclusions: The good performance of CCMQ was presented in item response theory overall. But the lower discrimination, higher difficulty and DIF also existed in some items, which needed further discussion in the research of revision CCMQ and shortension CCMQ.

Key words  constitution of traditional Chinese medicine; Constitution in Chinese Medicine Questionnaire; item response theory

岭南地区常见体质慢性失眠人群的临床管理经验探讨

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摘要  岭南地区湿温湿重、地卑土薄，人们常年凉茶冷饮，夜宵加班，湿热的气候条件和高消耗的生活方式形成了岭南人群“上明下虚、上热下寒”的体质状态，四季的温热气候使得人体收藏不外，阳气消耗过大，形成虚寒之态。因此岭南地区慢性失眠人群临床特征多以阳虚体质为主，或上热下寒，或痰湿夹热，或寒湿夹湿等。临床管理通过重点目标人群筛选纳入，运用中医检测技术和生物信息特征检测进行评估分类，进行中药复方干预、特色技术疗法、功法锻炼指导和饮食健康管理。
Discuss on Chronic Insomnia Clinical Management Experience Common Physical People in Lingnan Region

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Abstract. It is hot and humid in the Lingnan region, people often drink cold tea and drinks, therefore, it led to the people’s special physical state of “upper excess and lower deficiency, upper heat and lower cold.” People are mostly Yang deficiency constitution due to continuous energy consumption, associated with upper heat and lower cold, phlegm-dampness complex or wind-cold-dampness complex. Clinical management, which assess and classify the included target population into different groups by traditional Chinese medicine measurement technology and bio-information feature detection, intervene the groups with Chinese herbal compound formula, technical features therapy, guided-exercises and healthy diet, have long-term dynamic monitor and manage with them, then assess the efficacy. The achievement of the clinical management is the constitution intervention direction and lifestyle guidance orient to prevent the chronic insomnia for people who live in Lingnan area. The effective health management of Chinese medicine, which strategy bring forward the disease prevention, improve the prevention and treatment concept of Preventive Treatment of Disease.

Key words. Chronic Insomnia; Constitution; Healthy management

含有黑醋的膳食补充剂对血压、QOL 和中医体质的影响

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摘要 本研究分析了含有黑醋的膳食补充剂对血压、QOL 和中医体质的影响，将 40 例研究对象分为 2 组（实验组和安慰剂组），干预时间为 12 周。血压、QOL 和中医体质的差异均有统计学意义。研究结果提示，黑醋具有降压和改善体质的作用。

关键词 黑醋；血压；QOL；中医体质
Effects of Dietary Supplement Containing Kurozu Concentrate on Blood Pressure, QOL and TCM Constitution

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Abstract This study was examined the effects of KUROZU on BP, QOL and Constitution. 40 subjects were assigned to 2 groups (active, placebo), administered for 12 weeks. Significant differences on BP, constitution and QOL. These findings suggest that KUROZU have hypotensive action and improve constitution.

Key words KUROZU; blood pressure; QOL; constitution

The correlation research of Hyperhomocysteinemia and TCM constitutional types

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Abstract Objective: Studying TCM constitutional types of hyperhomocysteinemia patients, prevent, early detect and early intervene hyperhomocysteinemia, and achieve the aim of preventing the cardiovascular and cerebrovascular diseases. Methods: Using the method of random sampling, 300 hyperhomocysteinemia patients aged 31-80 years old from Kaifeng health examination and health care center; type and analysis TCM constitutional types. Results: 300 cases of hyperhomocysteinemia patients, 169 cases (56.33%) of single type of TCM constitutional types, 52 cases (17.33%) of two types of TCM constitutional types, 44 cases
(14.67%) of three types of TCM constitutional types, 35 cases (11.67%) of four types of TCM constitutional types; the more frequency of the first four of TCM constitutional types are phlegm-dampness constitution in 138 cases (46%), qi-deficiency constitution in 115 cases (38.33%), blood-stasis constitution in 93 cases (31.0%), yin-deficiency constitution in 76 cases (25.33%). Conclusion: With the correlation between hyperhomocysteinemia and TCM constitutional types, the main TCM constitutional types are phlegm-dampness constitution, qi-deficiency constitution, blood-stasis constitution, yin-deficiency constitution.

Keywords: Hyperhomocysteinemia; TCM constitutional types; Correlation study

中医健康状态辨识的研究与应用

Research & application of TCM health state differentiation

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摘要

体质与证候分合计论

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摘 要 中医体质与证候的关系一直是中医学术界关注的问题。体质与证候的分合关系是从人体本身与疾病状态两个角度对体质与证候关系的一种抽象概括。其中的“合”指体质影响与决定证候的形成及其类型、性质、转归，表现出体质与证候之间特有的内在逻辑关联；“分”指体质与证候相对独立存在，呈现出两者不相关的复杂局面。文章在列举体质与证候分合现象的基础上，分析其原因有四：一是体质与邪气从化与否，二是体质与疾病易发与否，三是体质与年龄时段的差异，四是治疗失误与药物耐受能力。认识体质与证候分合关系的意义在于明确诊断名称的异同点，推动辨体、辨病、辩证的综合应用，彰显中医个体化治疗思想。

关键词 体质；证候；分合关系
The Theory of Separation and Combination between TCM Constitution and Syndrome

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Abstract  The relationship between TCM Constitution and syndrome has always been a concern in the academic circles of TCM. The separation and combination relationship between constitution and syndrome is an abstract generalization from two angles of the human body and the disease state. "combination" means that the formation, type, property and transformation of syndrome have been effected and decided by constitution, which display the inherent logic relation between constitution and syndrome; "separation" means that the relative independent existence of constitution and syndrome, which present a complicated situation that is not related. There are four reasons for the separation and combination between constitution and syndrome: The first, whether pathogenic evils changes with constitution changes; the second, whether constitution causes the occurrence of disease; the third, differences between constitution and age groups; the fourth, treatment failure and drug tolerance. The significance of the separation and combination relationship between constitution and syndrome are clarifying the similarities and differences of diagnosis name, promoting the comprehensive application of differentiation of constitution, disease and syndrome and highlighting the individual treatment of TCM.

Key words constitution, syndrome, separation and combination theory

胰腺癌与中医体质的相关性研究

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摘要 本文从中医体质学的角度分析胰腺癌的发生、发展的规律，辨证治疗以及预防，强调分清体质类型，调整体质偏颇，提倡辨体、辨病、辨证三者有机结合的新型诊疗模式，以期提高胰腺癌的临床诊治水平。
关键词 体质；胰腺癌；辨体论治；五脏系统

Study on the correlation of Pancreas Cancer and Constitution of Traditional Chinese Medicine

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Abstract  This paper has analyzed the occurring, development principle, differentiating treatment and prevention from the perspective of the Constitution of Traditional Chinese Medicine. Through differentiating treatment of pancreas cancer, emphasizing on figuring out each type of constitution, correcting the ill constitution, promoting the new treating model of combining treating by differentiation of individual, disease and symptom, hoping to improve clinical diagnosing and treating standard of pancreas cancer.

Key Words  constitution; pancreas cancer; treating by differentiation of individual; five zhang-organs system

丛蓉精对MPP+诱导的多巴胺能神经细胞中帕金森相关蛋白表达的影响

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摘 要  目的：观察丛蓉精水提物及丛蓉精纳米微粉对1-甲基-4-苯基吡啶氢氧化物（MPP⁺）诱导的多巴胺能神经细胞MES23.5细胞中帕金森相关蛋白α-突触核蛋白（α-synuclein）、糖基合成酶激酶-3β（GSK-3β）、Tau蛋白表达的影响，探讨丛蓉精治疗帕金森病的作用机制。方法：制备丛蓉精水提物和纳米微粉；采用MPP⁺诱导MES23.5细胞，建立体外PD模型；以不同浓度的丛蓉精水提物及纳米微粉干预MPP⁺诱导MES23.5细胞，分别培养24 h和48 h，以MTT法检测该细胞的存活率；Western Blot测定细胞内α-synuclein、GSK-3β、Tau蛋白表达的变化。结果：不同浓度的MPP⁺干预MES23.5细胞后，细胞的存活率同正常组比较具有显著性差异（P<0.01）；不同浓度的丛蓉精水提物及纳米微粉干预MPP⁺诱导MES23.5细胞后，给药组的细胞存活率同正常组以及模型组比较均具有显著性差异（P<0.01），并且同正常组比较，模型组细胞内的α-synuclein蛋白的表达量，GSK-3β蛋白和Tau蛋白的磷酸化水平均升高（P<0.01或 P<0.05）；与模型组比较，给药组细胞内的α-synuclein蛋白的表达量，GSK-3β蛋白和Tau蛋白的磷酸化水平均降低（P<0.01或P<0.05）；从蓉精纳米微粉低、中、高剂量组与对应的丛蓉精水提物低、中、高剂量组比较，α-synuclein蛋白的表达量显著降低（P<0.01），GSK-3β蛋白和Tau蛋白的磷酸化水平降低（P<0.05或P<0.01）；结论：丛蓉精水提物及丛蓉精纳米微粉均能够减轻MPP⁺诱导的MES23.5细胞损伤，其机制可能与减少α-synuclein的聚集，降低GSK-3β的活性，抑制Tau蛋白的过度磷酸化有关，且丛蓉精纳米微粉的效果较好。

关键词  丛蓉精水提物; 丛蓉精纳米微粉; 帕金森病; MES23.5细胞; 神经保护
Effects of Congrong Jing on the expression of Parkinson related proteins in dopaminergic neuronal cells induced by MPP⁺

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Abstract objective: To observe the effect of Congrong Jing aqueous extract and Congrong Jing Nano-powders on the expression of Parkinson's disease associated proteins-synuclein, GSK-3 and Tau in MES23.5 cells induced by 1-methyl-4-phenyl-1pyridinium (MPP⁺) and investigate the mechanism of Congrong Jing in the treatment of Parkinson disease (PD). Methods: Congrong Jing aqueous extract and Congrong Jing Nano-powders were prepared; MPP⁺ induced MES23.5 cells were used to establish the PD model in vitro. MES23.5 cells induced by MPP⁺ were intervened by different concentrations of Congrong Jing aqueous extract and Congrong Jing Nano-powders and the cells were cultured for 24 h and 48 h. MTT method was used to detect the cell survival rate; Changes in expression of α-synuclein, GSK-3β and Tau protein in cells were determined by Western blot after each group of cells were administered. Results: The survival rate of MES23.5 cells induced by different concentrations of MPP⁺ was significantly different from that of the normal group (P<0.01); MES23.5 cells induced by MPP⁺ were intervened by different concentrations of Congrong Jing aqueous extract and Congrong Jing Nano-powders, the cell survival rate of the drug group was significantly different from that of the normal group and the model group (P<0.01); Compared with the normal group, the expression levels of alpha-synuclein protein, phosphorylation level of GSK-3β protein and Tau protein were increased in the model group (P<0.01 or P<0.05); Compared with the model group, the expression levels of alpha-synuclein protein, phosphorylation level of GSK-3β protein and Tau protein were decreased in the model group (P<0.01 or P<0.05); Low, medium and high dose groups of Congrong Jing Nano-powders compared with the corresponding low, medium and high dose groups of Congrong Jing aqueous extract, the expression levels of alpha-synuclein protein was significantly decreased, phosphorylation level of GSK-3β protein and Tau protein were decreased (P<0.01 or P<0.05); Conclusions: Congrong Jing aqueous extract and Congrong Jing Nano-powders can reduce the damage of MES23.5 cells induced by MPP⁺. The mechanism may be related to reduce the accumulation of α-synuclein and the activity of GSK-3, inhibit the excessive phosphorylation of Tau protein, and the effect of Congrong Jing Nano-powders is better.

Key words Congrong Jing aqueous extract; congrong jing nano-powders; parkinson's disease; MES23.5 cells; neuroprotective
中医过敏体质树突状细胞培养及功能研究

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摘 要 目的：观察过敏体质和体质树突状细胞（DCs）成熟前后形态和功能的差别，以揭示过敏体质形成机制。方法：依据中华中医药学会《中医体质分类与判定》标准，筛选平和体质和过敏体质各 12 例，抽取静脉血 20ml，分离 PBMC，应用 GM-CSF、IL-4 和 TNF-α 联合培养 DCs。观察细胞成熟前后形态，进行混合淋巴细胞反应检测 DC 功能，并以流式细胞术检测细胞表面标志。结果：过敏体质成熟 DCs 数目，CD80、CD86 表达及淋巴细胞增殖能力显著高于平和质。结论：过敏体质者树突状细胞的成熟度、抗原呈递能力显著高于平和体质者，说明过敏体质人存在 DC 成熟机制的异常，免疫平衡被打破，使机体容易被过敏原致敏。

关键词 过敏体质；树突状细胞；混合淋巴细胞反应；流式细胞术

Study on the Function and Cell Culture of Dendritic Cells in Allergic Constitution

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Abstract Objective: To observe the morphology and functional difference between immature and mature dendritic cells of allergic constitution and balanced constitution, providing further research on physical mechanism of traditional Chinese medicine constitution. Methods: According to the standard of Classification and Determination of Constitution in TCM by China association of Chinese medicine, 12 cases of the Balanced constitution and the Allergic constitution were selected respectively. 20ml venous blood was extracted from each subject. Mononuclear cells were isolated, cultured and induced dendritic cells combined with GM-CSF, IL-4 and TNF-α. The cell morphology were observed before and after maturation, and detected by mixed lymphocyte reaction and cell surface markers. Results: mDC numbers, the expression of CD80 CD86, cell proliferation of the Allergic constitution were significantly higher than that of the Balanced constitution. Conclusion: Compared with the Balanced constitution, the maturation of dendritic cells and capability in the antigen presenting of the Allergic constitution were significantly higher. This indicates that DC mature mechanism in the Allergic constitution disorder. Immune balance is broken, so that the body is easy to be sensitized to allergens.

Keywords Allergic constitution; Dendritic cells; Mixed lymphocyte reaction; Flow cytometry
气功与低氧运动对改善体质的作用探讨

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摘要  气功是一种中国传统的保健、养生、祛病的方法，是中华民族传承几千年的文化遗产。它可以改善人的体质，不仅可保健强身，也可治疗疾病。由气功调息锻炼，循序渐进地过渡到胎息状态，实际上就是一种低氧训练。可见低氧理论最早诞生于气功。在漫长的时间中被慢慢完善与发展，现代低氧运动就是其结合现代技术与医学理论的成果。低氧运动是指在运动训练周期中持续或间断利用高原自然低氧环境，配合运动训练来增加运动机体的缺氧程度，从而产生一系列有利于提高机体抗缺氧的生理反应能力及适应能力，调动体内的机能潜力，进而达到提高运动能力的一种训练方法。随着科技的发展，科学家创造出可以模拟高原低氧环境的低氧房，它既可以模拟气功中的静态胎息，又有锻炼设备提供不同强度的负荷训练。

关键词  体质；气功；低氧运动

Abstract  Qigong is an important element of Chinese medicine since ancient times. It is a Chinese traditional method of health care, regimen and disease treatment. Exercising Qigong has many benefits to human constitution and physical health. Qigong can be understood as set a breathing exercises. In other words, Qigong teaches how to conserve oxygen in the body. In this way, Qigong is very similar to hypoxic training - training in the low oxygen environment. Thus, we can consider hypoxic training as a modern and scientific way to practise Qigong. Hypoxic training is a training method where the trainee exercises under the simulated or natural plateau hypoxia environment. This results in producing a series of physiological responsiveness and adaptability, which is essential for improving the anti-hypoxia level of the exercised body and mobilizing the body potential. As technology improved, scientists managed to build a device which can simulate the hypoxic environment in a regular room - the hypoxic chamber. Under these conditions, trainees can benefit from the hypoxic training as well as Qigong training.

Key Words  Constitution; Qigong; Hypoxic training

论方与体病证相对应的细胞分子生物学

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摘要  基于细胞分子生物学的辨象与辨证相结合诊断论治，是现代体质诊疗的需要，也是朝医药
On Cellular and Molecular Biology Corresponding with Product Description and Body Syndrome

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Abstract Based on the diagnostic theory of a combination of cellular and molecular biology and syndromes identified, it is the need of modern physical treatment, as well as Korean medicine itself toward the needs and direction of modernization. When WHO bio-medical scientists agree "individualized specific treatment" is the highest level of clinical trials, using genomics, proteomics and metabonomics research method, together with the body disease Syndromes, under the big data background, to explore accurate treatment that is combination of diagnosis of identification and differentiation, and the body corresponding disease syndrome, disease potential, medicine characteristics and four seasons applied amount of medication treatment to treat the disease, improve the sub-health state, scientific principles on treating preventable diseases is the development direction of Korean Medicine.

Keywords: Korean Medicine; Product Description and Body Syndrome; Molecular Biology

中医“治未病”思想在老年慢病管理中的策略和方法

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摘 要 我国老年人口数目庞大，高血压、糖尿病、冠心病、骨质疏松等慢性非传染性疾病是影响老年人生命质量的重要危险因素。中医“治未病”思想是集养生、保健、治疗、康复于一体的中医哲学思想，与现代预防医学的思想不谋而合。本文旨在探讨将中医“治未病”思想融入到老年慢病管理中，通过建立健康档案，辨别体质类型，依据体质编制综合干预方案，使之长期追踪、评估，从而达到提高我国老年人群生命质量的目的。

关键词 治未病；老年慢病；健康管理

Abstract The large number of elderly population in China, high blood pressure, diabetes, coronary heart
disease, osteoporosis and other chronic non infectious diseases are important risk factors affecting the quality of life of the elderly. Traditional Chinese medicine "cure is not ill" thought is the set of health, health care, treatment and rehabilitation in one of the traditional Chinese philosophical thought that coincide with the idea and modern preventive medicine. Through from the general theory of traditional Chinese medicine "cure is not ill thought into elderly chronic disease management, through the establishment of health files, identify the type of constitution, based on the preparation of Physique Comprehensive intervention program, after long-term follow-up, evaluation, aims to explore the cure is not ill" thought and chronic diseases in elderly tube combined with the feasibility and necessity, in order to explore the a with Chinese characteristics of the elderly chronic disease management strategies and methods.

Key words treatment of disease; chronic disease; health management

2 型糖尿病危险中医体质类型与血常规、凝血四项等指标的相关性分析

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摘要 目的：通过观察 2 型糖尿病危险中医体质类型与血常规指标的相关分析，为中医体质客观化提供相应的理论依据。方法：以 2 型糖尿病病例组与对照组比较中筛选出的危险中医体质类型为基础，依据其危险中医体质类型分为阴虚质组、气虚质组、血瘀质组，利用 SPSS19.0 统计软件（IBM SPSS Statistics 19c）分别将其与正常体质组、肥胖体质组、肥胖体质组、肥胖体质组，利用 SPSS19.0 统计软件（IBM SPSS Statistics 19c）分别将其与正常体质组、肥胖体质组、肥胖体质组、肥胖体质组。结果：通过 2 型糖尿病三种危险中医体质类型与血常规指标的比较，得出以下几个结果：①三种体质间舒张压（P=0.033<0.05）存在显著性差异，从均值上看血瘀质患者的均值高于阴虚质患者；②三种体质间 RBC（P=0.000<0.05）、WBC（P=0.001<0.05）、PLT（P=0.002<0.05）、MONO（P=0.008<0.05）均存在显著性差异，且血瘀质和气虚质患者的 RBC、PLT 低于阴虚质，而 WBC 高于阴虚质，且且阴虚质的 MONO 低于气虚质；③三种体质间 FIB（P=0.016<0.05）、TT（P=0.007<0.05）、PT（P=0.000<0.05）的差异显著性差异，且血瘀质和 FIB 低于阴虚质，而 FIB 则高于阴虚质。结论：通过对 2 型糖尿病三种危险中医体质类型与血常规指标的相关性分析，为中医体质客观化提供了依据。

关键词 2 型糖尿病；危险中医体质类型；血常规、凝血四项
The Correlation Research of Blood and Coagulation of Dangerous TCM Constitution with Type 2 Diabetes Mellitus

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Abstract  Objective: By show the relevance between easily effected TCM constitution types and objective indicators, to provide theoretical basis for objective appraising of TCM constitution types. Methods: Based on dangerous TCM constitution of type 2 diabetes mellitus, used the software of SPSS19.0 to analysis of waist circumference, hip circumference, WHR, Height, weight, BMI, BP, blood (RBC, WBC, HGB, PLT, MONO), coagulation (FIB, TT, APTT, PT) and other biochemistry indexes. Results:① there was a significant difference in diastolic blood pressure (P=0.033<0.05) among three dangerous constitution types. Patients of blood stasis had a higher mean value than the ones of yin deficiency constitution. ②Significant difference were found among RBC (P = 0.000 <0.05), WBC (P = 0.001 <0.05), PLT (P = 0.002 <0.05), MONO (P = 0.008 <0.05 ) of three dangerous constitution types. Specially, patients of blood stasis and Qi deficiency were lower than the ones of yin deficiency in RBC, PLT, but were higher than the ones with yin deficiency in WBC. In addition, patients whose type were yin deficiency constitution showed a lower MONO than Qi deficiency constitution. ③There was statistically significant difference among the indexes of FIB (P = 0.016 <0.05), TT (P = 0.007 <0.05), PT (P = 0.000 <0.05) of the patients of three types. Patients of blood stasis constitution were lower than the ones of yin deficiency constitution in PT and TT, but higher than the ones with yin deficiency constitution in FIB. Conclusio: It provide theoretical basis for objective appraising of TCM constitution types by correlation analysis of three dangerous constitution types easily infected type 2 diabetes mellitus and analysis of objective indicators.

Key words  type 2 diabetes mellitus; dangerous traditional chinese medicine (TCM ) constitution; blood; coagulation

九种体质人群体脂肪量分布规律的研究

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摘要  目的：研究九种体质人群的体脂肪量的分布情况，探讨不同体质体脂肪量之间的差异。方法：以133名单位体检人群为研究对象（男性109名，女性24名），利用人体成分分析仪（DBA-550）检测体检者体脂肪量数据，同时根据体质量表评估及医用远红外热成像仪辅助诊断，确定受检者体质结果，运用SPSS22.0统计软件对不同体质人群的体脂质量进行数据分析。结果：不同体质之间体脂质量值不同，经比较，平和质和痰湿质，阴虚质分别与气虚质、痰湿质、湿热质、血瘀质、
Study of distribution of body fat mass among nine kinds of physical groups

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Abstract  Objective: Study of distribution of body fat mass among nine kinds of physical groups. Explore the differences of body fat mass among different kinds of physical groups. Methods: Take 133 medical units crowd as our research target (male 109, female 24), detecting the body fat mass data of physical examination using the body composition analyzer (DBA-550). Simultaneously, according to the physical scale evaluation and the diagnosis of medical far infrared thermal imager, determine the subject physique results. Analysis of the data of body fat mass among different kinds of physical groups using SPSS 22.0 statistical software. Results: The mean of body fat mass is different between different physical. Between comparison groups, there was significant difference between gentleness and phlegm, yin deficiency and qi deficiency, phlegm, damp mass, blood stasis, yang quality. Phlegm physical person group maximum amount of fat. Yin physical person group minimum amount of fat. Peace constitution people located in the penultimate group of the fat content. Conclusion: The study shows that the body fat mass is different among different kinds of physical groups, which is in line with physiological nature of nine physical. Measuring the body fat mass is a new method to nine physical objective detection.

Key words  Nine kinds of physical; Body fat mass; Physical diagnosis
Phlegm-dampness constitution of Chinese Medicine exhibits potential prognostic biomarkers associated with metabolic disorders and arteriosclerosis

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Abstract Chinese constitutional theory is consistent with the concept of individualized medicine and shows great potential in disease prevention. Phlegm-dampness constitution, one of the constitution types, demonstrates its own unique characteristics and disease predisposition. In this study, we isolated the peripheral blood mononuclear cells from 19 cases (phlegm-dampness constitution) and 17 controls (balanced constitution, normality). We prepared the total RNA and performed the gene expression microarray. By using a multidimensional scaling algorithm, we classified the 36 samples into two groups. Only a few samples were misclassified into false groups. Based on a q of < 0.05 and a fold change of ≥ 1.5 cutoff, 356 differentially expressed genes were identified in the phlegm-dampness constitution and normality groups. GO and pathway analyses revealed that these genes were significantly enriched in processes related to metabolic disorders, which is consistent with our previous findings. Validation via qRT-PCR revealed six key genes: ELOVL7, PRKAR1A, SOCS3, ACSL4, CLU, and ABCG1.

This work suggests that, individual difference based on Chinese constitutional theory has its biological basis. The identification of gene expression signature of the phlegm-dampness constitution enables us to further explore the molecular mechanisms of this constitution and its predisposition to related diseases.

Keywords phlegm-dampness constitution of Chinese Medicine; gene expression microarrays; metabolic disorders; arteriosclerosis
成年女性痰湿体质者代谢综合征预警模型的研究

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摘要 目的：分析痰湿体质成年女性代谢综合征（MS）的主要危险因素，并根据主要危险因素构建成年女性痰湿体质者患 MS 风险的模型，从而使成年女性痰湿体质者提供患病风险预警，为中医“治未病”理念提供数据支持。方法：采用病例对照研究方法选取痰湿体质成年女性志愿者共 439 名进行问卷调查和体格检查，将所得数据进行 MS 相关危险因素的单因素和多因素 Logistic 回归分析，通过多因素 Logistic 回归分析构建预警模型。结果：多因素 Logistic 回归分析结果显示：年龄（OR=1.047）、高血压（OR=13.720）、腰臀比（OR=3.122）、体脂率（OR=1.097）、高血脂家族史（OR=1.470）、不规律睡眠习惯（OR=1.470）是痰湿体质成年女性 MS 的重要危险因素，利用六大主要因素构建的预警模型方程可以有效的反映出痰湿体质成年女性患 MS 的风险百分数。结论：根据痰湿体质成年女性人群的年龄、高血压、腰臀比、体脂率、高血脂家族史、不规律睡眠习惯等相关数据，可以有效的计算出其患 MS 的风险概率，从而可以引导患者重视，并促进其针对相关危险因素采取预防控制措施，最终减少成年女性 MS 实际发病率。

关键词 痰湿体质；代谢综合征；危险因素

Analysis of Influencing Factors for Predisposition to Metabolic Syndrome in Adult Women with Phlegm-dampness Constitution

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Abstract Objective: To approach the major risk factors for metabolic syndrome (MS) in adult women with phlegm-dampness constitution, so as to provide evidence for the management of MS in women. Methods: A total of 439 adult female volunteers with phlegm-dampness constitution were selected by a matched case-control study for questionnaire survey and physical examination, and the derived data was subject to single-factor and multivariate Logistic regression analysis of the risk factors correlated to MS. Results: The factors including age, BMI, hypertension, waist circumference, hip circumference, waist-hip ratio, body fat percentage, fasting blood glucose, fasting insulin, insulin resistance, triglyceride, family history of diabetes, family history of hypertension, meat-based diet, stress, sleeping habit and phlegm-dampness constitution were statistically significant for the differences in MS among adult women with phlegm-dampness constitution. Multivariate Logistic regression analysis identified age (OR=1.047),
The influencing factors of different degrees of obesity and the relationship with Traditional Chinese Medicine constitution

ZHENG Si – si , LV Ling – yan , WANG Pei – lun , LIU Shi – yang , SUN Xing – yun , SUN Ran – ran , Li Ling – ru

Abstract  Objective: To understand the influence factors of three kinds of different degrees of obesity - slightly obesity, obesity and severe obesity, as well as the relationship between obesity and TCM Constitution types. Methods: 191 obese people were selected as the study subjects who were chosen from a cross-sectional study of Beijing Sino-Japan Friendship Hospital Physical Examination Center. According to the WHO's Asian criteria, they are divided into slight obesity, obesity and severe obesity. 10 was slightly obesity, 145 was obesity and 36 was severe obesity. Analyzing the distribution, TCMC characteristics and
Constitution of Traditional Chinese Medicine in Unpaid Blood Donors

Shi Huimei  Zhu Yanbo  Zhang Xiaomei  Yu Xiaohan  Lu Jia  Suo Yanfeng  Li Tong  Li Yanni  Yan Hui

Abstract  Objective: The aim of this study was to explore the effect of unpaid blood donation on the constitution of traditional Chinese medicine (TCM). Methods: Constitution in Chinese Medicine Questionnaire was used for evaluation of constitution. There were 749 subjects recruited in this study. Each constitutional score was compared among different groups of donation classified by frequency of donation. Results: There were 677 subjects with 75.63% unpaid blood donors included at last. The
mean age was 28.22 (SD: 8.64) years old. Gentleness type's score of blood donors was higher than non-blood donors (p<0.05). Gentleness type's score of blood donors who donated more than 10 times was higher than that of 1-4 times while pathological constitutional types' score were lower (p<0.05). In the male, scores of Qi-deficiency type, Qi-depression type, and Special diathesis type of blood donors who donated both 1-4 times and more than 10 times were lower than that of non-blood donors (p<0.05). In the female, Gentleness type's score of blood donors was higher than that of non-blood donors (p<0.05). Scores of Qi-deficiency type, Yang-deficiency type, Phlegm-wetness type, Blood-stasis type, and Qi-depression type of blood donors who donated both 5-9 times and more than 10 times were lower than that of non-blood donors and donors with 1-4 times(p<0.05). Conclusion: The constitution of blood donors were better than that of non-blood donors, especially the donor who donated more times. Besides, with the increase of donation times, the female got a better constitution than the male.

Key Words: unpaid blood donation; non-blood donation; Constitution of Traditional Chinese Medicine

实际收入与主观收入对生命质量影响的研究

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摘 要 目的：探讨实际收入、主观收入与生命质量得分的关系，并分析实际收入与主观收入对生命质量的影响。方法：综合使用北京、安徽和珠海的横断面调查数据1252例。应用SF-36测量生命质量，采用方差分析方法分析实际收入、主观收入与生命质量得分的关系，用分层回归方法分析实际收入与主观收入对生命质量影响情况。结果：（1）除家庭人均收入最高的被调查者在SF-36量表的生理功能、一般健康状况和情感职能这三个维度的得分最高外，其他五个维度、生理领域和心理领域均是家庭平均收入中等的被调查者的得分最高，且组间均具有统计学差异（P<0.01）。（2）SF-36量表的各维度均为主观收入情况良好的被调查者得分最高，且均具有显著性（P<0.01）。（3）与仅纳入人口学因素的模型（Model1）相比，进一步纳入家庭人均收入因素之后的模型（Model2）对生命质量得分的变化没有显著影响（P>0.05）；进一步纳入主观收入因素之后的模型（Model3）对生命质量得分的变化有显著性影响（P<0.01）；比较家庭人均收入与主观收入因素在不同回归模型中的标准化回归系数（β）的绝对值，后者对模型的贡献较大。结论：实际收入最高的人群的生命质量并不一定更好，但主观收入较好的人群生命质量得分较高；与实际收入相比，主观收入真正影响生命质量。

关键词：收入；主观收入；生命质量
Research of the Influence of Actual Income and Subjective Income on the Quality of Life

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Abstract  Objective: exploring the relationship between real income, subjective income and quality of life, and analyzing the influence of real income and subjective income on the quality of life. Methods: 1527 cases of cross sectional survey data in Beijing, Anhui and Zhuhai were used in the study. SF-36 was applied to measure the quality of life. Using variance analysis method to analyze the relationship between the actual income, subjective income and quality of life score and using hierarchical regression analysis of actual income and subjective income impact on quality of life. Results: (1) except for per capita household income of the highest surveyed people in SF-36 of physiological function, general health and emotional function of the three dimension score were the highest, the other five dimensions, physiological and psychological are medium respondents highest scores, and between all the groups have statistically significant difference (P < 0.01). (2) each dimension of the SF-36 scale was the highest score of the respondents with good subjective income, and both of them were significant (P<0.01). (3) compared to model1 which only included demographic factors and further into the factors of per capita household income model2, there was no significant effect (P > 0.05) on the quality of life score changes; the model3 which was further included of the subjective income factor, had a significant impact on the quality of life (P<0.01); comparing the absolute value of the standardized regression coefficient (b') of the per capita household income and the subjective income factors in different regression models, the latter has a greater contribution to the model. Conclusion: the quality of life of the people with the highest actual income is not necessarily better, but the quality of life of the people with better subjective income is higher than the actual income. Compared with the actual income, the subjective income has real impact on the quality of life.

Key words  income; relative income; quality of life

运动在BMI影响健康相关生命质量中的中介效应

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摘要  目的:引入中介效应的概念探讨运动在BMI和健康相关生命质量（HRQoL）之间的作用。方法:采用横断面调查的研究方法，纳入两所医院体检中心进行常规体检的人群1114例为研究对象。应用简明健康状况调查问卷SF-36量表对研究对象进行生命质量的测评，利用研究对象的主观评价对运动水平进行分级。采用单因素相关和多层回归分析研究变量之间的效应关系。结果:相关分析表明：BMI与GH(r=0.109,P=0.000)、VT(r=0.116,P=0.000)、SF(r=0.092,P=0.002)、RE(r=0.122,P=0.000)
Mediating effect of exercise on the relationship between body mass index and health-related quality of life

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Abstract  Objective: This study evaluated the effect of exercise on the relationship between body mass index (BMI) and health-related quality of life (HRQoL). Methods: 1114 participants were recruited from the physical examination center of two hospitals. Singel-factor correlation and hierarchical regression analysis were used to examine the relationships between the variables. SF-36 was used to measure HRQoL and the classification level of sports is according to the subjective evaluation of research objects. Results: The results of correlation analysis are as follows: The positive relationship between BMI and GH (r = 0.109, P = 0.000), VT (r = 0.116, P = 0.000), SF (r = 0.092, P = 0.001), RE (r = 0.122, P = 0.000), MH (r = 0.145, P = 0.000) is significant. The negative relationship between BMI and PF (r = -0.07 P = 0.019) is significant. The results of regression analysis are as follows: mediation effects of the exercise in the relationship between BMI and GH, VT, MH are significant, and the mediating effect is 5.84%, 9.14%, 5.8% Conclusion: This study demonstrates that mediation effects of the exercise are significant in some dimensions of HRQoL, but all in all, the direct influence of BMI on the HRQoL plays a leading role. And BMI is a protective factor under certain conditions.

Key words  body mass index; exercise; health-related quality of life; mediating effect

中医体质健康教育对不同运动习惯人群 HRQoL 的改善效果

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摘 要 目的：研究中医体质健康教育对不同运动习惯人群健康相关生命质量（HRQoL）的改善效果。方法：将 509 例样本按照不同运动习惯分为经常运动组（142 例），有时运动组（206 例）和不太运动组（161 例），各组均根据个体的中医体质类型，给予相应的中医体质健康教育指导（包括
Intervention Effect of TCM Constitution Health Education on HRQoL in People of Different Exercise Habits

YAN Hui, ZHU Yanbo, DI Jia, CHENG Jiehui, LI Tong, LI Yanni

Abstract  Objective: To explore the intervention effect of TCM constitution health education on Health-Related Quality of Life (HRQoL) in people of different exercise habits. Methods: A total of 509 subjects were divided into regular exercise group (n = 142), sometimes exercise group (n=206) and seldom exercise group (n = 161) according to different exercise habits. On the basis of the different groups of TCM constitution type, giving each people corresponding TCM constitution health education (including emotion, diet, sleeping and living, exercise, and meridian and acupoint massage). The health-related quality of life of people in different groups were compared after 6 months of follow-up. Results: After 6 months intervention, the Bodily pain (68.75 VS 72.46), General health (55.38 VS. 62.94) two dimensions and Physical component summary (70.95 VS. 73.99) scores of regular exercise group were significantly increased (P < 0.05). The General health (56.68 VS. 62.29) dimension and Physical component summary (74.90 VS. 76.88) scores of sometimes exercise group were significantly increased (P < 0.05). The Physical functioning (86.52 VS. 88.88). Bodily pain (66.53 VS. 73.42). General health (48.58 VS. 55.75). Vitality (56.52 VS. 64.16). Social functioning (76.55 VS. 82.84). Mental health (66.41 VS. 71.90) six dimensions and Physical component summary (69.32 VS. 74.55). Mental component summary (66.38 VS. 72.79) scores of seldom exercise group were significantly increased (P < 0.05). Conclusion: The TCM constitution health education has different effects on the health-related quality of life in people of different exercise habits. The HRQoL of seldom exercise group is significantly improved and the effect is better than that of the regular exercise group and the sometimes exercise group.

Key words  health education; HRQoL; exercise habit; effect evaluation
不同运动习惯对大学生中医体质的影响

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摘要 目的 探索不同运动习惯对大学生中医体质的影响。方法 使用自行设计的背景调查问卷和《中医体质量表》，对北京市 2 所大学的在校大学生进行问卷调查，获得有效数据 235 例；数据分析运用单因素分析和多因素回归模型，设定 P＜0.05 为有统计学意义。结果 (1) 运动组平和质得
分高于不运动组，偏颇体质得分低于不运动组，但无统计学显著差异。女性大学生运动组与不运动组
的血瘀质得分 (22.2±10.7 VS 30.0±16.3, P=0.016) 有统计学意义。 (2) 对女性大学生运动习惯与体
质进行单因素分析结果显示，平和质得分受到平均每日运动时间 (β=3.401, P=0.025)、坚持年限
(β=3.158, P=0.047) 的影响；气虚质得分受到平均每日运动时间 (β=3.578, P=0.029) 影响；血
瘀质得分受到平均每日运动时间 (β=3.520, P=0.008)、运动项目 (β=3.605, P=0.005)、坚持年限
(β=3.338, P=0.026) 的影响；气郁质得分受到平均每日运动时间 (β=3.520, P=0.043) 和运动年
限 (β=3.811, P=0.036) 的影响。多因素回归分析结果显示：平均每日运动时间显著影响平和质得
分 (β=3.401, P=0.025)、气虚质得分 (β=3.578, P=0.029)；运动项目显著影响血瘀质得分 (β=3.605,
P=0.005)；运动年限显著影响气郁质得分 (β=3.811, P=0.036)。结论 运动对女性大学生中医体质的
影响高于男性。平均每日运动时间可以改善女性大学生平和质、气虚质、血瘀质、气郁质得分，不
同运动项目可以改善气郁质得分，坚持运动年限越长对平和质、血瘀质、气郁质的促进作用越好。
关键词 中医体质；运动；回归分析

The relationship of exercise and TCM constitution of university students

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Abstract  Objective: To explore how doing exercise influences TCM constitution of university students.

Methods: Take students of 2 Universities of Beijing as sample, by finish the basic information questionnaire and Chinese medical constitution questionnaire to investigate their habit of exercise and TCM constitution type. Using 235 valid data, set P<0.05 as statistically significant, using t-test, single factor analysis and the multiple regression to check whether there is a relationship between excising and TCM constitution type. Results: (1) Exercise group Gentleness type scores higher than no exercise group, and their 8 biased types scores lower than no exercise group, but there is no statistically significant. Among the female students, there is statistically significant in Gentleness type, Qi-deficiency type, Blood-stasis type and Qi-depression type between exercise group and no exercise group. (2) For female students, the results of single factor analysis shows, the score of Gentleness type is affected by the average daily movement time (β=3.401, P=0.025), the year of exercise (β=3.158, P=0.047); Qi-deficiency type score is
influenced by the average daily movement time (β = 3.578, P = 0.029); Blood-stasis type score is affected by the average daily movement time (β = 3.520, P = 0.008), the kind of sports (β = 3.605, P = 0.005), and the year of exercise (β = 3.338, P = 0.026); Qi-depression type score is affected by the average daily movement time (β = 3.520, P = 0.043) and the year of exercising (β = 3.811, P = 0.036). Multiple factors regression analysis results show that the average daily exercise time significantly affects Gentleness type score (β = 3.401, P = 0.025), Qi-deficiency type score (β = 3.578, P = 0.029); the kind of sports significantly influence Blood-stasis type score (β = 3.605, P = 0.005). Qi-depression type score is affected by the year of exercising (β = 3.811, P = 0.036). Conclusion: Exercising affects more on female students. The average daily exercise time does positive on Gentleness type and Qi-deficiency type, Blood-stasis type and Qi-depression type. Different kind of sports influences Blood-stasis type. The year of exercise does good effects on Gentleness type, Blood-stasis type, Qi-depression type.

Keywords  TCM constitution; exercise; regression analysis

肥胖/超重不同体质类型的血管内皮功能障碍的相关性研究

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摘要  目的：观察中医体质学中不同肥胖/超重分型人群的血管内皮功能，探索运用中医体质分型标准来实现血管内皮功能紊乱的早期筛查。方法：于北京朝阳医院纳入受试者共89例，按照体质分类标准将受试者分为肥胖痰湿组、肥胖痰湿挟瘀组和肥胖气虚组。测量各组受试者的身高、体重、腰围、臀围及体脂率及血管内皮功能指数（RHI），用免疫组化的方法检测血浆内皮素-1（ET-1）、血管内皮生长因子（VEGF）和血管性血友病因子（vWF）。结果：1.BMI 及腰围与 RHI 呈相关性（P < 0.05）；2. 肥胖痰湿挟瘀组 RHI 明显低于其余二组（P < 0.05）；3. 肥胖痰湿挟瘀组 vWF 明显低于其余二组（P < 0.05），肥胖痰湿、肥胖气虚与平和三组之间无显著差异（P > 0.05）；4. ET-1 和 VEGF 在四组之间无显著差异（P > 0.05）。结论：1. 在肥胖/超重不同中医体质分型中痰湿挟瘀型肥胖者较肥胖气虚、肥胖痰湿和平和组更容易发生血管内皮功能障碍；2. 在肥胖三种体质分型人群中，vWF 可较好的反映痰湿挟瘀型肥胖人群血管内皮功能紊乱状态，灵敏度差于 ET-1 和 VEGF，结果可作为一个临床指标来筛选肥胖人群中容易罹患血管疾病的那部分人群，有早期预警的作用。

关键词  血管内皮功能障碍；血管内皮功能检测；血管内皮素-1；血管内皮生长因子；血管性血友病因子；中医肥胖/超重分型

Abstract  Objective: to observe the vascular endothelial function in different fat types divided by Constitution of TCM, explore the use of TCM constitution obesity typing to determine feasibility of early endothelial dysfunction cardiovascular screening. Methods: Obese BMI criteria select 89 fat person examples who come from Beijing Chaoyang hospital. Subjects is divided into four groups: obesity phlegm-dampness group, obesity phlegm-dampness and blood stasis group, obesity qi deficiency
group, balanced group, according to the judgement for obese/overweight type of TCM. Measuring each participants' height, weight, waist circumference, hip circumference and body fat rate and vascular endothelial function index (RHI), using immunochemistry to detect the plasma endothelin 1 (ET1) and vascular endothelial growth factor (VEGF) and von willebrand factor (vWF). Results: 1. The BMI and waist circumference, and negatively correlated with RHI (P < 0.05); 2. the RHI of obesity phlegm-dampness and blood stasis group is significantly lower than the rest of the three groups, and the difference is statistically significant, there is no significant difference among obesity phlegm-dampness group, obesity qi deficiency group and balanced group; 3. The vWF of obesity phlegm-dampness and blood stasis group is significantly lower than the rest of the three groups, and the difference is statistically significant, there is no significant difference among obesity phlegm-dampness group, obesity qi deficiency group and balanced group; 4. There is no significant difference among the four groups in ET-1 and VEGF. Conclusion: 1. In different TCM constitution separation of obesity/overweight phlegm-wet carry more obesity qi deficiency and phlegm stasis type obese wet peace and groups are more likely to happen; vascular endothelial dysfunction 2. In different fat types divided by Constitution of TCM, vWF can reflect the state of endothelial dysfunction earlier, and the sensitivity is better than ET-1 and VEGF, that can be used as a clinical index for screening of obesity prone disease of heart head blood-vessel of that part of the population, as an early warning.

Key words: TCM Classification of obesity; endothelial dysfunction; endothelial function test; vessel endothelin-1; vascular endothelial growth factor; von willebrand factor.

湿热质人群差异表达基因的筛选及其功能研究

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摘 要 目的: 本研究旨在探讨湿热体质是否存在表达量或种类相异于其他体质类型的基因, 从微观水平了解湿热质的本质及其与疾病的关系。方法: 根据王琦的 9 种中医体质分类及判定标准, 在健康人群中收集湿热质人和平和质人各 8 例, 空腹抽血, 利用表达谱测序技术筛选出差异显著的湿热相关基因并分析其主要功能路径。结果: 本研究共筛选得湿热相关的显著性差异基因除 27 个, 其中 18 个上调基因, 9 个下调基因, 5 条富集的信号通路, 他们主要与免疫防御, 自身免疫性疾病如 TIDM, AITD, SLE, 肿瘤, 炎症, 代谢等, 结合蛋白与核小体结构蛋白, 细胞外基质裂解等相关。结论: 湿热质人确实在遗传背景上具有自己的特点, 主要体现在免疫防御机能较强, 胆固醇代谢紊乱等。因此它对某些自身免疫性疾病及代谢性疾病可能存在适应性, 也与炎症相关性疾病如胃病等的全程及预后密切相关, 因而对湿热偏颇体质及早调摄对于疾病预防显得极其重要。
Screening of differentially expressed genes and their functions in damp-heat constitution of the Chinese Medicine

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Abstract Objective: The purpose of our study was to investigate whether the damp-heat constitution have some difference at the genetic level comparing with other types of constitutions in TCM, so as to understand the nature of damp-heat constitution at the micro level and their relationship with disease. Methods: According to the 9 kinds of Chinese medicine constitution classification and decision criteria proposed by Wang Qi, we collected 8 cases of damp-heat constitution and 8 cases of peaceful people from healthy population, and then used gene expression seq to screen the genes with significant differences in damp-heat constitution group and analyze their main functions. Results: In our study, a total of 27 significant different genes related to damp-heat constitution has been found, include 18 raising genes and 9 down-regulated genes, as well as 5 signaling pathways of enrichment. Most of them mainly on the immune system, tumor, autoimmune diseases such as TIDM, AITD and SLE. Some of them related to steroid metabolism, folate acid metabolism, extracellular matrix cracking, code binding protein or nucleosome structure protein, etc. Conclusion: According to our research, damp-heat constitution people really have their own specific genes, which are obviously different from peace-constitutions, particularly in aspects of immune defenses. As a result, damp-heat constitutions may have a ill tendency on autoimmune disorders and cholesterol metabolism disease. What's more, it is closely related to the whole process and prognosis of inflammatory disease like kidney. Therefore, it is very important for disease prevention to correct the damp-heat constitution as soon as possible.

Key words Damp-heat constitution: Gene expression seq: Differences in genes: Disease prevention

近 5 年来痰湿体质相关文献计量学分析

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摘要 目的：分析近 5 年来国内关于痰湿体质研究概况，总结特征规律与发展趋势。方法：以中国期刊全文数据库（CNKI）为资料来源，对近 5 年来痰湿体质相关文献进行计量分析。结果：痰湿体质相关文献近 5 年来整体上呈增长趋势，涉及多个研究方向，并获得多项基金资助，作者主要为高等院校研究人员。结论：近年来关于痰湿体质的研究取得的成绩值得肯定，推动了中医科研的发展。从研究内容来看存在着研究热点不均衡以及研究深度欠缺等不足之处，为日后的发展提供
Utilizing cytokine chip to detect the molecular differences between Yang-deficient constitution and balanced constitution

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摘要 为探究阳虚体质与平和体质的分子水平差异，本研究利用细胞因子芯片分析阳虚体质外周血细胞中特征性的细胞因子。以平和质作为对照，以 1.5 倍表达值变化作为限制条件共筛选出 119 个差异基因，并对这些基因进行 GO 和信号通路分析。其中，瘦素 (Leptin)、巨噬细胞迁移抑制因子 (MIF)、白介素 (IL-5、IL-7、IL-10、IL-13)、巨噬细胞集落刺激因子 (M-CSF)、脑源性神经营养因子 (BDNF) 表达显著增高，可能与阳虚体质成因以及其发病倾向性机制相关。
关键词 细胞因子；芯片；阳虚体质；平和体质

Detection of the molecular differences between Yang-deficient constitution and balanced constitution based on the cytokines array

Abstract The cytokines array was used to analyze the molecular differences of peripheral blood cells from Yang-deficient constitution and balanced constitution. Based on a cutoff value of 1.5 fold, we identified a total of 119 cytokines differentially expressed in Yang-deficient. We found that the expression of leptin, macrophage migration inhibitory factor (MIF), macrophage colony-stimulating factor (M-CSF), interleukins (IL-5, IL-7, IL-10, IL-13) and brain derived neuro-trophic factor (BDNF) are significantly increased. Such increased expression of cytokines may provide a molecular explanation for the maia
symptoms and diseases susceptibilities associated with Yang-deficient constitution.

Key Words  Cytokines; Chip; Yang-deficient constitution; Balanced constitution
Based on the research of syndrome and constitution explore migraine TCM pathogenesis and Staging treatment ideas
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Abstract  Objective: Explore the TCM pathogenesis and Staging treatment ideas of migraine. Method: 300 cases of patients with migraine based on the research of normalization and standardization, employing the modern statistical methods explore migraine TCM pathogenesis, and propose Staging treatment ideas according to TCM pathogenesis. Result: The TCM pathogenesis of migraine is fundamental Yin deficiency of liver and kidney, Incubative Pathogen of wind, stasis, phlegm, heat Fuxie as the standard, the external stimuli adverse or the body's dysfunction can motivate Incubative Pathogen and disease. The acute phase should be expelling blood, phlegm heat mainly according to the pathogenesis of the proposed treatment ideas, the remission phase should be Rougan tonifying mainly, supplemented by expelling blood, phlegm heat to remove Incubative Pathogen. In addition the use of physical theories of Chinese medicine, Especially the patients with yin deficiency, qi quality and blood stasis are given to physical intervention. As migraine remission therapy supplement. Conclusion: Based on the research of normalization and standardization, statistical data as the basis, this conclusion of migraine TCM pathogenesis and Staging treatment ideas are more scientific value and clinical value.
Keywords: migraine; syndrome; constitution; TCM pathogenesis; staging treatment ideas

中医体质调理对气虚体质慢性疲劳综合征患者生存质量的影响

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摘要 略
超重肥胖与九种体质的相关性研究

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摘 要 目的：研究超重肥胖与九种体质的相关性，探讨易超重肥胖体质类型，为体质调理防治肥胖提供依据。方法：选择参与健康体检的企业员工 133 名，分别通过身高体重测量仪，中医体质辨识仪，医用远红外热成像仪的顺序进行检测，得到体质结果和 BMI 数据，运用 SPSS22.0 统计软件进行数据分析。结果：不同体质之间 BMI 均值不同，经对比，痰湿质分别与平和质、气虚质、阴虚质、血瘀质、阳虚质之间差别有统计学意义；阴虚质分别与气虚质、痰湿质、湿热质、血瘀质、阳虚质之间差别有统计学意义。结论：痰湿质、湿热质、气虚质是超重肥胖的主要体质影响因素，体质调理时，应当针对性的进行调理。

关键词 九种体质；超重肥胖；相关性研究

Correlation between overweight and obesity and nine kinds of physical

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Abstract Objective: Correlation Study between overweight and obesity and nine kinds of physical, explore the easiest physical type of overweight and obesity. To provide the basis for prevention and treatment of obesity of physical conditioning. Methods: Choose 133 employees who participate in physical examination. Getting physical results and BMI data detected by height and weight measuring instrument, TCM physical identification device, medical Far infrared thermal imager. Using SPSS22.0 statistical software for data analysis. Results: Different physical differences between the mean BMI. Between comparison groups, there was significant difference between Phlegm and gentleness, qi deficiency, yin deficiency, blood stasis, yang quality. Yin deficiency, respectively qi deficiency, phlegm, damp mass, blood stasis, yang quality is the same. Conclusion: Phlegm, damp mass, qi deficiency is a major physical factors of overweight and obesity. We should be targeted when physical conditioning.

Key words Nine kinds of physical; Overweight and obesity; Correlation
Cluster Analysis on professor WangQi's Medication rules in the Treatment of insomnia

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Abstract  Objective: Using cluster statistical method to analyze TCM Master WangQi’s medication rules on treatment of insomnia. Methods: Effective or cured cases of insomnia in Professor WangQi’s outpatient clinic were selected and analyzed with EXCEL to count the frequency of used Chinese medicine prescription, which includes the number, the frequency and the cumulative frequency of herbs. Herbs that had been used with over 91.23% cumulative frequency (the number exceed 10) were taken as highly frequently used herbs and cluster analysis was conducted using soft-ware SPSS 20.0 to analyze them. Results: Assembling 223 cases of patients which involves 297 cases of Chinese medicine prescriptions, and there were altogether 181 Chinese medicine herbs, among which 62 were highly frequently used herbs. Six clustering prescriptions were concluded and analyzed basing on the efficacy of herbs. Conclusion: Clustering square analysis on WangQi’s proven case, to a certain extent, could reflect Professor WangQi’s clinical medication rules and thought when treating insomnia.

Key Words  TCM Master; WangQi; Cluster analysis; insomnia; Clinical Experience
浅述对中医体质辨识运用中存在问题的分析与改进设想

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摘要 本文从中医体质临床实际出发，阐述中医体质辨识运用时所存在的问题，分析其原因，提出关于完善中医体质辨识测评和建立客观指标的几点设想。
关键词 中医体质辨识；运用问题分析；改进设想

Shallow to Discuss on the Existing Problems and Improving Ideas for TCM constitution Indefication

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Abstract By practising of TCM constitutions, this paper analysis the reason of problems to judge TCM constitutions type, and then offers some ideas to improve and perfect the methods and indexes for TCM constitution indefication.

Key word TCM constitution indefication; existing problems; improving ideas

气虚体质中医四诊客观化研究和临床应用概述

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摘要 自古中医医未病之病，而居于偏颇体质之首的气虚质具有反应其对某些致病因素的易罹性和向某种疾病发展的倾向性，需要给予足够的重视。提供有效的中医干预技术指导，早诊断，早治疗。中医四诊仪采用现代科学技术，依据气虚体质特点、演变规律和影响因素，采集和分析舌、面、脉各指标，确定中医四诊客观化的可行性和体质判定标准，为进一步推广中医四诊客观化的临床运用提供依据，最终达到预防、诊治疾病的目的。
关键词 气虚质；中医四诊；客观化

Abstract The best doctor is considered to be the one who focus on preventing disease rather than treating the sickness already, so we should enhance our health according to body condition. People with Qi Xu which is the most popular biased constitution are more apt to get some diseases, and we should take some effective interventions of TCM to diagnose and treat it early. The machine for diagnosis of TCM using the
newest technology can gather and analyze indexes of people’s tongues, faces and pulses, according to the characteristics, disease developing rules and influencing factors of Qixu constitution. It can ascertain the feasibility of the TCM diagnostic machine and the criteria for diagnosing Qixu constitution, which can provide the objective evidences for popularizing the TCM diagnostic machine. It makes for preventing, diagnosing and treating diseases early and ultimately.

第十种体质——阳郁质探析

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摘要 笔者通过临床观察结合王琦老师九种体质学说以及中医基础理论，在阴阳、气血、津液盛衰变化反应状态的基础上，对门诊体质辨识人群进行总结分析发现：门诊2506例中有156例为虚质、湿热质判定项目得分较高，但是经临床四诊辨证义明显不符合阴虚质及湿热质的体质特征，故将这类人群特征进行总结分析并提出第十种体质——阳郁质之说，期待业内专家予以参考、批评、完善。

关键词 阳郁质；王琦教授；诊断依据；湿热质；阴虚质

The tenth constitution—Yang Yu constitution Exploration

Abstract Through clinical observation combined with Wang Qi teacher nine kinds of physical theory and the basic theory of traditional Chinese medicine, on the basis of yin and yang, blood, body fluids rise and fall on the state change of the reaction, outpatient physical identification populations were analyzed found: 2506 cases among outpatients had 156 cases yin deficiency, damp mass determination items score higher, but the four diagnostic clinical syndrome is obviously incompatible with yin deficiency heat and physical characteristics of quality, so this type of population characteristics were analyzed and presented a tenth constitution - Yang Yu and Zhi said industry experts to be the reference, criticism, perfect.

Keyword Yang Yu quality; Professor Wang Qi; diagnosis basis; humid mass; yin deficiency
多囊卵巢综合征中医体质类型及辩体论治思路探析

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摘要 多囊卵巢综合征好发于青春期和育龄期女性，严重威胁着现代女性的心理和生理健康。体质是由先天禀赋和后天获得的长期稳定的人体状态，决定着个体的发病倾向，以及疾病的转归。国医大师王琦教授提出“辨体-辨病-辨证”的诊疗模式，将辩体论治作为指导疾病诊疗的重要方法之一。通过对多囊卵巢综合征与体质相关的文献分析发现，痰湿体质、阳虚体质、气郁体质等体质类型与该病的发生有密切关系，总结王琦教授针对该病常见体质类型进行辩体论治的思路和方法，以供临床借鉴。

关键词 多囊卵巢综合征 中医体质 名医经验 辨体论治

Exploration on Constitutional Type of Traditional Chinese Medicine and Treatment on Constitution Differentiation of Polycystic ovary syndrome

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Abstract Polycystic ovary syndrome (PCOS) is a common disease of the pubescent and reproductive age women, seriously threaten the modern women ' psychological and physical health. Constitution is a long-term stable human body statement, innate and acquired, which decides the individual tendency and turnover of disease. Professor WANG Qi, TCM Master, has propose the treatment patterns of “Constitution-disease-syndrome Differentiation Mode”, and regarded Treatment on Constitutional Differentiation as one of the important methods guiding disease diagnosis and treatment. This article, through analyzing the literature of the relationship between PCOS and physical correlation, found that phlegm-wetness constitution, Qi-stagnation constitution and Yang deficiency constitution etc are in relation with the occurrence of the disease. This article summarized thoughts and methods that Professor WANG Qi treating PCOS on Constitutional Differentiation, so as to provide reference for clinical practice.

Keywords Polycystic ovary syndrome; the Constitutional Type of Traditional Chinese; Experience of famous and veteran specialists of TCM; Treatment on Constitutional Differentiation
唾液相关研究进展及其在中医体质学中的应用展望

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摘 要 唾液是人体重要的外分泌液之一，其中蕴含着丰富的生物信息，因其采集方便、无创、准确等特点被广泛应用于现代医学及中医学的研究中。但目前关于唾液在中医体质学中的应用研究还比较少。大量研究表明唾液能够反映机体全身各维度的变化情况，将其进行深入探索可为体质分类研究提供新的切入点。对不同体质人群进行唾液客观化实证性研究，一方面可丰富体质分类辨识的指标体系，另一方面可作为疾病“预防、诊断和治疗”的有力凭借。
关键词 唾液；中医体质；应用展望

The Advancement of Saliva related research and application in Studies on Body constitution in Traditional Chinese Medicine

Abstract Saliva is one of the important external secretions of human body containing abundant bioinformation. As salivary sample can be easily and accurately collected by non-invasive method, it has been widely applied to the study of modern medicine and traditional Chinese medicine. But now there is few study application of saliva on Body constitution in Traditional Chinese Medicine. A large number of studies have shown that saliva can reflect the change of body all dimensions, to explore it can provide new breakthrough point for the research on constitution classification. Objective studies on the saliva will serve as a breakthrough for the classification of TCM constitution. On the one hand, it can enrich constitution classification identification index system; On the other hand, it can be used as an effective basis for disease prevention, diagnosis and treatment.

Key words Saliva Body constitution in Traditional Chinese Medicine Application prospect

从《伤寒论》“诸家”论仲景临证辨体论治

白形彬

摘 要 本文旨在通过认真阅读《伤寒论》原文，追溯仲景先师“诸家”之本意，探讨《伤寒论》中“诸家”的有关论述，从而浅析仲景先师临证辨体论治的相关思路。
关键词 体质；《伤寒论》；辨体论治
Discussion on Master Zhongjing’s clinical treatment based on constitution differentiation according to different schools of Treatise on Febrile Diseases

Abstract Based on Treatise on Febrile Diseases, this article aims to discuss different schools of Master Zhongjing’s clinical treatment based on constitution differentiation and try to find relevant solutions of Master Zhongjing’s clinical treatment based on constitution differentiation.

Key words Body constitution; Treatise on Febrile Diseases; treatment based on constitution differentiation

从“体病相关”论肿瘤术后的中医防治

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摘要 肿瘤严重影响着人类身体健康，提高肿瘤的治疗水平成为当务之急。中医体质学说自诞生以来，已逐渐发展成形，因体质具有可调性和可预测性，其对诸多疾病的个体化治疗提供着新思路。中医学对肿瘤的认识也由来已久，体质同肿瘤的发生发展和预防关系密切，将“体病相关”理论应用于肿瘤患者术后调理恢复当中，进行“质病同治”，有助于巩固前期治疗，提高临床疗效，防止肿瘤复发，将体质学说引入到肿瘤术后治疗过程中，确有疗效。因此“体病相关”观念必将会为肿瘤的治疗提供新方法。

关键词 中医体质；肿瘤；中医基础理论

Discussion on the TCM prevention and treatment of cancer after operation from "Constitution and disease interactions"

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Abstract Cancer is a serious impact on human health, improve the treatment of cancer has become a priority. Since the birth of TCM constitution theory, it has been gradually developed and formed, because of its adjustable and predictable constitution, it provides a new idea for individual treatment of many diseases. TCM understanding of tumor has a long history, constitution with tumor occurrence development and prevention of close, "body disease related" theory in tumor patients with postoperative recovery conditioning, "matter disease Tongzhi", to consolidate the treatment of early stage, improve the clinical efficacy, prevent tumor recurrence, will be introduced to the Physique Theory after tumor resection in the treatment process, has curative effect truly. Therefore, the concept of "body disease related" will provide a new method for the treatment of cancer.

Keywords Constitution; tumor; basic theory of traditional Chinese Medicine
痰湿体质的慢性疲劳综合征辨治体会

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摘要 目的：提高慢性疲劳综合征（CFS）的中医疗效，寻求客观的CFS证型分类。方法：本治疗小组从痰热、痰湿角度辨证施治CFS，予患者辨证服用化痰类汤剂。结果：临床分型可见痰热互结型、痰湿互结型，临床疗效显著。结论：从痰热、痰湿角度辨证施治慢性疲劳综合征，对临床诊疗具有重要意义。

关键词 痰湿体质；慢性疲劳综合征；辨治体会

Treatment based on syndrome differentiation for chronic fatigue syndrome in Phlegm-yet wet constitution

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Abstract  Objective: To improve curative effect of traditional Chinese medicine to chronic fatigue syndrome (CFS), to seek objective syndrome classification of CFS. Methods: The treatment group to CFS from the angle of phlegm with blood stasis and phlegm wet, making for regular use in patients with phlegm class one. Results: The clinical classification visible phlegm with heat mutual junction, phlegm with blood stasis mutual junction, the clinical curative effect is distinct. Conclusion: From the angle of phlegm and blood stasis and phlegm wet evidence-based medicine, chronic fatigue syndrome has certain significance to the clinical diagnosis and treatment.

Key words phlegm-yet wet constitution; Chronic fatigue syndrome; Experience

从体病相关论治痛经的临床体会

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摘要 痛经是妇科常见病，因其发病率高、影响患者工作生活等特点而备受关注。中西医结合的“体病相关论”为此给出了更加针对性的治疗方法，弥补了辨证论治的不足，丰富了中医诊疗模式。结合自身临床体会，总结临床治疗痛经需以调理体质为本，才能达到药到病除的效果，为妇科病的治疗提供更为广阔的思路。
Abstract  Dysmenorrhea is a common disorder with high incidence in women, which affects quality of work and life, and attracts attention. TCM constitution of "body disease related theory", more targeted treatment methods are given, compensating for the lack of differentiation, enriching the mode of traditional Chinese medicine diagnosis and treatment. We combined with our own clinical experience, summarized clinical treating dysmenorrhea needing constitution fundamental, in order to achieve good efficacy and provide a broader way for the treatment of gynecopathy.

Keywords  TCM constitution; dysmenorrhea; body disease-related

The experience of Professor Wang Qi in treatment of fever of unknown origin with GegenHuangqinHuanglian Decoction under the theory of latent pathogenic factor

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Abstract  There are many causes of fever of unknown origin, and many types of clinical manifestations, lack of specific clinical symptoms and signs. Despite various checks and closely observed for a long time, but some still could not be confirmed. There is no specific diagnostic and universal strategy. This paper introduces two case records of Professor Wang Qi using GegenHuangqinHuanglian Decoction in treatment of FUO under the theory of latent pathogenic factor, and the etiology and pathogenesis of FUO by Professor Wang Qi, and Professor Wang Qi's view of how to study classics.

Key words  latent pathogenic factor; fever of unknown origin; GegenHuangqinHuanglian Decoction;
五音疗法在慢性疲劳治疗中的应用

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摘要 五音疗法是将中医阴阳五行理论与音乐相结合的一种治疗方法手段，通过音调配伍及其与脏腑间的关系调节脏腑功能，是中医特色治疗方法的重要组成部分。慢性疲劳是亚健康的重要症状，其发病率逐年升高，已成为危害人类健康的重要因素。中医治疗慢性疲劳具有独特的优势。本文主要探讨五音疗法在慢性疲劳治疗中的应用。

关键词 五音疗法；慢性疲劳；临床应用

Abstract five-tone therapy is a method of cure and regimen, which combines yin-yang and five elements theory in traditional Chinese medicine with music. It can adjust the function of internal organs by modulating five-element relationship between tone and organs, and is an important part in Chinese traditional medicine therapies. The chronic fatigue is the common symptoms of sub-health, its morbidity rises year by year and is becoming fatal factors that does harm to human health. Traditional Chinese medicine has special advantage to cure chronic fatigue. This article is mainly to discuss uses about five-tone therapy treating chronic fatigue.

Key words five-tone therapy, chronic fatigue, clinical application.

体质辨识对深化“治未病”建设的意义

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摘要 略
北京与香港湿疹患者中医体质类型对比研究初探

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摘 要 目的：探讨北京与香港湿疹患者中医体质类型分布规律的不同。方法：对北京、香港各40例（共80例）符合湿疹诊断标准的患者，采用临床问卷调查方法及运用《中医体质分类与判定》进行体质类型调查，分析其体质类型分布规律。结果：湿热质、痰湿质、阴虚质、气虚质、血瘀质、气郁质为湿疹患者高发体质；应用秩和检验法法，统计比较两地湿疹患者的体质分布，显示无统计学差异（P>0.05），但所占百分比不尽相同，按高低顺序排列，北京为痰湿质、湿热质、阴虚质和血瘀质，香港则为湿热质、痰湿质、气虚质和气郁质。结论：不同地区湿疹患者的中医体质类型分布相对稳定，此外，地域等因素对湿疹患者体质分布也有较大影响。

关键词 湿疹；中医体质；分布规律；临床调查

Abstract Objective: To explore the different distribution of TCM constitution types of eczema patients between Beijing and Hong Kong. Methods: 80 patients from Beijing and Hong Kong, 50% of each, conforming to the eczema diagnostic criteria were investigated by clinical questionnaire and the Classification and Determination of Constitution in TCM to analyze the distribution rule of TCM constitution types.Results: Damp-heat Constitution (DHC), Phlegm-dampness Constitution (PDC), Yin-deficient Constitution (YDC), Qi-deficient Constitution (QDC), Stagnant Blood Constitution (SBC) and Inherited Specific Constitution (ISC) are the most common TCM constitutions in eczema patients. Comparing the different TCM constitutions of eczema patients in two districts by statistical analysis through rank sum test shows there is no statistical difference (P>0.05). However, it shows different distribution percentage of each constitution in two districts, which Beijing and Hong Kong, from high to low, are PDC, DHC, YDC, SBC and DHC, PDC. QDC, ISC respectively. Conclusion: The different distribution of TCM constitution types of eczema patients in different districts are relatively stable. Besides, to a large extent, geographical and other factors also influence the distribution of TCM constitution.

Keywords eczema; TCM constitution; distribution rule; clinical investigation

从中医体质学角度论原发性痛经

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摘 要 原发性痛经是妇科常见疾病，严重影响女性的生活质量。体质是疾病发生的土壤，影响疾病
Discuss Primary Dysmenorrhea Through Constitution of Traditional Chinese Medicine

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Abstract  Primary dysmenorrhea is a common disease of gynaecology, seriously affecting the life quality of women. Constitution is the soil of disease development, influence the development and prognosis of the disease. The article research primary dysmenorrhea through the thought of constitution of traditional Chinese medicine, and would like to provide new ideas and methods for the diagnosis and treatment of the disease.

Key words  Primary Dysmenorrhea ; constitution ; pathogenesis ; diagnosis and treatment
Qibai Pingfei capsule medicated serum inhibit the proliferation of hypoxia-induced pulmonary arterial smooth muscle cells via Ca\textsuperscript{2+}/calcineurin/NFATc3 pathway

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Abstract Objective Long-term clinical application has demonstrated that Qibai Pingfei capsule possesses a remarkable therapeutic effect on chronic obstructive pulmonary disease. To observe the effect of Qibai Pingfei capsule medicated serum (QBPF) on the proliferation of rat pulmonary arterial smooth muscle cells (PASMCs) under hypoxia and the key molecular mechanism on Ca\textsuperscript{2+}/calcineurin/nuclear factor of activated T cells (NFATc3) signal pathway. Methods Qibai Pingfei capsule was provided to

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rats via continuous gavage for 10 days to obtain QBPF. Primary rat PASMCs were cultured using tissue explants adherent method. Methyl thiazolyl tetrazolium (MTT) was used to detect the effect of QBPF on PASMCs proliferation under hypoxia. Laser scanning confocal microscopy was used to detect the changes in [Ca$^{2+}$] in PASMC-loaded Fluo-3-AM. RT-qPCR and Western blot were applied to detect the transcription and protein expression levels of Calcineurin and NFATc3 gene in PASMCs. **Results** Compared with normoxia group, PASMCs proliferated at 12, 24, 48, and 72h under hypoxia, and QBPF at a concentration of 5%, 10%, and 20% could inhibit hypoxia-induced proliferation of PASMCs at different degrees. The inhibitory effect was most significant in the 20% QBPF group under hypoxia for 24 h. [Ca$^{2+}$] in PASMCs under hypoxia was increased, and [Ca$^{2+}$] could be significantly decreased when co-incubated with QBPF at 5%, 10%, and 20%. Compared with the normoxia group, the mRNA and protein expression levels of calcineurin and NFATc3 in PASMCs induced by hypoxia were up-regulated. The intervention of QBPF could significantly down-regulate mRNA and protein expression levels of calcineurin and NFATc3 in PASMCs. **Conclusion** QBPF could effectively inhibit hypoxia-induced proliferation of PASMCs through downregulation of the key molecular expression via Ca$^{2+}$/calcineurin/NFATc3 pathway. **Keywords** medicated serum; pulmonary artery hypertension; pulmonary vascular smooth muscle cells; vascular remodeling; NFATc3
Understanding and Practice on Pain Rehabilitation Medical System of Combination of Chinese Traditional Medicine and Western Medicine

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Abstract This article elaborates the diagnosis and treatment scope, disease species, treatment characteristics of pain rehabilitation medicine system, and also, it discusses pain rehabilitation concept and the latest development trend from international and domestic aspects. In this article, the authors put forward that the development of pain rehabilitation medicine must be focused on. Proceeding from Chinese national conditions, using mature TCM pain rehabilitation technology combined with western medicine diagnosis and treatment of chronic pain, advocate the concept of "Generalized Rehabilitation". In addition, it proposes the current problems in the development of pain rehabilitation, and proposes the medical model and solution.

Keywords Combination of Chinese traditional and Western medicine; Pain rehabilitation; Medical science; Technology; Practice

肩部疼痛的针刀治疗

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摘 要 肩部疼痛是一种较为常见的肩部症状，肩部包括肩胛骨、锁骨、肱骨、被韧带、关节囊。
The Needle-Knife Therapy on Shoulder Pain

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Abstract  Shoulder pain is a common symptom of shoulder. Shoulder area consists of shoulder blade, clavicle and humerus. These three bones interconnect to the ligament, joint capsule and muscle and then form shoulder joint. Shoulder joint is a complex joint which consists of glenohumeral joint, acromioclavicular joint, sternoclavicular joint and scapulothoracic joint. Around shoulder joint, there are many ligaments-strengthened struc ters whose motion and stability are remained by the muscles attaching to the shoulder joint. The abundant bursa mucosa around the shoulder joint can decrease friction between joints and tendons, meanwhile, when the bursa mucosa are rubbed, the friction can cause pain. There are many common diseases of shoulder pain such as shoulder periartitis, frozen shoulder, tenosynovitis of long head of biceps brachii, supraspinatus tendinitis, rotator cuff tear, the strain of acromioclavicular joint and cervico-shoulder myofascitis. The common pathological factors of these diseases are trauma, chronic strain, abrasion, movement disorders of shoulder joint, aging of cells and internal organizational structures, dystrophia and chronic inflammation. The mechanism of needle-knife therapy on shoulder pain is through needing to balance yin and yang, to strengthen the body resistance to eliminate pathogenic factor and to dredge the channels. With local closed stripping, needle-knife therapy can separate conglutination, remove local traction of vessels and nerve, eliminate pathological high stress, readjust joint dysfunction, improve local blood circulation and dispel local pain factors. The highlight of needle-knife therapy is to insert needle on the pressure points and the starting and ending points of muscle, to do the carving, stripping, dredging and relaxing.

Key words  Shoulder pain, Anatomy, Pathology, Needle-knife, Therapy
超声引导银质针治疗椎管外软组织损害性疼痛的疗效分析

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Effect Analysis of Silver Needle Guided by Ultrasound Treatment on Soft Tissue Pain outside the Vertebral Canal

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摘要 目的 探讨超声引导下银质针治疗椎管外软组织损害性疼痛的疗效。方法 2015年1月～2015年12月收治椎管外软组织损害性疼痛患者80例，其中男42例，女38例，年龄26～73岁，平均51.6岁；病史0.5～26年，平均5.2年。经多种其他治疗无效或效果不佳，所有病例门诊或入院后行超声引导下银质针刺并银质针导入射频仪治疗。结果平均随访6.3个月，按宣氏疗效评定标准，优48例(60%)，良16例(20%)，可10例(12.5%)，差6例(7.5%)。结论超声引导下银质针疗法是治疗椎管外软组织损害性疼痛的有效方法，能达到治愈疼痛的目的。

关键词 银质针疗法；椎管外软组织损害性疼痛；超声引导

早期股骨头缺血性坏死的治疗进展

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The Treatment Progress of Early Avascular Necrosis of Femoral Head

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摘要 成人股骨头缺血性坏死（adult avascular necrosis of femoral head,ANFH）是不同病因破坏股骨头的血液供应，造成股骨头与软骨缺血坏死的一种常见疾病。ANFH的发病机制复杂，主要由于创伤、大量应用激素、过度饮酒、血液系统疾病、减压病等各种原因导致股骨头局部滋养血管损伤，进而骨质缺血、变形、坏死、骨小梁断裂、进一步发展为股骨头塌陷，导致髋关节的功能障碍。因此，早期干预治疗ANFH，对解除关节疼痛、预防股骨头塌陷具有重大意义。

关键词 股骨头坏死；早期；治疗进展
神经阻滞配合肌松剂治疗急性腰扭伤疗效观察

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Effect Observation of Nerve Block Combined with Muscle Relaxan Treatment on Acute Lumbar Strain

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摘 要 略

髌周软组织松解治疗髌骨软化症的临床研究

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Clinical Research of Peripatellar Soft Tissue Release Treatment on Chondromalacia Patella

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摘 要 本篇观察髌周软组织松解治疗髌骨软化症效果。方法 对 72 例共 96 髌骨软化症患者采用复 合和手法松解髌周软组织的方法，观察治疗后 2 周、4 周、3 月 Lysholm 评分和 VAS 评分。结果 治疗后 2 周、4 周、3 月膝关节 Lysholm 评分和 VAS 评分与治疗前比较有显著差异(P<0.01)；治疗后 4 周膝关节 Lysholm 评分和 VAS 评分与治疗后 2 周比较有显著差异(P<0.01)；治疗后 3 月膝关节 Lysholm 评分和 VAS 评分与治疗后 4 周比较有显著差异(P<0.01)，且治疗后 2 周、4 周、3 月 Lysholm 评分呈逐渐上升趋势、VAS 评分逐渐下降趋势。结论 髌周软组织松解治疗髌骨软化症疗效显著，是一种有效的治疗方法。

关键词 髌周软组织；松解；髌骨软化症
上肢带关节松动术、肌肉能量技术结合一指禅推拿治疗粘连型肩周炎的疗效观察

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摘要 目的：观察上肢带关节松动术、肌肉能量技术结合一指禅推拿治疗粘连型肩周炎的临床疗效。方法：选取粘连型肩周炎患者96例，采用随机数字表法分为A组、B组和C组，每组32例。A组接受上肢带关节松动术、肌肉能量治疗；B组接受单纯一指禅推拿治疗；C组接受上肢带、肌肉能量技术和一指禅推拿治疗，于治疗前和治疗6周后（治疗后）比较3组治疗前后、疼痛、肩关节活动范围和日常生活活动能力的临床疗效。结果：经过6周治疗后，A组、B组和C组患者的肩关节疼痛的评分由治疗前（4.63±1.26）分、（4.72±1.31）分和（4.64±1.26）分，分别提升至（13.2±2.44）分，（11.51±3.02）分和（14.38±1.27）分。治疗前后差异均有统计学意义（P<0.01），且C组明显优于A组和B组（P<0.05）。3组患者治疗后肩关节活动范围评分和日常生活活动能力评分，治疗前后差异均有统计学意义（P<0.01），且C组明显优于A组和B组（P<0.05）。结论：上肢带关节松动术、肌肉能量技术结合一指禅推拿治疗粘连型肩周炎的临床疗效明显优于单纯肩胛带关节松动术，肌肉能量技术治疗和单纯一指禅推拿治疗，值得临床推广应用。

关键词 肩周炎；粘连型；上肢带关节松动术；肌肉能量技术；一指禅推拿

The clinical efficacy observation of treating adhesive periarthritis patients with arthrolysis of upper limb, muscle energy technique(MET) and pushing manipulation with one finger

Li Jiabin  Zheng Chaozhu  Wei Zizhao  Chen Weiwei

Abstract Background This research is aimed to evaluate the clinical effects of treating adhesive periarthritis patients with arthrolysis of upper limb, muscle energy technique(MET) and pushing manipulation with one finger. Methods. We divided 96 patients into 3 groups with random number table,each group contained 32 patients. Group A received treatment with arthrolysis of upper limb and MET; Group B received treatment with pushing manipulation with one finger; Group C received treatment with arthrolysis of upper limb, MET and pushing manipulation with one finger. Compare the pain, ROM of shoulder, and ADL of each group patients before and after six-week treatment. Results. After 6-week treatment, the pain score of Group A, Group B and Group C rose each from 4.63±1.25, 4.72±1.31 and 4.64±1.26 to 13.2±2.44, 11.51±3.02 and 14.38±1.27 (P<0.01). And outcome of Group C was better than Group A and Group B(P<0.05). There were significant differences between before and after treatment of ROM score and ADL score each group(P<0.01). And outcome of Group C was better than Group A and Group B(P<0.05).Conclusion. The clinical effects of treating adhesive periarthritis patients with...
arthrolysis of upper limb, MET and pushing manipulation with one finger is better than treatment with arthrolysis of upper limb and MET or pushing manipulation with one finger. The treatment is worth spreading.

**Key words** adhesive periartthritis; arthrolysis of upper limb; MET; pushing manipulation with one finger

**Clinical observation about Cervical occipital nerve press-fitting Treating by Needle Knife**

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**Abstract** Objective: To observe the effect of needle knife therapy for the treatment of cervical occipital nerve press-fitting. Methods: collecting those who had Cervical occipital nerve press-fitting from March 2014 to March 2016, 30 cases with needle knife therapy treatment, observe clinical curative effect analysis and summary. Results: 30 cases of completing treatment, among them, 22 cases cured, improvement in 8 cases, cure rate 73.33%, total effective rate was 100%. Conclusion: Needle knife therapy in the treatment of Cervical occipital nerve press-fitting, which has the advantages of simple, effective, safe, painless, low-cost and so on. It’s welcomed by the patient, and worthy of clinical popularization and application.

**Key Words:** Occipital neuralgia; Needle knife therapy; The clinical observation
玻璃酸钠注射结合针刀治疗肱骨外上髁炎的临床分析

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摘要 目的 探讨玻璃酸钠注射结合针刀治疗肱骨外上髁炎的疗效。方法 将 102 例肱骨外上髁炎患者，随机分为治疗组 62 例和对照组 40 例，两组治疗重点均在挠骨头环状关节面。治疗组采用玻璃酸钠注射结合针刀治疗，对照组采用混合液局部注射结合电磁波治疗。两组均在治疗后 6 个月随访。结果 治疗组的疗效优于对照组(P＜0.05)。6 个月后随访，治疗组无复发病例，对照组有 7 例复发。结论 玻璃酸钠注射结合针刀治疗肱骨外上髁炎时，重点在挠骨头环状关节面，疗效肯定，逐日递增，远期疗效稳定。

关键词 肱骨外上髁炎；网球肘；挠骨头环状关节面；玻璃酸钠注射液；针刀松解术

Clinical Analysis on Treatment of External Humeral Epicondylitis by Sodium Hyaluronate Injection Combined with Needle Knife Relaxing Therapy

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Abstract Objective To explore the therapeutic effect of sodium hyaluronate injection combined with needle knife relaxing therapy on external humeral epicondylitis. Methods The 102 cases of humeral epicondylitis were randomly divided into a treatment group of 62 cases and a control group of 40 patients. The key is treating articular surface of the radial head ring. The treatment group received sodium hyaluronate injection combined with needle knife relaxing therapy; The control group using a mixture of local injection combined with electromagnetic treatment. After treatment 6 months follow up. Results The therapeutic effect in treatment group was significantly higher than that in control group ( P < 0.05 ). After 6 months follow-up, no recurrence in treatment group and 7 cases of recurrence in control group. Conclusion When combined with sodium hyaluronate injection, needle knife treatment of external humeral epicondylitis , the treatment focus on the articular surface of the radial head ring, which is effective, daily incremental, long-term efficacy and stability.

Key words External Humeral Epicondylitis; Tennis Elbow; Articular Surface of the Radial Head Ring; Sodium Hyaluronate Injection; Needle Knife Relaxing Therapy.
脊柱定位调适平衡法为主治疗腰椎关节突综合征疗效观察

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摘要 目的 观察脊柱定位调适平衡法为主治疗腰椎关节突综合征疗效。方法 选取腰椎关节突综合征患者 80 例，随机分为观察组 40 例，采用脊柱定位调适平衡法为主联合针灸、中药熏洗等治疗；对照组 40 例，采用中医按摩、针灸、中药熏洗等传统治疗方法。比较两组疗效。结果 观察组总有效率 97.5%，对照组 82.5%。两组比较，有显著性差异（P < 0.05）结论 脊柱定位调适平衡法治疗腰椎关节突综合征疗效满意。

关键词 脊柱定位调适平衡法；腰椎关节突综合征；针灸；中药熏洗

Objective To observe the therapeutic effect of spinal positioning adjustment balance method in the treatment of lumbar facet syndrome. Methods in lumbar facet joint syndrome in patients with 80 cases, were randomly divided to observation group (40 cases). The spinal positioning adjustment balance method combined with acupuncture and traditional Chinese medicine fumigation treatment; 40 cases in the control group, the Chinese medicine massage, acupuncture, traditional Chinese medicine smoked wash the traditional therapeutic methods. Compare the efficacy of the two groups. Results the total effective rate was 97.5% in the observation group and 82.5% in the control group. Compared with the two groups, there were significant differences (P < 0.05). Conclusion: the spinal positioning adjustment balance method is satisfactory in the treatment of lumbar facet syndrome.

Key words  Spinal positioning adjustment balance method; lumbar facet syndrome; acupuncture; traditional Chinese medicine fumigation

密集型热银质针松解术配合手法、超激光等物理疗法治疗膝骨性关节炎的疗效观察

济南军区烟台疗养院 彭丽岚 唐晨

Effect Observation of Heat Silver Needle Lysis Combine with Physical Therapy Such as Manipulation and Super Laser Treatment on Osteoarthritis of Knee Joint

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Clinical research on nerve block combined with acupotomy therapy for supraspinatus tendinitis

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Abstract Objective: To access the curative effect of nerve block combined with acupotomy to treat supraspinatus tendinitis. Methods: 63 cases were randomly divided into 2 groups. Acupoints: tender point around greater tuberosity, tender point around supraspinous fossa. Nerve block group accept nerve block at the 2 points. Nerve block combined with acupotomy group accept acupotomy after nerve block at the 2 points. The treatment lasts 3 weeks, and the follow up visits were acquired 3 weeks later. Results: All of the 2 therapies can relieve shoulder pain, upgrade C-M scores (P < 0.05). After treatment, scores of nerve block combined with acupotomy group (VAS=23.39±22.30, C-M=81.06±15.83) were significantly better than that of nerve block group (P < 0.01). Conclusion: The curative effect of nerve block combined with acupotomy group is remarkable.

Key Words nerve block; acupotomy; supraspinatus tendinitis; curative effect assessment
针刀松解加整脊手法治疗脊柱区带相关疾病的临床研究新进展

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摘 要 目的：观察探讨针刀松解和整脊手法治疗脊柱相关疾病的临床疗效。方法：采用米氏针刀松解规范操作和韦氏中医整脊手法治疗脊柱相关疾病。结论：采用针刀松解规范操作和韦氏整脊手法治疗脊柱相关疾病相辅相成，产生了 1+1＞2 的综合效应，提高了临床疗效。方法新颖，简便易行，适合推广，为临床提供了新的、安全而有效的治疗方法，具有重要的临床意义和参考价值。关键词 脊柱相关疾病;针刀松解;整脊手法

Clinic investigation on diseases in spinal zone adopting Acupotomy manipulation and Carina-reduction manipulation Treatment.

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Abstract Objection:Investigation on diseases in spinal zone adopting Acupotomy manipulation and Carina-reduction manipulation Treatment. Method: Treating the spinal diseases adopting Zhu style Acupotomy debonding operation and Wei style Carina-reduction manipulation. Conclusion: Treating the spinal diseases adopting Acupotomy debonding operation and Carina-reduction manipulation can obtain good clinic effect. The measurement can be widely spreaded and has remarkable clinic meaning and reference value.

Keywords spinal disease; Acupotomy: Carina-reduction manipulation

芪麝丸对大鼠背根节神经元压迫损伤后 SP 和 CGRP 表达的影响*

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摘 要 目的：观察芪麝丸对压迫损伤后不同时间点大鼠 DRG 神经元 SP 和 CGRP 表达的影响。方

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Effects of Qishe Pill on the Content of SP and CGRP of Dorsal Root Ganglion Neurons after Compression Model on Rat

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Abstract  Objective To observe the effect of Qishe Pill on the content of SP and CGRP of dorsal root ganglion neurons after compression model on rat. Methods Ninety six 3 weeks old healthy male SD rats were chosen and randomly divided into three groups: the sham operation group, the model group and Qishe Pill group, and there have 3 days group, 7 days group, 14 days group and 28 days group in each group according to different time and 8 rats in each group. The Von-Frey hairs test was used to detect the 50% withdrawal threshold of rats in each group. The expression of SP and CGRP in dorsal root ganglion was detected by Elisa. Results There have a significant difference between the model group and the sham operation group in 50% withdrawal threshold(P<0.01). After the intervention with Qishe Pill, there have a significant improve in 50% withdrawal threshold in Qishe Pill 7 days group, 14 days group and 28 days group compared with the same time model group(P<0.01); and there was no significant deference in 50% withdrawal threshold in Qishe Pill 14 days group and 28 days group compared with the same time the sham operation group. Compared with the sham operation groups, there have a significant increase in model groups in the expression of SP and CGRP (P<0.01). After the intervention with Qishe Pill, the expression of SP and CGRP were reduced. There have a significant deference in the expression of SP and CGRP in Qishe Pill 7 days group, 14 days group and 28 days group, compared with the same time model groups (P<0.01 and P<0.05), and there was no significant deference in the expression of CGRP in Qishe Pill 28 days group, compared with the same time the sham operation group(P>0.05). Conclusion Qishe Pill can reduce the hyperalgesia of the rat after DRG neuron injured, and the mechanism may be related to the inhibition of SP and CGRP release.
Key words  Qishe Pill; Dorsal Root Ganglion; Substance P; Calcitonin gene related peptide

脊神经背内侧支臭氧注射治疗关节突关节源性腰痛的
临床研究

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Clinical Research of Dorsal Medial Branch of the Spinal Nerve with Ozone Injection Treatment on
Facet Joint Source Low Back Pain

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摘 要 目的：观察脊神经背内侧支臭氧注射治疗关节突关节源性腰痛的临床疗效及安全性。方法：
86例患者分为两组：治疗组：脊神经背内侧支臭氧注射 (R组，n=43)，对照组：双氯芬酸钠100mg
口服（E组，n=43），治疗前后进行症状学评分，影像学评分以及疗效判断。利用视觉模拟评分法
(visual analogue scores，VAS)进行治疗前后疗效评定，以VAS评分小于治疗前的50%视为优良疗效，
反之视为疗效不佳。用t检验进行两组疗效对比统计分析。记录手术并发症与用药不良反应。结果：
治疗组疗效优于对照组，差异具有统计学意义（P<0.05）。结论：脊神经背内侧支臭氧注射治疗关节
突关节源性腰痛效果显著，安全，可以在临床推广。

关键词 脊神经背内侧支; 臭氧; 关节突关节源性腰痛; 治疗
品牌在中医药国际化发展中的作用探析

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摘要 随着回归自然成为世界性潮流，传统医药的优势也越来越受到广泛重视，中医药国际化已成为中医药事业发展的重要步骤。现阶段我国在中医药国际化进程中面临着众多机遇和挑战，但尚未形成国际上认可的中医药知名品牌。本文在探讨中医药国际化内涵后，分析了品牌在中医药国际化中的作用，提出了品牌对中医药文化传播、消费者认知、产品和服务质量、知识产权保护和创新等方面具有积极作用。

关键词 中医药国际化；品牌；作用

Study on the role of brand in the internationalization of traditional Chinese Medicine

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Abstract    With the return to nature as the world trend, more and more attention has been paid to the advantages of traditional medicine. The internationalization of Chinese medicine has become an important step in the development of traditional Chinese medicine. China is facing many opportunities and challenges in the process of internationalization of Chinese medicine, but has not yet formed an internationally recognized well-known brands of Chinese medicine. The probing into the connotation of TCM internationalization, we analyzes the brand effect in the internationalization of traditional Chinese medicine (TCM), such as promote the spread of traditional Chinese medicine culture, consumer cognition, quality of products and services, intellectual property protection and innovation.

Key words    Internationalization of traditional Chinese medicine; brand; function

中国中医药上市企业的国际化现状、问题与对策分析

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摘要 随着中医药事业的发展，国际化成为必然趋势，本文从企业规模、海外销售状况、销售区域、研发投入等角度对中国目前在 A 股上市的 58 家中医药企业相关数据进行统计分析，采用 PEST
Study on conditions, problems and countermeasures of internationalization of Chinese listed enterprise of Traditional Chinese Medicine

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Abstract  With the development of traditional Chinese medicine, internationalization has become an inevitable trend. We statistical analyzed the view of enterprise scale, overseas sales situation, sales area, R & D investment and other aspects of relevant data of the 58 traditional Chinese medicine enterprises listed on China's A shares. Used the PEST analysis method, we also analyzed traditional Chinese medicine (TCM) listed enterprises for their internationalization process in the face of the main problems and the causes. Finally, we put forward some countermeasures and suggestions, such as in-depth interpretation of foreign policy and regulations, strengthen their own management level, ensure the products to achieve real green, take appropriate market entry strategy; promotion of Chinese medicine culture; lifting capability of R & D etc.

Key words  Traditional Chinese medicine; internationalization; countermeasure

提升中药企业品牌形象的微信营销策略探讨

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摘 要  品牌竞争已成为企业综合竞争中的关键因素，企业积极运用多种方式提升品牌形象。以微信为代表的新媒体已成为信息发布、交流沟通、宣传营销的重要阵地，其日益扩大的影响力促使企业考虑如何利用微信传播方式实施品牌形象策略。目前，我国中药企业存在品牌认知度低、品牌管理力弱、整合营销意识不足、新媒体营销效果不佳等问题，亟需借助微信作为载体探索有效的企业品牌形象塑造模式。中药企业利用微信塑造企业品牌形象可采用以下措施：加强顶层设计、建立专业运营团队、增强传播内容主题设计、创新内容传播形式等，以增强企业品牌文化宣传，有效树立品牌形象，提升品牌竞争力。

关键词  中药企业；品牌；策略；微信营销
Discussion on Wechat Marketing Tactics to Promote the Brand Image of Traditional Chinese Medicine Enterprises

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Abstract  Brand competition has becoming the key factor of competition of enterprises. Enterprises actively tried to use various ways to enhance their brand image. The new media -represented by wechat - has become the important filed of information dissemination, communication and marketing. The growing influence of new media marketing forced enterprises to consider how to implement the brand image tactics by using wechat communication. There existed many problems of marketing tactics in most Traditional Chinese Medicine enterprises, such as low brand awareness, poor brand management, integrated marketing consciousness and the new media marketing effect weakness. Traditional Chinese Medicine enterprises should use wechat to build brand image as following measures: strengthening top-level design, establishing professional operations team, enhancing communication content theme designation, innovating content dissemination form. The above measures ensure to enhance the corporate brand culture propaganda, effectively establish the brand image and finally enhance the brand competitiveness.

Key words  Traditional Chinese Medicine enterprise; Brand; Tactics; Wechat marketing

企业履行社会责任对提升品牌影响力的作用分析

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摘要  企业品牌需要企业通过各种营销手段来扩大其影响力，其中通过履行社会责任的方式就是其中一种形式之一。本文通过清晰企业品牌和企业社会责任概念，明确企业履行社会责任背景的基础上，最终，本文提出企业履行社会责任有利于提高品牌知名度，使企业获得更多的关注度；有利于提升品牌的美誉度；有利于提升品牌偏好度；有利于提升品牌忠诚度。

关键词  企业社会责任；品牌影响力；作用

The Effect of Corporate Social Responsibility on promoting Brand Influence

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Abstract  The corporate brand need to expand its influence with a variety of business methods, one of the business methods is corporate social responsibility. The paper will clear the concept of corporate brand and
corporate social responsibility, define the basis of corporate social responsibility and analyze the effect of Corporate Social Responsibility on promoting Brand Influence. Finally, this paper put forward the effect to fulfill social responsibility can make enterprise improve brand awareness, get more attention; enhance the brand reputation; promote good brand preference degree; enhance the brand loyalty, etc.

Key words  Corporate Social Responsibility; brand competitiveness power; effect

Study on product brand construction of Hui pharmaceutical based on MAYINGLONG pharmaceutical company

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Abstract  The Hui ethnic medicine is the product of the combination of Chinese traditional medicine and the Arab-Islamic medical stuff, it has a distinct characteristic of Hui and Islam culture, its development arose in the song dynasty, to the heyday in yuan, declined in Ming Qing. Although Hui ethnic medicine is precious and characteristics in the treatment of many difficult and complicated diseases, it lacks of influence a broad range of brands compared with Zang and Miao ethnic medicine, so you cannot give full play to its unique role in health care, make full contribution for human health. As we all know, the market competition of modern society has changed from products to brand marketing, and creating a strong brand will undoubtedly improve the competitive power of the Hui medicine itself. In this article, therefore, Mayinglong pharmaceutical group co., as the research object, the process of it's brand building are analyzed, and the rationalization proposals for the exist problems are proposed, which are all in order to help
Acupotomy treatment of cervical spondylosis survey and analysis of 578 cases of diagnosis and treatment

CUI XJUNFANG  LAI ZHIGANG  ZHAO WEIRAN

Art Quanmei LANXIN Traditional Chinese Health Institute Canada, AOSISI Kangguag Hospital of Sichuan, Jining Minsheng Hospital

Abstract  Objective: Acupotomy treatment of cervical spondylosis a retrospective survey and analysis of practical work and the results were evaluated objectively, in order to find the diagnosis and treatment of cervical spondylosis of acupotomy. For acupotomologic therapy of cervical spondylosis with clinical diagnosis thinking and evidence. Also for the upcoming release of the" medicine disease clinic guide" (hereinafter referred to as the guide acupotomy )" technical standard" (hereinafter referred to as to provide
the basis for standard). Method: medical records in our hospital from June 1, 2010 to May 31, 2011 randomly selected file room of partial hospitalization, were treated by acupotomy for treating 578 cases of cervical vertebra disease cases, the types of distribution, clinical manifestations, radiographic features, age of onset, gender, occupation, treatment and curative effect were investigated retrospectively, and the survey results. Objective summary, evaluation and statistical analysis. Results: the efficacy of needle knife treatment of cervical disease cure rate and effective rate were 63.45% and 96.34%. Type: 578 cases with mixed type accounted for an absolute majority, a total of 487 cases, accounting for 84.38%, with the neck type and other types of combination maximum, accounted for 89.27%, followed by the nerve root type, sympathetic nerve type. Bone mineral density: in 293 patients had abnormal measurements in patients with bone mineral density in 251 cases, accounting for 85.67% of. Imaging performance of X-ray: five tablets in 355 cases accounted for 61.41%; wherein the cervical curvature change direct and inverse arch two total 258 cases, accounting for 72.81% of. Cervical vertebrae curvature straight / inverse arch with age: correlation with 20 to 30 years of age had the highest incidence, high up to 94%. Medical treatment (onset) age: age 30 ~ 60 years old. Occupation: no occupation and staff accounted for most, soldiers and construction accounted for the least proportion. Treatment: in addition to individual spinal cervical disease requiring hospitalization day 28-35, other types of both inpatient 14-21 day; in 578 cases of patients with cervical spondylosis of average hospital stay of 16 days, 3 times of needle-knife therapy. Conclusion: acupotomy therapy can treat various types of cervical spondylosis, safe, reliable curative effect, short course of treatment is of needle-knife therapy on cervical spondylosis of the biggest advantage, can be used as a non operation therapy for cervical spondylosis therapy of choice.

Keywords Acupotomy treatment of cervical spondylosis; Retrospective survey and analysis; X-ray features; Type distribution; Objective evaluation

日本漢方品牌发展战略

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摘 要 中医药剂，日本称之为汉方。厚生劳动省制定的【常用汉方处方指南 (1976)】中，收录了 210 种处方（即中国古典方剂）。在日本，（中国古典）经方，根据传承经验而未经临床实验，作为医疗保险药品被使用。近年来，日本东洋医学会发行了【科学使用汉方处方指南】。有关汉方 EBM 数据库也在建立中。许多医科大学开设汉方专题讲座，药科大学设有汉方专业或讲座。日本同中国，台湾及韩国的医疗制度不同，没有汉方师（中医师），汉方处方权为医师独占。也就是说，在某种意义上，中医药的药的部分进入了日本医疗的主流市场。作为国家品牌战略，日本农林水产省与厚生
Brand strategy of Kampo medicine

WANG XIAOMING
Teikyo Heisei University

Abstract  Traditional Chinese medicine prescriptions is called Kampo medicine in Japan. Commonly used Kampo medicine prescription guide (1976), which formulated by the Labour ministry, includes 210 kinds of prescription (i.e., classical Chinese medicine prescription). In Japan, classical Chinese medicine prescriptions, which according to the experience of the inheritance and without clinical trials, are used for medical insurance drugs. In recent years, Tokyo medical association issued scientific using Kampo medicine prescription guide, and Chinese prescription EBM database are establishing. Many Japanese medical universities opened Chinese prescription seminar, and pharmaceutical universities were equipped with professional Chinese prescription or lectures. Different with China, Japan, Taiwan and South Korea in the health care system, there are no Chinese prescription doctors in Japan, right to prescribe Chinese prescription exclusive for physicians. That is to say, in a sense, part of medicine of TCM has come into the mainstream of the Japanese medical market. As a national brand strategy, Japanese agriculture, forestry and fisheries ministry and health ministry province to develop the Japan the 6thagroforestry, food, cosmetics industry project. The project included draw material quality assurance and stability for raw herb, internal cultivation, improve the cultivation techniques, price adjustment, etc.

Keywords  Brand strategy; Kampo medicine; EBM database

打造“精品国药”为健康中国服务

钟祥刚

昆明中药厂有限公司

摘要  昆中药肇始于明洪武十四年（1381年），正式开工于清道光六年（1826年），是中国五大中药老字号之一。公司全称“昆明中药厂有限公司”，是“中华老字号”企业，中国中药质量管理、检测先进企业，高新技术企业，云南省企业技术中心，云南十大历史品牌。“昆明中药传统中药文化”是云南省宝贵的文化遗产，“昆明中药传统中药制剂”项目成功入选第四批国家级非物质文化遗产。昆中药的成功入选，实现了云南中医药入选国家级非遗项目零的突破。
Building the high-quality product of Traditional Chinese Medicine to service health China

ZHONG XIANGGANG
Kunming Traditional Chinese medicine factory

Abstract Kunming Chinese Medicine Factory Co., Ltd. originated from the year 1381 and was officially established in 1826, and it is one of China's five large time-honored brands. With a full name of "Kunming Chinese Medicine Factory Co., Ltd." (hereinafter referred to as KCMFCL), the company is a Chinese time-honored enterprise, an advanced enterprise in Chinese herb quality management and detection, a high-tech enterprise, the technology center for enterprises in Yunnan Province, and one of Yunnan's Top 10 historical brands.

The traditional Chinese medicine culture of Kunming traditional Chinese Medicine Factory Co., Ltd. is a precious intangible cultural heritage in Yunnan province. "Kunming Chinese Medicine Factory Co., Ltd., a traditional Chinese herbal preparation" project successfully selected the fourth batch of national intangible cultural heritage, Kunming Chinese Medicine Factory Co., Ltd. successfully selected, the realization of the TCM of Yunnan selected state-level intangible cultural heritage project zero breakthrough.

Kunming Chinese Medicine Factory Co., Ltd. is a company with more than 600 years of history. Healthy China Construction, has brought us the policy opportunity, the Kunming traditional Chinese Medicine Factory Limited company will firmly grasp this opportunity, to create "the fine national medicine" for the healthy China Construction service.

Key words Excellent national medicine; The national intangible cultural heritage project; Healthy China
The Discussion of the Standard Guidelines of Treating Chronic Ulcer of Leg with Chinese Medicine Based on Literature Analysis and Delphi Screening Method

Abstract Objective  To explore the standard guidelines of treating chronic ulcer of leg with Chinese medicine. Methods: Firstly a clinical recommendation draft with high proof was developed by searching systematically Chinese and foreign literature. Then a consistent expert consensus was formed though two rounds of expert investigation using the Delphi method. Lastly the final standard scheme treating chronic ulcer of leg was obtained through clinical practice verification. Results: Literature research shows that surgery treatment according to Chinese medicine has certain advantages. It is that quantitative evaluation in local wound is basically identical with modern medicine and its clinical proof can achieve the fist-class level. Screening questionnaire through Delphi method all conform to the writing request. The recovery of questionnaire, efficiency of questionnaire and positive coefficients of experts all are 100%. That results shows that experts in treating chronic ulcer of leg respecting to syndrome differentiation and parting treatment focuses on air deficiency and blood stasis, damp heat stasis. Would records includes wound area, wound depth, the quality and quantity of the necrotic tissue, the color, smell, character of exudation, skin
temperature, pain and excretion of bacteria. External treatment, bound therapy, Chinese medicine fumigation, traditional Chinese medicine stains have certain advantages. The standard guidelines of treating chronic ulcer of leg are now in clinical practice. **Conclusion:** It is a useful method to formulate standard guidelines of treating chronic ulcer of leg by system literature retrieval, reasonable use of Delphi method, fully listening to the opinions of the experts and verifying it in clinical practice.

**Key words** chronic ulcer of leg; reference; Delphi method; standardization

**Treating Experience of Thyroid associated Ophthalmopathy from Professor Ruquan Chen by Lung and Spleen Theory**

**Abstract** Thyroid associated ophthalmopathy is the first incidence above all of orbital disease in adult, and swollen eyelids is its common symptom. Professor Chen Ruquan is the representative inheritance of Chen gallon academic school from Hubei province. In treatment of thyroid associated ophthalmopathy he is not only combing integral dialectics with local dialectics but also basing on lung and spleen theory. Professor Chen thinks that basic pathogenesis of the disease is lung and spleen deficiency and water lost. So the principle of treating the disease is nourishing and discharging the body. The specific methods are to nourish lung and enhance air, unblock air and strengthen lung, eliminating phlegm and burn fat, active blood and vanish swelling. If prescription is correctly selected according to the above methods, good curative
The Discussion of Treating Hashimoto’s Thyroiditis by Fu-Xie Theory

Abstract  Objective To investigate theoretical basis about the hashimoto’s thyroiditis by Fu-Xie theory.  
Method: Analysis of the relationship between Fu-Xie and incidence of HT by reviewing concept of Fu-Xie theory, theoretical source, essence of Fu-Xie and occurrence conditions. The consistency of Fu-Xie and HT was confirmed by Fu-Xie hiding, disease appearing, self-accumulation, attacking the body, leaving pathogenic factors in the body and cuing difficulty.  
Results: When Fu-Xie theory was used to treating hashimoto’s thyroiditis, the application of preventive treatment, supplying air to enhance the body, strength the lung to remove pathogen and inspecting pick method should be valued.  
Conclusion: Fu-Xie theory plays an important role in guiding treatment of hashimoto’s thyroiditis.  
Key words: Fu-xie; hashimoto’s thyroiditis  

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作者介绍：左新河（1964年），男，汉族，湖北监利人，副教授，博士学位，研究方向：中医内分泌代谢疾病。  
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胆石的成因机制及中西医预防的研究进展

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摘 要 胆结石是一种女性多发于成年男性[1]的疾病，其中胆固醇结石最为常见，我国西北地区此病的发病率较其他地区略高[2]。目前，胆石症发病率高达 10%左右，复发率也较高，多选择手术而耗费大量医疗资源，患者承受着巨大的痛苦及风险。胆石形成其机制复杂，但目前的共识之一：胆汁成分改变是成石的基础，促-抑成核体系失衡是成石的关键，而胆道运动功能失调则是胆石形成的重要条件，胆、肝（胆）微量子蛋白质在调控胆固醇结石形成过程中起重要作用[3]。近年来，国内外预防胆石发生更加注重于整体及其相互关联的研究，为进一步深入研究胆石病的预防和复发提供了方向[4]。中医药在治疗胆结石，尤其是胆囊胆固醇结石显示出了很好的临床疗效。因此，探讨中药从整体出发，基于中医理论如何调控胆固醇代谢，降低小肠胆固醇摄取，调节胆汁胆固醇含量，调控胆道运动的效应及机制，将是实现胆石病预防研究的全新策略之一[5]。

关键词 胆结石；成因；防治

Genetic mechanism of gallstone and its research progress of Chinese and western medicine prevention

Wang Hong, Quan Peipei, Han Junquan, Sun Weijian, Qu Pengfei, Wang Tianlin, He Junchen, Wang Wendong

Gallstone is the disease which occurs much frequently in the adult female than male. cholesterol stone is the most common kind. The incidence rate of the disease in the northwest of China is slightly higher than that of the other regions. At present, the incidence rate of gallstones is about 10%. The recurrence rate is also high. The choice of surgery consume a large number of medical resources. Furthermore, the patients suffer great pain and risk. The mechanism of gallstone formation is complex, but it is sure that: changes of bile components is the foundation of gallstone. pro- and anti- nucleation system imbalance is the key factor of gallstone formation. Dysregulation of biliary motility is important conditions of gallstone formation. Intestine, liver and biliary trace protein also plays an important role in the regulation of cholesterol calculus formation process. In recent years, more attention focused on the whole and related research on the prevention of gallstone, which provided the direction to further study the prevention and recurrence of gallstone diseases. Traditional Chinese medicine showed a good clinical effect in the treatment of gallstones, especially cholesterol gallstones. Therefore, to explore traditional Chinese medicine with the whole view, regulation of cholesterol metabolism based on the theory of traditional Chinese medicine, intestinal cholesterol uptake reduction, the content of cholesterol in bile regulation, regulation of biliary control effects and mechanism, and so on, will be the new strategies to prevent the gallstone diseases.
Key words: gallstone; origin; prevention and cure

胃癌治疗的新进展

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摘要 胃癌是一个全球性常见疾病，具有发病率高，早期诊断率低、转移率高、根治切除率低，死亡率较高。5年生存率低等特征。目前外科手术仍是治疗胃癌的主要手段，以腹腔镜技术为代表的微创技术作为现代高新科技与传统外科技术结合的产物已成功用于早期胃癌及部分进展期胃癌。对于无法进行根治性切除的患者可以实行新辅助化疗，当前胃癌的治疗是围术期治疗+术后+术后辅助治疗（化疗、放疗以及生物治疗等）的综合治疗模式，不可切除的进展期胃癌的治疗是我们面临的巨大挑战。对于此类患者，采取合适的治疗手段，积极改善生存质量和延长生存期是急需解决的临床难题。对于胃癌患者来说，地理区域、肿瘤部位、肿瘤分期都有可能是影响确定治疗方案的重要因素。胃癌的治疗要采用规范化、个体化的治疗模式。强调在保证根治的前提下，尽可能保存正常生理功能，重视患者术后生活质量。

关键词 胃癌；治疗；新进展

New progress in the treatment of gastric cancer

Abstract  Gastric cancer is a global common disease with high incidence, low early diagnosis rate, high metastasis rate, low radical resection rate, high mortality rate and low survival rate of 5 years. The main method of surgery remains the treatment of gastric cancer, laparoscopic technology representative of minimally invasive technology as a modern new and high technology and traditional surgical technique combined with the product has been successfully used in early gastric cancer and advanced gastric cancer. For patients who cannot be treated with radical surgery, neoadjuvant chemotherapy can be performed. The current treatment of gastric cancer is a comprehensive treatment mode, which is the combination of perioperative treatment and adjuvant therapy (chemotherapy, radiotherapy and biological therapy). The treatment of patients with advanced gastric cancer is an enormous challenge. For this kind of patients, to take appropriate treatment measures, and actively improve the quality of life and prolong the survival period is an urgent need to solve clinical problems. For patients with gastric cancer, geographical region, tumor location, tumor staging may be an important factor in determining the treatment plan, the treatment of gastric cancer should be standardized and individualized treatment mode. Stressed that in the premise of radical cure, as far as possible to preserve the normal physiological function, attention to the quality of life of patients after surgery.

Key word  gastric cancer; treatment; new progress
甲状腺结节的微创治疗进展

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摘要 甲状腺结节是临床常见疾病，其发病率和检出率逐年上升。虽然大部分的良性结节只需随访观察，仍有一部分甲状腺结节需进一步治疗。随着科技进步和治疗经验的积累，甲状腺结节的治疗正趋向于微创化。目前，腔镜甲状腺手术的适应范围在逐步扩大，可以预见未来大部分的传统手术将被腔镜手术所取代。而热消融技术应用在甲状腺结节的治疗上具有微创、有效、安全、经济、美观的优势，临床应用前景广泛，相信会逐步成为良性甲状腺结节甚至是早期恶性结节的主要治疗方法。

关键词 甲状腺结节；热消融；微创

Advances in minimally invasive treatment of thyroid nodules

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Abstract Thyroid nodules are common clinical diseases. Its incidence rate and detection rate are increasing year by year. While most of the benign nodules are only observed, there is still a part of the thyroid nodules that need further treatment. With the accumulation of scientific and technological progress and treatment experience, the treatment of thyroid nodules is tending to be minimally invasive. At present, endoscopic thyroid surgery adaptation scope gradually expanded, we can foresee most of the traditional operation will be replaced by laparoscopic surgery in the future. And the application of thermal ablation technique in the treatment of thyroid nodules is minimally invasive, effective, safe, economical, beautiful and has broad prospects for clinical application. It is believed that it will gradually become the main treatment method for benign thyroid nodules and even early malignant nodules.

Key words Thyroid nodule; Thermal ablation; Minimal invasive

术后尿潴留原因分析与护理进展

李丽

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摘要 尿潴留是指膀胱内残留大量尿液而又不能自主排出。尿潴留时膀胱容积增大，病人主诉下
Analysis of the causes of operative patients with urine retention and nursing progress

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Abstract The uroschosis is the symptom that the urocyst is full of urine but fail in micturition. Bladder capacity increased urinary retention, the patient complained of lower abdominal pain, dysuria. Physical examination revealed the suprapubic swelling, palpable cystic mass, percussion was solid sound. It is one of the most common complications after the operation, and the rate is as high as 52% after the operation for anorectal diseases. Uroschosis after operation can lead to excessive expansion of bladder and detrusor injury permanent, and through the indwelling catheter to prevent urinary retention, will bring pain and inconveniency to the patient, increasing the chance of urinary tract infection. Postoperative urinary retention of patients with pain, irritability, abdominal pain. Which is very unfavorable for patient recovery from the operation. In clinical nursing, we need to take effective measures to help patients to relieve pain. This article introduced the cause of uroschosis after the operation as well as the nursing measures, so as to provide the evidences for clinical care and reduce the incidence of postoperative urinary retention and urinary tract infection rate.

Key words Uroschosis after operation; Cause; Nursing

腹腔镜气腹并发症发生机理的研究进展

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天津中医药大学第二附属医院外一科

摘 要 腹腔镜外科手术在临床的应用越来越广泛，已成为外科手术的常用方法。但是我们应以看到腹腔镜微创手术的优点，也要看到其不足。腹腔镜手术的气腹可以造成很多的具有其独有的并发症，随着腹腔镜手术的增多，由于 CO₂气腹所引起的并发症也随之增多，也受到了广大医务工作者的重视。CO₂气腹所引起的并发症主要是与 CO₂的吸收和腹腔内压力的增高有明显相关。主要
Research Progress on the mechanism of complications during laparoscopic cholecystectomy

The Second Affiliated Hospital of Tianjin University of Traditional Chinese Medicine
Hanjunquan wanghong quanpcipi sunweijian qupengfei wangtianlin hejunchen wangwendong

Abstract  Laparoscopic surgery is widely used in clinical practice, which has became a common surgical procedure. But we should notice the advantages of laparoscopic minimally invasive surgery, even its shortcomings. Laparoscopic pneumoperitoneum can cause a lot of unique complications. With the increase of laparoscopic surgery, complications due to CO2 pneumoperitoneum have been increased, which has also received the attention of the general medical workers. Complications with CO2 pneumoperitoneum were significantly associated with absorption of CO2 and the increased of intra-abdominal pressure. These include the effect of important organs just as pain, nausea and vomiting, heart and lung, liver and kidney, and many departments of emphysema, and complications of immunity and fibrinolysis. In this report, we reviewed the literature and assessed the research progress of the mechanism of pneumoperitoneum.

Key word  laparoscopy, pneumoperitoneum, complication, research progress

Clinical status of Biliary intestinal anastomosis

He Yanli etl.
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摘　要
创建中医药新治法新方药治疗难治性肾病综合征的
临床疗效观察——附 90 例近远期疗效随访

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摘 要 难治性肾病综合征是指原发性肾病综合征中经过激素标准疗法治疗后，出现复发、不敏感
和耐药病例的总称，属于中医学“顽固性水肿”范畴。其临床特征有顽固性浮肿，高度持续的蛋白
尿，低蛋白血症，高脂血症，激素免疫抑制剂副作用明显，肾功能易受到损害。我们自 90 年代起在
提高辨证论治临床水平基础上，结合难治性肾病综合征的临床及病理特征，逐渐创建了六大新治
疗大法和新的单味有效中药和中成药及用药剂量，辨证综合治疗 90 例难治性肾病综合征结果如下；

1、理论研究部分：提出难治性肾病的中医机理：①脾肾两虚是本病的主要内在条件，难治性肾
病其兼程缠绵难愈，病根是虚，②风寒湿邪邪乘虚侵袭是主要外因诱因，认为水肿与风、湿等外邪乘
虚侵袭有关。因此，本病正虚明显，邪气反复侵入导致虚实夹杂，病情反复。③水湿、湿热、瘀血
是主要的病理产物，三者之中有部分是相兼为患的，导致缠绵反复，难治不愈。④阴阳两虚是病变
后期表现，大量长期应用激素和细胞毒性药物可耗伤阴精，损害脾肾之气，出现毒副作用，由阴损及
阳，或阳损及阴，出现气阴两虚，病后后期往往转变为阴阳两虚，提出难治性肾病之辨治因素：①
正气不足，感受外邪导致反复感染；②久病劳复，精微下泄反复发作大量尿蛋白流出；③痰湿瘀血，
瘀阻胃肠道虚寒状态；④湿热水肿，阴水阳水并见发生顽固性水肿；⑤高度水肿或湿痹脾胃，升清降
浊失调，后天生化无源使病难愈。总结出难治性肾病中医机理演变规律：①脾肾气虚或气阴两虚，
终至肾中精气亏虚，阴阳两虚；②痰湿郁滞，水瘀交阻，瘀阻胃肠道故本病迁延难愈。

2、临床研究部分：经文献调研，临床研究，在 1999 年中华中医药学会肾病专业委员会组
织的难治性肾病中医治疗专题研讨会上首次提出了难治性肾病的中医辨证分型方案，即分为：本证:
脾肾气虚证；脾肾阳虚证；肝阴虚证；气阴两虚证；阴阳两虚证。标证：外感证；水湿证；湿热证；湿热证；血瘀证；痰瘀证。通过对 123 例难治性肾病患者中西医辨证规律
的探讨，认为此病以脾肾气虚证或气阴两虚证占主要正虚证型，并且脾肾气虚、脾肾阳虚证多兼湿
湿、痰湿；气阴两虚、肝肾阴虚常兼湿热、瘀血、热毒；阴阳两虚多伴有水肿、湿热和血瘀。治疗方
案的制定：结合难治性肾病综合征的临床特征、证型、病理特点在辨证基础上重点突出以下八大新
法、新药的选择和组合使用：①从风论治；②从肝论治；③从气论治；④从气血论治论治化瘀活血
作用；⑤从湿热论治论治清热利湿作用；⑥用大剂量清热解毒活血化瘀中药论治难治性肾病；⑦从湿
温论治论治难治性肾病损害；⑧开发新的中成药及单味中药并创新用药剂量（肾炎灵颗粒剂（院内制剂）、黄茋
益肾胶囊、雷公藤多肽片、火把花根片、黄芪、当归、附子）。病例选择：符合难治性肾病综合征临
床诊断，要有肾脏病理诊断确诊。西药治疗一年以上，以控病导致前一年数据作为自身对照。治疗
组 90 例均采用西药不加量单方治疗。治疗疗程：一年。近、远期治疗结果：经以上新治法新方药辨
证加减治疗一年，中医中药综合难治性肾病综合征近远期总有效率为 87.8%，具有明显的降蛋白、
消水肿、保护肾脏作用，特别具有改善难治性肾病综合征的特征症状，提高免疫力，减轻激素、
糖尿病患者出现蛋白尿的诊治

吕仁和　李靖　张海啸　杨洁　周国民　王建勋

摘要　糖尿病（Diabetes mellitus，DM）患者出现蛋白尿，除了由糖尿病肾病引起外，尚有少
因素可以引起，需认真分析，根据临床所见，本文对尿微量白蛋白异常、尿常规检测的蛋白尿、糖尿
病患者见大量蛋白尿，糖尿病肾病肾功能衰竭期，糖尿病肾病并发疾病引发蛋白尿等的诊治进行小
结。

关键词　糖尿病；蛋白尿；防治

吉勤教授治疗糖尿病肾病的临床经验总结

Professor Ji Qin’s clinical experience in treatment of diabetic nephropathy

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摘要　目的：通过对吉勤教授中医疗糖尿病肾病的经验总结，为糖尿病肾病的临床治疗提供新
的治疗思路。方法：采用临床回顾性研究的方法，对吉勤教授多年对糖尿病肾病的临床治疗思路进
行总结。结果：吉教授对糖尿病肾病辨证分型为：气阴两虚、脾肾气虚、肾虚血瘀，湿热瘀阻，且
瘀血证贯穿疾病的整个病程。结论：因此治疗本病时不可拘泥于补肾，须有温补血，必须遵循中
医辨证施治。

关键词　吉勤教授；糖尿病肾病；临床经验总结

Abstract　Objective: summary professor Ji Qin’s clinical experience in treatment of diabetic nephropathy
to provide new treatment ideas for the clinical treatment of diabetic nephropathy. Methods: summary years
of professor Ji Qin’s clinical ideas in treatment of diabetic nephropathy by a retrospective clinical study
method. Results: Professor Ji suggests that diabetic nephropathy has three syndrome types in TCM: deficien-
cy of both qi and yin, spleen-kidney qi deficiency, kidney deficiency generating blood stasis, dampness-
heat stagnation, and blood stasis throughout the course of the disease, so that in the treatment not
only to tonic kidney, but also to avoid keeping pathogenic qi stay in the body, and follow traditional Chinese medicine treatment based on syndrome differentiation.

**Keywords** professor Ji Qin; diabetic nephropathy; clinical experience

吉勤教授治疗肾病综合征临床经验

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**摘要** 肾病综合征（nephrotic syndrome，NS）是肾小球疾病中的一组临床症状群，其典型临床表现是大量蛋白尿、低白球蛋白血症、水肿、伴或不伴高血压症。本病最基本的特征为大量蛋白尿。我国使用的标准为尿蛋白≥3.5g/d，血浆白蛋白≤30g/L。吉勤教授认为本病病机是正气虚弱为本，邪实虚郁为标。属本虚标实，虚实夹杂的疾病。其中虚症以脾肾两虚为主，实证以水湿、湿热、瘀血为主，根据肾病综合征的病机特点，在治疗上，提出虚则补之、实则通益，标本兼顾，重视把利水渗湿贯穿于整个治疗过程，兼以健脾益肾、清热利湿、利气疏导、活血化瘀，在临床运用中取得较好疗效，为治疗肾病综合征提供辨证论治思路。

**关键词** 肾病综合征 机理 辨证论治 中药治疗 吉勤教授

professor Ji Qin's clinical experience in treatment of nephrotic syndrome lithiasis

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**Abstract** Nephrotic syndrome (NS) is a group of clinical syndrome in the glomerular disease. The typical clinical manifestations are massive proteinuria, hypoalbuminemia, edema, with or without hyperlipidemia. The most basic feature of the disease is massive proteinuria, the diagnosis standards in China are urine protein ≥3.5g / d, serum albumin ≤30g / L. Professor Ji Qin suggests the pathogenesis of the disease are the root of healthy qi weakness and the branch of pathogenic qi stagnation and natures of the disease are the root of deficiency syndrome and the branch of excess syndrome. Wherein the deficiency syndrome mainly is the deficiency of both spleen and kidney, and the excess syndromes mainly are moisture, dampness-heat, and blood stasis. Based on characteristics of the pathogenesis of nephrotic syndrome, professor Ji Qin takes the therapeutic principles guiding the treatment are known as “treating deficiency with tonic”, “treating
excess syndromes with reduction”, and “treating root-and-branch of disease”, and emphasizes the means of promoting urination and draining dampness throughout the entire course of treatment, concurrently with invigorating spleen and tonifying kidney, clearing heat and draining dampness, promoting qi and relieving stranguria, activating blood and resolving stasis. Then achieving the good clinical curative effect, which is providing diagnosis and treatment thoughts for the treatment of nephrotic syndrome.

Key words nephrotic syndrome, mechanism, treatment based on syndrome differentiation, treatment by TCM, professor Ji Qin

Professor Qin Ji's clinical experience on the treatment of urinary system lithiasis

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Abstract Urinary System lithiasis, also known as urolithiasis, the general term for calculus of kidney, calculus of ureter, calculus of bladder and calculus of urinary tract, has individual differences in clinical manifestations. The most common symptoms of urolithiasis can include the pain, hematuria and dysuria, and sometimes some patients have no symptoms with lithiasis. Professor Ji Qin suggests the early pathogenesis of the disease was mostly caused by long-time dampness-hot in lower energizer which is resulting in the syndrome of conversion of excess into deficiency or deficiency-excess in complexity.
Excess syndrome is mainly on dampness-hot and stasis blood, and deficiency syndrome is mainly on spleen and kidney deficiency. Based on characteristics of the pathogenesis of urinary system lithiasis, professor Ji Qin takes the therapeutic principles guiding the treatment are known as “treating excess syndromes with reduction”, “treating deficiency with tonification”, and “treating root-and-branch of disease”, and emphasizes the means of relieving stranguria and expelling stone throughout the entire course of treatment, concurrently with clearing heat and draining dampness, promoting qi and relieving stranguria, activating blood and resolving stasis, and invigorating spleen and tonifying kidney. Then achieving the good clinical curative effect, which is providing diagnosis and treatment thoughts for the treatment of urolithiasis.

Key words: urolithiasis, mechanism, treatment based on syndrome differentiation, treatment by TCM, professor Qin Ji

邹燕勤教授中医治疗肾病综合征验案赏析

易岚

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摘 要 本文择选邹燕勤教授运用中医辨证治疗的良性肾病、肾病综合征合并肾静脉血栓、肾病综合征水肿的验案，分析其辨证治法处方用药的特色，并总结归纳邹燕勤教授治疗肾病综合征的经验：扶正祛邪，标本兼顾；分阶段辨证治疗；在辨证基础上，擅用补气扶正药，活血化瘀药、祛风药治疗肾病蛋白尿；坚持守法守方，取长久之效。

关键词 邹燕勤 肾病综合征 中医治疗 病案

论骨髓间充质干细胞为中医肾藏精理论作用的重要物质基础

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肾藏精是中医藏象理论的重要组成部分，它与人体的生长发育和再生修复有着密切的关系。干细胞治疗是目前脏器损伤后，促进机体自我修复与再生或改善损伤组织和器官功能的重要手段。骨髓间充质干细胞(Bone marrow mesenchymal stem cells, BMSCs)是存在于细胞中的一种，具有多向分化的能力。本文拟以近期“从肾论治”法诱导 BMSCs 多向分化的科研成果为依据，探讨肾藏精理论与 BMSCs 定向分化之联系，希冀为中医药与 BMSCs 相结合早日运用于临床提供新的理论依据与指导。
Bone marrow mesenchymal stem cells: a vital material basis of “Kidney stores essence” theory in TCM

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Abstracts “Kidney stores essence”, which has a close relationship with not only constituting the human body but also regeneration and recovery, is a vital part of visceral figure theory in TCM. Stem cell therapy is an important method in promoting self-repairation and regeneration, improving of organic function after post injury. Belonging to adult stem cell, bone marrow mesenchymal stem cells(BMSCs) own the ability of multi-directional differentiation. This paper is based on the recent research achievements of the BMSCs multi-directional differentiation induced by kidney-treating therapy, aiming at discussing the relationship between “Kidney Stores Essence” theory and BMSCs, hope to provide a new theoretical basis and guidance for the combination of TCM and BMSCs in clinical practice.

Key words Kidney Storing Essence; Bone marrow mesenchymal stem cells(BMSCs); Differentiation; Material foundation

陈志强教授治疗原发性肾病综合征的临床经验

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摘 要 在肾病综合征的临床治疗中，陈志强教授认为脾肾亏虚，湿瘀阻络是其基本病机。治疗时，健脾补肾，益气温阳，祛湿活血利水贯穿始终，并注意对兼症及变证的治疗。在临床上辨病、辨证相结合，灵活运用，大大提高患者的生存和生活质量，临床疗效显著。

关键词 肾病综合征；辨证论治；临床；陈志强

Clinical Experience in Treating Primary Nephrotic Syndrome by Professor CHEN Zhiquiang

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Abstract In the clinical treatment of primary nephrotic syndrome, Professor Chen Zhiquiang believed that deficiency of spleen and kidney and dampness and blood stasis were the basic pathogenesis. Strengthening spleen and kidney, Supplementing qi and warming Yang, excreting water, drying dampness, dispersing blood stasis and dredging collateral should be the principle treatment. Besides,accompanying syndrome and complication syndrome should be paid attention to. In clinic,
Professor Chen combined disease differentiation and syndrome differentiation and applied them flexibly. Those methods improved patient survival and quality of life greatly.

Key words: chronic renal failure; syndrome differentiation; clinical; CHEN Zhiqiang

邵朝弟运用归脾汤治疗慢性肾脏病经验浅析

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慢性肾脏病是临床常见病、疑难病，中医药在治疗慢性肾脏病方面表现了独特的优势。现代医学认为其临床表现和病理改变常呈多样性，其目前尚无特异治疗办法，不能达到满意的治疗效果。邵老从本虚入手，以归脾汤为基本方加减运用，意在培补正气，养后天以充先天，治疗用药上强调辨证及临证加减，用药精简、安全，不仅有效缓解症状，同时能改善肾脏功能，延缓肾功能损伤的进展。

肾病综合征的运动处方探讨

贾冕
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摘 要 肾病综合征是一种常见疾病，治愈困难且复发率高，目前，中西医结合诊治肾病综合征有了很大进展，但对于肾病综合征患者是否能采用运动疗法，仍存在争议。多数患者无力运动，不知如何运动，甚至畏惧运动，长期卧床，并不利于恢复；而多数医者认为，肾病综合征患者可以进行适当运动，有利于增强机体免疫力并改善循环状态，认为中国传统运动方式较为适宜。本文通过文献研究，结合国内外研究进展，从运动方式、运动强度、运动频率、运动时间、运动前准备及运动监测等方面，对本病的运动处方进行探讨。

关键词 肾病综合征；中医辨证运动；运动处方

Abstract Nephrotic syndrome is a common disease which has high relapse rates and difficult to cure. At present, the cooperation of TCM and western medicine treatment of nephrotic syndrome has a very big progress, but still remains controversial on whether patients with nephrotic syndrome can use exercise therapy or not. Most patients are unable to exercise. They do not know how to do it in a right way. Some of them are afraid of movement, and prefer to lay in bed for a long time, which is not conducive to recovery. Most doctors believe that do exercise appropriately is beneficial to enhance immunity and improve circulation for patients with nephrotic syndrome, and Chinese traditional exercise is relatively appropriate.
In this paper, through literature research, combining with research progress both at home and abroad, we discuss the exercise prescription of NS from pattern, intensity, frequency, duration, preparation works and motion monitoring of exercise.

key words Nephrotic syndrome; Syndrome differentiation exercise of TCM; exercise prescription

Experience of Professor Lv Renhe in Treating pediatric nephrotic syndrome by "six of differentiation" method

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Key Words: Lv Renhe; "six of differentiation" method, pediatric nephrotic syndrome; Expert experience

Abstract The paper summarize the experience of professor Lv Renhe in treating pediatric syndrome by "six of differentiation" method. It include stage treatment; treatment of disease; treatment of disease based on different pathogenesis; Or different symptoms; symptomatic treatment and symptomatic treatment based on combination of disease of syndrome. Applying the "six of differentiation" method in treating pediatric nephrotic syndrome, it not only improving the clinical curative effect but also keeping the disease stability.

Key Words: Lv Renhe; "six of differentiation" method, pediatric nephrotic syndrome; Expert experience
应用吕仁和学术思想中西医结合治疗原发性难治性肾病综合征一例

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摘要 肾病综合征（NS）是常见的肾脏疾病，临床治疗上较为棘手。吕教授认为就肾病综合征临床表而言，是人体正气虚弱，卫外不固，邪气乘虚而犯肾脏，使肾脏阴阳失调，功能紊乱，以致肾病综合征频发的发生，“肾本虚”是其发病的主要原因，而“肾络瘀阻”的形成是疾病发生发展的关键环节。作者采用吕仁和教授“肾络瘀阻”“肾本虚”的学术思想，以“益气活血”为治疗原则，中西医结合治疗，即在激素大量诱导阶段：根据症状选药，激素撤减阶段益气养阴为主，缓慢维持阶段以补肾健脾为主，全程加用益气活血药，避免激素、免疫抑制剂带来的副作用，提高临床疗效。

关键词 吕仁和 肾病综合征 中西医结合治疗 益气活血

黄芪六味地黄汤治疗肾病综合征经验

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摘要 肾病综合征是肾脏内科极为常见的疾病之一，其治愈困难，复发率高。目前西医治疗多以糖皮质激素为主，但长期的激素治疗往往会带来许多的副作用和并发症，而适当的中医干预能大大减少西医治疗的不足。

关键词 黄芪六味地黄丸、肾病综合征

Abstract nephrotic syndrome is one of the most common diseases in Nephrology, which is very difficult to cure and often relapses. At present, in western medicine treatment, it is mostly cured via glucocorticoids. But accordingly, it will bring some side effects and complication via a long-term hormone therapy. Luckily, some moderate traditional Chinese medicine treatment will amend its shortages.

Keywords pill of six ingredients with rehmannia, nephrotic syndrome
试谈中西医结合治疗肾病综合征的临床体会

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摘 要 本文论述了祖国医学对待病综合征(nephrotic syndrome)的一些认识。认为在肾病综合征中，尚有祖国医学理论没有涉及的方面，蛋白尿(albuminuria)就是例子，特别对于顽固性(intractable)蛋白尿患者(patients with albuminuria)，更是如此。虽然我们现在已经有许多的治疗方法，临床效果(clinic efficacy)却不尽如人意。由于此类患者病程迁延，大部分患者在存有蛋白尿的情况下，并没有明显的其他症状，我们依据患者的舌苔、脉象、病程长短以及治疗服药经过，认为90%以上的患者都存在气虚、气阴两虚的现象(特别是服用过免疫抑制剂的患者)。我们治疗以益气为主，兼顾湿热(damp-heat syndrome)、血瘀(blood stasis)、邪毒(pathogenic toxin)等，收到良好效果。因此认为，对待肾病综合征来说，中西医结合治疗(the Chinese traditional medicine dialectical treatment)有着极大的优势，尤其在某些方面不能拘泥于现代医学的理论和检查，要积极寻求治疗措施，祖国医学的灵魂是辨证论治(dialectical treatment)，只有继承才能有发展，只有发展才是中医的生命力。

关键词：肾脏综合征 中医治疗 益气为主

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Brief Summary
This article discusses the understanding of Nephrotic Syndrome in the Traditional Chinese Medicine, and considers that Traditional Chinese Medicine theory hasn’t been referred to in the same field of Nephrotic Syndrome. Albuminuria, especially patients with intractable albuminuria, is an example. The clinic efficacy is less than satisfactory, though there are many albuminuria therapies. Because the disease course lasts long time, most of patents with albuminuria have no other obvious symptoms. We believe that more than 90% of patents, especially patients who have taken immunosuppressors, suffer from Qi-deficiency or Qi&Yin-deficiency according to conditions of patents’ coated tongue, aphygmus, disease course, treatment and routine medication. Our treatments are effective, which focus on tonifying Qi and are complemented by treating damp-heat syndrome, blood stasis and pathogenic toxin. On the whole, the Chinese traditional medicine dialectical treatment has the great advantage in curing Nephrotic Syndrome. We should seek more effective treatments, but not limited to modern medicine theory and treatment. The soul of Traditional Chinese Medicine is dialectical treatment, which will be developed only when inherited, and development is the only vitality of Traditional Chinese Medicine.

Keywords:Nephrotic Syndrome, Traditional Chinese Medicine Treatment, Focus on Tonifying Qi
中西医防治儿童微小病变型肾病复发研究概况

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摘要 调查显示，儿童肾脏疾病中以原发性肾小球病为主，其中病变诊断以MCN为主，单纯型肾病综合征型的病理解剖也以MCN为主。MCN对糖皮质激素敏感，但极易复发，MCN复发与年龄相关，发病年龄小的MCN患者更倾向于复发。近年来有专家学者研究提出微小病变型肾病与中医特异性之间存在一定相关性，如能将中医辨证论治与西医药物结合，发展和推广出一个最优的治疗方案，以减少疾病的复发。我们从中医各家经验及疾病证型研究，以及现代医学论分别阐述防治儿童微小病变型肾病复发的研究进展。

关键词 儿童微小病变型肾病；中西医防治；复发；综述

Research Progress in Relapse Prevention of Children with Minimal Change Nephrosis with Chinese and Western Medicine

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Abstract A survey shows that most children's kidney disease is the primary disease whose pathological diagnosis is largely MCN, and pathologic diagnosis of children with simple nephrotic syndrome is also dominated by MCN. MCN is sensitive to glucocorticoid effect, but easy to relapse, it is related that small age of patients and tendency to MCN relapse. In recent years, some experts and scholars suggest that there are some correlations between minimal change nephropathy and TCM special syndromes, and we can combine TCM and Western medicine, develop and promote an optimal treatment regimen to reduce the recurrence of the disease. We are respectively elaborating the research progress in relapse prevention of children with minimal change nephrosis by TCM doctors experiences, disease syndromes research, and modern medical facoty.

Key words children with minimal change nephrosis; relapse prevention with Chinese and Western Medicine; relapse; summary
张春艳教授治疗肾病综合征临床经验

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摘 要  肾病综合征是临床常见肾病，现代医学治疗主要以激素为主，但激素副作用多，而中药能明显减少激素副作用，提高其疗效，故中医治疗肾病综合征有其独特优势。现总结张春艳教授在肾病患者的临床经验，以期为今后治疗提供新思路。

急性肾损伤的临床特点及中医证型分析

谢王英  陈洪宇

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摘 要  目的：通过对本院 2013 年急性肾损伤（AKI）的病例进行研究，分析急性肾损伤的临床特点，中医证型，药物性急性肾损伤的病因分布、预后等，提高急性肾损伤的认识，为临床预防及治疗提供客观依据。

方法：收集我院 2013 年符合急性肾损伤的病例 182 例，对其年龄、性别、病因、血肌酐、尿素氮、尿蛋白、24 小时蛋白、血红素、药物性急性肾损伤的病因分布、预后，中医分型进行综合分析，计数资料用构成比或者比率表示，平均数资料用 X±SD，计量资料采用卡方检验。

结果：急性肾损伤多见于男性（占 58.2%），女占 41.8%），并以高龄患者为主，大于 60 岁的占 45.06%，40-60 之间占 36.26%，小于 40 岁的占 18.68%。老年人中以伴发糖尿病者最多占 17.8%，其次是高血压 8.9%。急性肾损伤病因中以急性肾炎占 48.4%，肾前性占 43.9%，肾后性占 7.7%。药物性急性肾损伤以抗生素（占 43.2%）及解热镇痛药（占 22.7%）为主，其次是非甾体消炎药及降尿酸药、化疗药。病因分型（肾前性、肾性、肾后性）与预后有相关性，白蛋白、血肌酐、尿素氮、24 小时蛋白定量与预后无相关性。药物性急性肾损伤在用药及中药辨证治疗后预后良好，中医分型以浊毒内盛为主。

结论：急性肾损伤好发于老年男性，以肾性为主，其次是肾前性，肾后性较少。药物性急性肾损伤以抗生素及解热镇痛药为主，病因分型与预后有相关性。药物性急性肾损伤用药及中药辨证治疗后预后良好，急性肾损伤中医分型以浊毒内盛为主。

关键词  急性肾损伤，药物性，病因，中医
Analysis of clinical characteristics and TCM syndrome types of AKI

ABSTRACT

Objective:

Through the research of AKI cases in our hospital during 2013, we can analysis AKI's clinical characteristics and syndrome type of TCM, druginduced etiology and prognosis etc. We could improve the understanding of AKI and provide the objective basis for clinical prevention and treatment.

Method:

Collected 182 AKI's clinical cases. On their ages, gender, etiology, serum Creatinine, urea nitrogen, urinary protein, 24 hour protein, heme, drug of acute renal injury etiology, prognosis and TCM Typing a comprehensive analysis, count data using constitute ratio or the ratio of average data using X + SD, measurement data by chi square test.

Results:AKI is more common on male,(male 58.2%, female 41.3%), and mainly in elderly patients, more than 60 years old accounted for 45.06%, between 40-60% 36.26%, less than 40 years old accounted for 18.68%, elderly patients with diabetes up to 17.8%, followed by hypertension accounted for 8.9%. In the etiology of AKI, the majority of the renal was 48.4%, the prerrenal 43.9%, and 7.7% of the postrenal. Drug induced AKI that gives priority to with antibiotics (43.2%) and antipyretic analgesic (22.7%), followed by non steroidal anti-inflammatory drugs and urate lowering drugs, chemotherapy drugs. There were correlation between etiology classification (renal anterior, renal and renal) and prognosis, and there was no correlation between serum albumin, serum Creatinine, urea nitrogen, 24 hour protein and prognosis. The prognosis of drug induced AKI in the treatment of TCM syndrome differentiation is good. AKI's TCM typing is mainly Turbid Toxin internal

Conclusions: The AKI occurs in older man, AKI is mainly base on the renal, followed is the prerrenal, and the less is postrenal. The antibiotics and antipyretic analgesic drugs in AKI. Classification of etiology is associated with prognosis. TCM syndrome differentiation is effective for drug induced AKI. AKI's TCM typing is mainly Turbid Toxin internal

Subject words: Acute renal injury, drug resistance, etiology, traditional Chinese Medicine

From “Kidneys Govern Bones” to Diabetes Mellitus and Calcium-Phosphate Metabolism

- A Crosstalk between Traditional Chinese Medicine and Modern Science

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Abstract Although traditional Chinese medicine (TCM) and modern Western medicine have evolved on distinct philosophical foundations and reasoning methods, an increasing body of scientific data has begun to reveal commonalities. Emerging scientific evidence has confirmed the validity of, and identified the molecular mechanisms of, many ancient TCM theories. One example is the concept of "Kidneys Govern Bones", probably the earliest theory to describe the importance of kidneys for bone health. According to this concept, deficiencies in renal functions can lead to bone disorders. Here we discuss the molecular mechanisms supporting this theory and its potential significance in treating complications of diabetes mellitus. Two signaling pathways essential for calcium-phosphate metabolism can mediate the effect of kidneys in bone homeostasis, one requiring renal production of bioactive vitamin D, the other involving a new endocrine axis based on kidney-expressed Klotho and bone-secreted fibroblast growth factor 23 (FGF23). Disruption of either pathway due to kidney deficiency can lead to calcium-phosphate imbalance and vascular calcification, accelerating development of diabetic complications. Chinese herbal medicine is an adjunct therapy widely used for treating diabetes and chronic kidney diseases. Our results demonstrate the therapeutic effects and underlying mechanisms of a Chinese herbal formulation, Shen-An extracts, in diabetic nephropathy and renal osteodystrophy. We believe that the smart combination of Eastern and Western concepts holds great promise for inspiring new ideas and therapies for preventing and treating diabetic complications.

补肾健脾泄浊法治疗慢性肾脏病 5 期（非透析）有效性比较研究

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摘要 目的 通过对比慢性肾脏病 5 期（非透析）的中西医结合治疗和单纯西医治疗，观察补肾健脾泄浊法治疗 CKD5 期（非透析）的有效性情况。

方法 对符合纳入标准的慢性肾脏病 5 期（非透析）患者，以非随机对照研究法，结合 40 例患者的意愿，分为中西医组（补肾健脾方内服联合中药全结肠灌洗治疗+基础西医治疗）和西医组（基础西医治疗）。两组所有成员均给予基础西医治疗，中医组给予补肾健脾方内服，再结合临床情况和患者意愿给中药全结肠灌洗治疗。本研究每位患者持续随访 6 个月，要求每位患者治疗每月 1 个月（28±3 天为 1 个月）来院全面检查体检和症状，每 2 个月复查相关的实验室指标并对临床疗效做出评价和记录。主要指标包括（血肌酐、肾小球滤过率、血红蛋白），根据最终的检测结果，进行统计学分析。

结果 入选 40 例，中西医组和西医组各 20 例。中西医组有 1 例病倒脱落，2 例病例到达透析终点；西医组有 2 例病例到达透析终点；两组纳入分析病例共 35 例。血肌酐变化：治疗 6 个月后中
The comparative studies about the treatment Effect of the therapy of Invigorating the spleen and kidney and Eliminating the Turbid by Purgation on Chronic Kidney Disease fifth stage (non-dialysis)

**Purpose**

To observe whether the therapy of Invigorating the spleen and kidney and Eliminating the Turbid by Purgation are effective on Chronic Kidney Disease fifth stage (non-dialysis), by comparing the treatment Effect of combination of Chinese traditional medicine and Western medicine with that of Western medicine on Chronic Kidney Disease fifth stage (non-dialysis).

**Method**

By screening period, to find 40 patients at Chronic Kidney Disease fifth stage (non-dialysis) meeting the test criteria, and divide into combined treating group (the therapy of Invigorating the spleen and kidney and Eliminating the Turbid by Purgation + basic Western medicine treatment) and Western medicine treatment group (basic Western medicine treatment) adopting the method of no-randomized controlled study criteria. Every patients in two groups are offered basic Western medicine treatment, while the combined treating group are offered oral administration of Bushen Jianpi Decoction and to eliminate the Turbid by Purgation according to their own willing as well as clinical conditions. This test lasts for six months for every patient, in this period they must go for a return visit for a comprehensive review of his or her symptoms and signs respectively every months (view 28±3 days as one month), and go for clinical efficacy evaluation and review the relevant laboratory parameters every two months. Main evaluation parameters include creatinine, glomerular filtration rate and albumin, hemoglobin. Base on the last test result, a statistical analysis can be carried out.

**Result**

There are 40 patients in all, each group includes 20 patients. In combined treating group, there is 1 case to fall off and 2 cases ended. In Western medicine treatment group, there are 2 cases ended. As a result, there are 35 cases from two groups entered the analytic stage. The SCr of combined treating group has no
statistical significance compared with the difference before treatment \((P>0.365)\); while the SCr of Western medicine treatment group increases significantly and has statistical significance compared with the difference before treatment \((P<0.05)\). The eGFR of combined treating group has no statistical significance compared with the difference before treatment \((P>0.701)\); while the eGFR of Western medicine treatment group decreases significantly and has statistical significance compared with the difference before treatment \((P<0.05)\). The Alb of combined treating group has no statistical significance compared with the difference before treatment \((P>0.701)\); while the Alb of Western medicine treatment group decreases significantly and has statistical significance compared with the difference before treatment \((P<0.05)\). The HGB of combined treating group has no statistical significance compared with the difference before treatment \((P>0.942)\); the HGB of Western medicine treatment group has no statistical significance compared with the difference before treatment \((P>0.079)\). The traditional Chinese medicine syndrome rating of combined treating group decreases significantly and has statistical significance compared with the difference before treatment \((P>0.004)\); while the traditional Chinese medicine syndrome rating of Western medicine treatment group has no statistical significance compared with the difference before treatment \((P>0.204)\).

In conclusion

In the treatment of chronic Kidney Disease fifth stage (non-dialysis), the therapy of Invigorating the spleen and kidney and Eliminating the Turbid by Purgation not only delayed the deterioration of the renal function( reduced SCr and enhance eGFR), but also control the serum albumin level significantly and delay the descending rate of HGB. The therapy of Invigorating the spleen and kidney and Eliminating the Turbid by Purgation improved the clinical symptoms and living quality of Chronic Kidney Disease fifth stage patients without any adverse reactions.

Keywords Chronic Kidney Disease fifth stage, Invigorating the spleen and kidney, Eliminating the Turbid by Purgation. Qi(yang) of spleen and kidney deficiency

加味当归芍药散治疗原发性肾病综合征的临床观察

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摘要 采用前瞻性、随机对照的方法，纳入脾虚·血水互结型 PNS 患者 60 例，分为试验组 30 例，对照组 30 例，对照组给予标准激素治疗及对症治疗，试验组在西药治疗的基础上加用加味当归芍药散治疗，结果显示试验组总有效率为 83.3%，对照组为 50%。两组差异有统计学意义 \((P<0.01)\)。且能显著改善患者血蛋白、血浆白蛋白、血脂的水平，改善高凝状态，改善水肿等临床症状和体征，说明加味当归芍药散联合西药治疗原发性肾病综合征脾虚·血水互结型患者的疗效确切，安全可靠，值得推广应用。
益气养阴活血中药组方治疗糖尿病肾病有效性临床观察

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摘要  目的：评价益气养阴活血中药组方治疗糖尿病肾病（diabetic kidney disease, DKD）气阴两虚夹瘀证的有效性，以期能反映中西医结合治疗本病的优势，为中医药治疗糖尿病肾病提供一定的思路。

方法：通过一段时间的筛选，寻找到36位符合条件的糖尿病肾病患者，随机分成试验组和对照组（2:1），在西医规范降糖、降血压、降血脂治疗的基础上，试验组加用益气养阴活血的中药组方治疗，对照组不加用中医药治疗，门诊随访6个月，收集这36位患者的24小时尿蛋白定量、血肌酐、血脂四项、中医证候积分、生命体征等评价指标，最后对数据进行统计整理，评价分析，得出结果，探索规律。

结果：服用益气养阴活血中药组方的糖尿病肾病气阴两虚夹瘀证患者的尿蛋白、甘油三酯明显降低，与治疗前及对照组相比均有统计学差异，试验组患者临床症状改善明显，中医证候积分减小，治疗后显效1例（5%），有效15例（75%），无效4例（20%），总有效率为80%，与对照组比较有显著的统计学差异。

结论：益气养阴活血中药组方能有效降低糖尿病肾病气阴两虚夹瘀证患者的尿蛋白、甘油三酯，中医证候积分，明显改善患者临床症状，临床疗效显著，是中医药治疗糖尿病肾病可行有效的方案。

关键词：糖尿病肾病，气阴两虚夹瘀证，益气养阴活血，中药组方
Clinical observation on “supplement qi, nourish yin, activate blood, eliminate the wind-damp” TCM prescription to treat diabetic kidney disease

Objective To evaluate the effectiveness of “supplement qi, nourish yin, activate blood, eliminate the wind-damp” TCM prescription in treating diabetic kidney disease (DKD), in order to reflect the advantage of combining Traditional Chinese Medicine and Western Medicine, provide some ideas for the TCM to treat diabetic kidney disease.

Method Through screening 36 DKD patients participate in our object, randomly divided into experimental group and control group (2:1). On the basis treatment of Western Medicine, like reduce protein, lower blood sugar and blood pressure, reduce fat, the experimental group treat with “supplement qi, nourish yin, activate blood, eliminate the wind-damp” TCM prescription, control group reject TCM treatment. Follow-up all patients six months, collect evaluation indexes, such as 24 hour protein, serum creatinine, blood fat, TCM syndrome integral, vital signs, etc. Statistics the data, evaluate and analysis the results explore the rule.

Result Those DKD patients with blood stasis and deficiency of both the vital energy and yin syndrome who had taken “supplement qi, nourish yin, activate blood, eliminate the wind-damp” TCM prescription, their urine proteins, triglycerides decreased significantly compare with before treatment and control group. Test group clinical symptoms improved obviously, TCM syndrome integral decreased. After treatment, 1 case (5%) markedly improved, 15 cases(75%) effective, 4 cases (20%) ineffective. The total efficiency rate was 80%. Compared with the control group was significant statistical difference.

Conclusion Those DKD patients with blood stasis and deficiency of both the vital energy and yin syndrome, whose proteins, triglycerides and TCM symptom score were effectively reduced after taken “supplement qi, nourish yin, activate blood, eliminate the wind-damp” TCM prescription. The TCM prescription improve the clinical symptoms and clinical curative effective significantly. Therefore, the TCM treat DKD is feasible and effective.

Subject words diabetic kidney disease (DKD), blood stasis and deficiency of both the vital energy and yin syndrome, supplement qi, nourish yin, activate blood, eliminate the wind-damp, Traditional Chinese Medicine prescription

血府逐瘀汤加减治疗慢性肾炎血瘀型50例临床观察

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摘 要 目的：观察血府逐瘀汤治疗慢性肾炎血瘀型的临床疗效。方法：选符合标准的患者25例，
在常规治疗基础上，采用血府逐瘀汤加减治疗，并与单纯西药疗法治疗 25 例进行对照观察，疗程 3 个月。结果：治疗组总有效率 92%，明显高于对照组 72%。治疗组治疗后，患者尿蛋白持续减少，24h 尿蛋白明显减少。各观察指标与对照组比较存在显著差异（P<0.05）。结论：血府逐瘀汤加减对慢性肾小球肾炎活动期患者有明显利尿作用，改善血液流变学状态，延缓肾功能减退进程的作用。

关键词 慢性肾小球肾炎；血府逐瘀汤；中医药疗法

加味小蓟饮子治疗原发性肾小球性血尿临床观察

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摘要 目的：观察加味小蓟饮子治疗原发性肾小球性血尿的临床疗效。方法：60例原发性肾小球性血尿患者随机分为加味小蓟饮子组（治疗组）30 例，雷公藤多肽片+三金片组（对照组）30 例，观察患者临床症状、中医症候积分、尿红细胞、24h 尿蛋白定量、血CRP改善情况及疗效。结果：加味小蓟饮子有减轻原发性肾小球性血尿作用，控制血尿疗效优于对照组（P<0.05）。改善中医临床症候积分方面优于对照组（P<0.05）。降低血TGF-β1、CRP血优于对照组（P<0.05）。治疗组、对照组均能稳定BUN、Scr、Ccr 水平，两组差异无统计学意义（P>0.05）。治疗组显效率 63.33%，明显高于对照组 40%。结论：加味小蓟饮子可能通过多种调节机制，减轻原发性肾小球性血尿，值得进一步研究。

关键词 加味小蓟饮子；血尿；临床观察

Clinical Observation about Jia Wei Xiaoji Drink in Treatment on Primary Glomerular Hematuria

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Abstract Objective: To observe the clinical efficacy about Jia Wei Xiaoji drink in treatment on primary glomerular hematuria. Methods: 60 patients with primary glomerular hematuria were randomly divided into two groups: 30 cases treated by Jia Wei Xiaoji drink (treatment group), and 30 cases treated by tripterygium polyglycosides + three gold pieces (control group), and observe clinical symptoms, symptom scores, urinary red blood cells, 24h urinary protein, and serum CRP of the patients, to improve symptoms and curative effect. Results: Jia Wei Xiaoji drink can reduce the symptom of primary glomerular hematuria,
the curative effect of treatment group is more effective than that of control group (P < 0.05). Jia Wei Xiaoji drink can improve TCM clinical symptom scores, and the treatment group is better than the control group (P < 0.05). Jia Wei Xiaoji drink can reduce blood TGF-β1, CRP, and the treatment group is better than the control group (P < 0.05). Both treatment group and control group could stabilize BUN, Scr, Ccr level, the difference was not statistically significant (P > 0.05). The efficiency of the treatment group was 63.33%, significantly higher than 40% of control group, the difference was significant (P < 0.05). Conclusion: Jia Wei Xiaoji drink can very likely reduce symptoms of primary glomerulat hematuria by a variety of regulatory mechanisms, deserves further study.

Keywords  Jia Wei Xiaoji drink; hematuria; clinical observation

IgA 肾病风湿证患者的临床病理特征和预后的危险因素分析

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摘 要 目的 探讨 IgAN（IgA nephropathy，IgAN）风湿证患者的临床、病理特征及预后相关危险因素。方法 选取 2001 年至 2007 年在杭州市中医院肾脏科确诊为原发性 IgAN 患者 1118 例，根据吴永钧 IgAN 五型辨证标准是否存在风湿证候分风湿证组（n=377 例）和非风湿证组（n=741 例）。回顾性分析两组患者的临床、病理资料及随访结果。结果（1）两组患者在年龄、性别、收缩压、舒张压、尿蛋白定量、血肌酐、血尿酸、血清总胆固醇、血清甘油三酯、血清白蛋白和 GFR 等差异均有统计学意义（P<0.05）。病理指标上，风湿证患者慢性化病变、肾小球硬化比例、肾小球节段硬化/囊性纤维化、肾小管萎缩/肾脏纤维化、纤维/纤维细胞性新月体和肾小管病变发生率均高于非风湿证者（P<0.05）；活动性病变，如肾间质炎症细胞浸润程度、系膜细胞增生、内皮细胞增生、细胞毒性/纤维细胞性新月体等均高于非风湿证者（P<0.05）。（2）风湿证患者 1 年、5 年、10 年肾脏生存率为 99.5% 、95.4%、72.7%。3）多因素 COX 比例风险回归分析显示高尿酸血症、肾功能受损、肾间质纤维化/肾小管萎缩和肾小球硬化是影响 IgAN 风湿证预后的独立危险因素（P<0.05）。结论 IgAN 风湿证患者临床病理改变均较非风湿证者重，预后较差，肾功能受损、高尿酸血症、肾小球硬化和肾间质纤维化/肾小管萎缩是影响 IgAN 风湿证患者预后的独立危险因素。

关键词 IgA 肾病，中医证候，风湿证，危险因素

Clinico-pathological Characteristics, Outcome and Related Risk Factors of IgA Nephropathy with Wind-dampness Syndrome

ABSTRACT Objective To investigate the clinico-pathological characteristics, outcome and related risk factors of IgA nephropathy (IgAN) with wind-dampness syndrome. Methods One thousand one hundred
and eighteen patients with primary IgAN in Hangzhou hospital of traditional Chinese Medicine between 2001 and 2007 were retrospectively studied. The clinical pathologic characters of wind-dampness IgAN patients (n=377) and non-wind-dampness IgAN patients (n=741) decided by Wang Yongjun five-element syndrome differentiation standards were analyzed. **Results** (1) Compared to non-wind-dampness IgAN patients, wind-dampness IgAN patients had a significant difference in age, sex, systolic pressure, diastolic pressure, proteinuria, serum creatinine, serum uric acid, total cholesterol, serum levels of triglyceride, serum albumin and glomerular filtration rate (P<0.05). Pathological indicators showed a higher percentage of global glomerulosclerosis, and higher incidence of glomerulosclerosis, tubular atrophy, interstitial fibrosis, fibrous crescent, fibro (cellular) crescents, renal vascular lesions in wind-dampness IgAN patients than non-wind-dampness IgAN patients. The active lesions showed, interstitial inflammatory cells infiltration, mesangial hypercellularity, endocapillary hypercellularity, cellular (fibrillary) crescent in wind-dampness IgAN patients were worse than non-wind-dampness IgAN patients. (2) The 1, 5, 10 year cumulative renal survival rates of wind-dampness patients were 99.5%, 95.4% and 72.7% respectively. (3) Multivariate Cox regression data showed, hyperuricemia, impaired renal function, interstitial fibrosis, tubular atrophy, glomerulosclerosis were the independent risk prognostic factor. **Conclusions** Wind-dampness IgAN patients were worse than non-wind-dampness IgAN patients in clinical pathological changes and outcome. Impaired renal function, hyperuricemia, glomerulosclerosis, interstitial fibrosis, tubular atrophy were the independent risk prognostic factor of IgAN.

**Subject words** IgA Nephropathy, traditional Chinese medicine syndrome, wind-dampness syndrome, Risk factors

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**中西医结合治疗 IgA 肾病远期疗效的临床研究**

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**摘要** 目的：为进一步了解中西医结合治疗IgA肾病的远期疗效。

方法：采用单中心回顾性病例对照研究，从杭州市中医院IgA肾病随访登记数据库中获取2008年1月1日至2008年12月31日在我院进行肾穿刺活检确诊的原发性IgA肾病患者（eGFR≥39 ml/min·1.73m²），纳入在我院接受西医内科及风湿治疗的患者，根据治疗方案分为中西医结合治疗组和中医治疗组，比较其在治疗1年后及随访结束后与治疗前相比在临床表现及实验室指标等方面的变化，利用Kaplan-Meier法计算患者的累积肾生存率，并绘制肾病累积生存曲线。

结果：共纳入病例223例，随访结束，总有效率为87.0%，24小时尿蛋白定量及镜检红细胞均有显著下降。223例IgA肾病患者肾活检后1年、3年、5年、7年肾病累积生存率分别为100%、99.5%。
ABSTRACT

Clinical Studies of the Long-term Effect of the Treatment Combined with Traditional Chinese and Western Medicine for IgA Nephropathy

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Objective In order to further understand the long-term effect of the treatment combined with traditional Chinese and Western medicine for IgA nephropathy based on the theory of tonifying deficiency, resolving blood stasis, and dispelling wind-dampness.

Methods By a single-center retrospective case-control study, we obtained the clinical, laboratory examination and treatment of IgA nephropathy from the registration database in Hangzhou Hospital of TCM in 2008. Group A: treatment combined with traditional Chinese and Western medicine. Group B: Treatment only with traditional Chinese medicine. We made a follow-up visit for at least 12 months from renal biopsy to assess the patients' urine and kidney function before and after the treatment, and using Kaplan-Meier method to calculate the accumulation of kidney survival rate.

Results 49 IgAN patients were treated with traditional Chinese medicine and 174 IgAN patients were treated with the integrated traditional Chinese and Western medicine. The effective rate was 87.0%. The scores of proteinuria and hematuria in patients of both group A and group B were decreased significantly. The accumulated kidney survival rate of the 223 patients after 1, 3, 5, 7 years were 100%, 99.5%, 95.7% and 91.2% respectively.

Conclusion The observation of the treatment according to the different conditions based on the theory of tonifying deficiency, resolving blood stasis, and dispelling wind-dampness showed that this scheme can significantly improve the patients' condition and the accumulated kidney survival rate after 7 years was 91.2%.

Subject words IgA Nephropathy, integration of traditional Chinese and Western medicine, treatment, long-term effect
排石冲剂对草酸钙结石氧化应激的影响观察

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摘要 目的 观察排石冲剂对草酸钙结石氧化应激（OS）的影响，为临床治疗尿路结石提供依据。
方法 将 SPF 级雄性健康 Wistar 大鼠 48 只，应用随机表进行完全随机化分组，随机分为正常组、
模型组、排石冲剂组、枸橼酸钾组。采用 1%乙二醇自由饮水和每天 2%氯化钠 2ml 灌胃建立大鼠草
酸钙结石模型，同时各组给予相应药物。实验 4 周以后，观察各组大鼠显微镜下观察肾脏组织切片
中草酸钙结晶沉积及病理变化并对肾组织中 SOD 活性及 MDA 含量进行检测。结果 排石冲剂组肾
组织的草酸钙晶体沉积及肾小管扩张均明显少于模型组(P<0.05)；与正常组比较，模型组大鼠肾脏
组织中，SOD 活力降低，MDA 含量增加。结论 排石冲剂可能是通过干预 ROS 的产生，减少 OS 的发生
和发展，从而达到保护肾脏，预防和治疗结石形成的作用。

关键词 排石剂；草酸钙结石；氧化应激

Abstract Objective To observe the effects of Paishi granules to Oxidative stress (OS) on renal calcium
oxalate stone formation in rats, and provide the basis data for clinical treatment.
Method The SPF level, 48 male and healthy Wistar rats, were divided into 4 groups by the way of random
Table completely randomized grouping, namely normal group, model group, Paishi granule group, and
Potassium citrate group.
The rat model of renal calcium oxalate stones was induced by administrated 2% ammonium chloride(AC) 2
mL/rat per day+1% ethylene glycol(EG) free drink, at the same time, each group was given the
corresponding treatment drugs.
After 4 weeks modeled and administered, observe each group rats were observed under microscope the
calcium oxalate crystal deposition in the renal biopsy and pathology. The homogenate of kidney was
detected activity of SOD and MDA content in kidney tissue.
Result In the rats administered with Paishi granule, crystals deposition in renal tissue and tubular ectasia
were significantly lower than those of the model group (P < 0.05); The change of OS and inflammatory
injury in the rat: compared with the normal group, SOD activity was decreased, MDA content in renal tissue
of rats of the model group were increased significantly.
Conclusion: Paishi granules could be by intervening in the production of ROS, reduce the happening and development of the OS, so as to achieve the purpose of prevention calculus formation and protecting the kidney.

Keywords Paishi granule; Calcium oxalate; Oxidative stress

Wnt/β-catenin通路在糖尿病肾病瘀血阻络证大鼠的表达效应及化瘀通络中药的干预作用

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摘要 目的 探讨 Wnt/β-catenin 通路在糖尿病肾病瘀血阻络证大鼠肾脏的表达及化瘀通络中药的干预作用。方法大鼠予高糖高脂饲料喂养联合小剂量链脲佐菌素腹腔注射建立糖尿病模型。成模大鼠随机分为模型组、厄贝沙坦组、中药组，各组相应剂量灌胃干预20周，检测肾功能、24h 尿蛋白定量。Wnt4、β-catenin 的表达。结果与正常组比较，模型组各项差异显著（P<0.05），与模型组比较，中药组尿素氮、尿酸、24h 尿蛋白定量、Wnt4 及 β-catenin 的表达明显降低（P<0.05）。结论 化瘀通络中药减少糖尿病肾病大鼠蛋白尿排泄可能是通过抑制 Wnt/β-catenin 通路而发挥作用。

关键词 糖尿病肾病；化瘀通络中药；蛋白尿；Wnt/β-catenin通路

The Expression of Wnt/beta-catenin Pathway in Diabetic Nephropathy of Blood Stasis Syndrome Rats and The Intervention Effect of Chinese Herbs for Stasis Removing and Collaterals Dredging

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Abstract Objective To investigate the expression of Wnt/beta-catenin pathway in diabetic nephropathy of blood stasis syndrome rats and the intervention effect of Chinese Herbs for Stasis Removing and Collaterals Dredging. Methods The rats were established by high-fat diet combined with low-dose streptozotocin intraperitoneal injection. Successful model rats were randomly divided into model group, irbesartan treatment group and Chinese medicine group. Each treatment group gave corresponding drug lavage, at the end of the 20th week detection of renal function, 24h urinary protein quantitative and renal cortical Wnt4 and beta-catenin expression. Results Compared with normal control group, model group the serum creatinine, urea nitrogen, uric acid, urinary protein, Wnt4, beta-catenin mRNA and protein expression significantly increased (P<0.01). Compared with model group, traditional Chinese medicine group, levels of blood urea nitrogen, uric acid, urinary protein, Wnt4, beta-catenin mRNA and protein expression decreased significantly (P<0.05). Conclusion Chinese Herbs for Stasis Removing and Collaterals Dredging can reduce the proteinuria excretion of diabetic nephropathy in rats by inhibiting the
Effects of Shenxiao Decoction on TGF-β1/Smad signaling pathway in Rats with Diabetic Nephropathy

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Abstract Objective: To study the effects of Shenxiao Decoction on TGF-β1/Smad signaling pathway in rats with diabetic nephropathy. Methods: The experimental animals were divided into 4 groups: normal group, model group, irbesartan group, and Shenxiao group. The expression of TGF-β1 in renal tissue was examined by immunohistochemical technique. The expressions of TGF-β1 mRNA was detected by RT-PCR. The expressions of Smad2/3 and Smad7 were examined by Western blot. Results: The expressions of TGF-β1 in irbesartan group and Shenxiao group was lower than model group, and the expressions of TGF-β1 mRNA significantly lower than model group (P<0.05). The expressions of Smad2/3 was significantly lower than model group (P<0.05). Smad7 was significantly higher than model group (P<0.05).
Conclusions: Shexiao decoction can inhibit the expressions of TGF-β1 mRNA and protein, and inhibit the expressions of Smad2/3 but promote the expression of Smad7.

Key words: Shexiao decoction; diabetic nephropathy; TGF-β1; Smad; signal transduction

Effect of Formula of Warming Yang, Promoting Blood Circulation and Diuresis on Expression of cathepsinL in Rat with Amarycin-Induced Nephropathyliu Yang² ⁴, Jun Yuan¹ ⁰, lang Xiao¹, Aofeng Wang¹, Yangfang Lu¹

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Abstract Objective: The purpose of this study was to investigate the curative effects on podocyte cathepsin L expression of method of warming yang-promoting blood circulation-diuretic in treating minimal change nephropathy model, and explore the protective mechanisms of method of warming yang to promote blood circulation and diuresis. Methods and methods: The minimal change nephropathy model was induced by injection of Adriamycin into the tail vein. After 1 week, rats were randomly divided into model group, Chinese herb group and prednisone group. Level of total protein (TP) and albumin (ALB). The distribution and protein expression of cathepsin L was measured by immunohistochemical. The distribution and protein expression of synaptopodin were measured by immunofluorescence. Besides, and the influence of treatments on podocytes was examined in renal tissues by electron microscopy after the rats were sacrificed for 28 days treatment. Results: In model group, 24-hour urinary protein, and TP and ALB were decreased. The fission and effacement of foot processes were observed, and the expression of cathepsin L in model group significantly increased and the expression of synaptopodin in model group significantly decreased. The treated groups markedly increased TP and ALB level and decreased 24h urinary albumin. Plasma cholesterol and triglyceride were significantly reduced in the Chinese herb group. Treatment with prednisone or Chinese herb both partially reduced the expression of cathepsin L and ameliorated the reduction of the expression of synaptopodin and podocyte foot process effacement. Conclusion: The method of warming yang-promoting blood circulation-diuretic attenuates the increased expression of cathepsin L and the decreased expression of synaptopodin in minimal change nephropathy model which is closely related with the reduction of proteinuria.

Key words Method of warming yang-promoting blood circulation-diuretic; Doxorubicin; minimal change-type; nephrotic synchyme; cathepsin L;

探讨青藤碱对糖尿病肾病足细胞损伤的影响机制

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带来了重大的经济负担，糖尿病肾病作为糖尿病的主要并发症，已经成为致病终末期肾病的主因之一，而临床治疗上糖尿病肾病的治疗方法单一，只能延缓其进展，缺乏针对性强、疗效好的特异性治疗，因此，深入研究糖尿病肾病的发病机制，积极探讨中医药治疗的作用机理，寻找新的治疗靶点，有着重要的临床及社会意义。

参芪扶正注射液对PNS患者应用糖皮质激素治疗后T淋巴细胞亚群的影响

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目的：探讨参芪扶正注射液对原发性肾病综合征（PNS）患者应用糖皮质激素治疗后T淋巴细胞亚群水平变化的影响。

方法：根据本研究的纳入标准，从中选定的62例患者随机分为对照组（22例）和参芪扶正组（40例）两组。

结果：治疗组各种症状积分存在显著性差异，24小时尿蛋白定量、血浆白蛋白水平处于缓解状态，肾功能处于稳定状态，T淋巴细胞亚群（CD3+、CD4+、CD8+）水平、CD4+/CD8+比值、NK细胞水平的改善相对比较显著的。

结论：参芪扶正注射液对于改善原发性肾病综合征（PNS）患者长期应用糖皮质激素治疗后所引起的T淋巴细胞亚群（CD3+、CD4+、CD8+）水平发生变化的治疗临床疗效确切。

牛蒡苷元通过抗氧化缓解糖尿病肾病小鼠蛋白尿的实验研究

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摘要 目的：探讨牛蒡苷元减少糖尿病肾病小鼠蛋白尿及缓解肾脏损伤的作用机制。

方法：1．使用cNOS+小鼠，尾静脉注射STZ造模。STZ按照50mg/kg尾静脉注射，注射2周后通过检测血尿蛋白水平来判断造模是否成功，当血尿超过16mmol/L，尿酸在+++到++++认定造模成功。实验分为4组（每组10只）：正常对照组+DMSO，正常对照组+牛蒡苷元、模型组+DMSO、模型组+牛蒡苷元。在注射STZ10周后给予牛蒡苷元灌胃，给药剂量40mg/kg，每日给药1次，对照组给予同样体积的DMSO（二甲基亚砜）灌胃。小鼠从造模后10周开始给予，疗程8周。每周留小鼠随机尿检测尿蛋白/肌酐，8周后处死小鼠后取肾组织进行光镜、电镜、W方免疫组织化以观察肾小球胖大、系膜基质增加，足细胞损伤情况。分离肾小球，通过免疫荧光观察肾小球8-oxoguanine水平、通过免疫组化观察S-Nitrotyrosine水平来评价肾小球氧化应激状态。
Western blot and Real-time PCR observed renal NOX4 protein and mRNA expression levels. 2. Stably transformed fibroblasts were divided into 6 groups: control group, high glucose (30mM), high glucose + 10μM, high glucose + 20μM, high glucose + 50μM, high glucose + 100μM. The results showed that NADPH (NADP + oxidoreductase) oxidation was significantly reduced in the high glucose group. 3. The results of western blot analysis showed that the expression of NOX4 protein was significantly reduced in the high glucose group compared to the control group. 4. The results of Real-time PCR analysis showed that the expression of NOX4 mRNA was significantly reduced in the high glucose group compared to the control group. 5. The results of western blot analysis showed that the expression of NADPH (NADP + oxidoreductase) was significantly reduced in the high glucose group compared to the control group.

Conclusion: ATG attenuated albuminuria in STZ-eNOS-/- mice with diabetes, and the attenuation was correlated with the expression of NOX4 protein.

Keywords: Diabetes nephropathy; ATG; NOX4; Albuminuria.

Arctigenin attenuates proteinuria in mice with diabetic nephropathy through inhibition of oxidative stress

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Abstract

Objective: To study the effects and mechanisms of arctigenin (ATG) on proteinuria and kidney injury in mice with diabetic nephropathy (DN).

Methods: 1) In vivo studies: Diabetes was induced in eNOS-/- mice by tail injection of streptozotocin (STZ) at 50 mg/kg daily for 5 consecutive days. 72 hours after injection, blood and urine glucose levels were monitored and diabetes was confirmed when blood glucose level was more than 16 mmol/L and urine glucose level was +++ or ++++. The mice were divided into 4 experimental groups (n=10): non-diabetic eNOS-/- mice + DMSO, non-diabetic eNOS-/- mice + ATG, STZ-eNOS-/- mice + DMSO, and STZ-eNOS-/- mice + ATG. The mice were fed with either ATG (40mg/kg of body weight) or equal volume of DMSO by daily gavage starting 10 weeks after injection of STZ for a total of 8 weeks. Urine samples were collected weekly for determination of urine albumin/creatinine ratio. The mice were sacrificed at the end of experiments and kidneys were removed for histologic analysis including light microscopy to determine mesangial expansion, electron microscopy to determine foot process effacement, and immunostaining of WT-1 to determine the number of podocytes. We also performed immunofluorescence staining of 8-oxoguanine and immunohistochemistry for 8-Nitrotyrosine to determine the oxidative stress levels in the kidney. In addition, we performed real-time PCR and western blot analysis of NOX4 mRNA and protein levels in isolated glomeruli. 2) In vitro studies: Human immortalized podocytes were incubated with normal glucose (5mM) + Mannitol (25mM) or high glucose (30mM) together with DMSO (control) or ATG at 10, 20, or 50μM for 24 hours. NADPH-generated intracellular ROS was measured in these cells by using a kit.

Results: 1) ATG attenuated albuminuria in STZ-eNOS-/- mice with DN. 2) ATG attenuated glomerular
hypertrophy, mesangial expansion, and podocyte foot process effacement and loss in STZ-eNOS-/- mice. 3) ATG inhibited oxidative stress in the kidney of STZ-eNOS-/- mice. 4) ATG suppressed NOX4 mRNA and protein levels in the glomeruli of STZ-eNOS-/- mice. 5) ATG inhibited NOX-derived ROS production in cultured human podocytes.

Conclusion: ATG attenuates albuminuria and kidney injury in DN mice through inhibition of glomerular NOX4 expression and ROS production.

Key Word diabetic nephropathy; retigenin; oxidative stress
满药复方木鸡颗粒研究新进展

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Full Drug Particles of Compound Muji Progress

SONG YURONG

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摘要 目的：研究满药复方木鸡颗粒治疗肝病的作用机制，交流临床应用体会。
方法：广泛收集近年来已发表的学术论文，进行整理归纳。
结果：1. 复方木鸡颗粒对小鼠S180有明显的抑制作用，能增强小鼠的免疫功能。
2. 复方木鸡颗粒具有抗肿瘤作用。途径有三：①诱导肿瘤细胞凋亡。②抑制端粒酶活性。
3. 抑制甲胎蛋白（AFP）生长。
3. 临床应用：复方木鸡颗粒具有加强肝细胞保护、抗肝纤维化、抑制AFP产生和减轻肝脏大的作用；木鸡组肿瘤缓解率及生存率均明显高于对照组。
结论：满药复方木鸡颗粒具有抑制肝炎及抗肿瘤作用，临床上用于治疗肝炎、肝硬化、肝癌，效果明显。

关键词 满药；木鸡；肝病

中医减肥的研究进展

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摘要 目的：肥胖是多种疾病发生的主要因素之一，近年来我国肥胖人口的数量逐年明显增加，因此减肥刻不容缓。方法：通过查阅中医古籍、历代著述和近代研究，对中医减肥的研究进行了解。结果：从中医对肥胖成因的认识，中医对肥胖病机的认识，中药治疗肥胖的研究进展三个方面加以说明。结论：本文在前人的研究基础上，综述了中医减肥的研究现状。

关键词 中医；减肥
Progress on Therapy for Weight Loss

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Abstract Obesity is one of the main factors of many diseases. In recent years, the number of obese population in China increased year by year. On the basis of predecessors' research, this paper has summarized research status of obesity.

Keywords Traditional Chinese medicine; Obesity

唐氏抑菌膏治疗脉管炎、褥疮、糖尿病足、烧烫伤的临床观察

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摘要 目的：探讨唐氏抑菌膏治疗脉管炎、褥疮、糖尿病足、烧烫伤的临床疗效。方法：183例脉管炎患者，179例褥疮患者，133例糖尿病足患者，150例烧烫伤患者均采用唐氏抑菌膏治疗。结果：三组显效率分别是100%，98%，98%，100%。结论：唐氏抑菌膏治疗脉管炎、褥疮、糖尿病足的疗效显著。

关键词 唐氏抑菌膏，脉管炎，褥疮，烧烫伤，祖传秘方

Abstract purpose:investigate Tang-bacteriostatic ointment in the treatment of vasculitis,pressure ulcers and diabetic foot. Methods:183 cases vasculitis patients,179 cases pressure ulcers and 133 cases diabetic foot patients using tang-bacteriostatic ointment. Results: three groups of obvious effective rate is 100%,98%,98% respectively. Conclusion:tang-antibacterial cream in the treatment of vasculitis,pressure ulcers and diabetic foot is remarkable.

Keywords tang-bacteriostatic ointment, vasculitis, pressure ulcers, ancestral secret recipe

SC-1之免疫調節功能評估方法—動物實驗

李沂軒

摘要 近年來，許多以乳酸菌為素材的養生飲料，紛紛上市。事實上，體內一些常在菌(normal flora)，除了能與共生的型態，幫助體內對營養的代謝和吸收外，還能夠抑制外來病菌的生長，以及促進人體內的免疫反應。倘若，這些體內常在菌的生長受到抑制（授予抗生素）或移動到體內他處

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生長，則就會造成感染疾病的產生。因此，維持體內常在菌生態的平衡，是先天型免疫力重要的一環。因此，本研究計畫是針對 SC-1 中之菌群對於老鼠體內免疫力之影響作一探討。
由本研究結果顯示，SC-1 可以促進吞噬細胞（phagocytes）在老鼠血液中數量及活性的增加，但是，並沒有明顯的促進老鼠血液中 T 及 B 淋巴球細胞的數量及活性。另一方面，研究結果也顯示 SC-1 能促進老鼠血液中與 Th1 淋巴球細胞-依賴型之免疫反應中的細胞激素的分泌，包括 IL-12 及 Interferon-gamma。但對於 IL-10（Thl 淋巴球細胞-依賴型之細胞激素）的分泌，並無明顯之作用。
再者，由研究結果顯示 SC-1 可以增強自然殺手細胞(nature killer cell)的活性。在 SC-1 對於專一型免疫力的影響評估中，發現 SC-1 會促進 T 淋巴球細胞的增生及分泌 IL-4、IL-10 和 IL-12 的能力。但是，SC-1 並不影響 B 淋巴球細胞產生專一性抗體的能力。SC-1 對於發性過敏反應的影響，也無明顯的作用。
綜合以上評估研究結果，SC-1 對於老鼠免疫力的調節，是趨向促進先天型免疫力，包括提升吞噬細胞的數量及自然殺手細胞的活性，以及增強 Th1 淋巴球細胞-依賴型之免疫反應，這些結果顯示 SC-1 對於體內對抗病毒及特殊細菌（如肺結核菌）的感染，以及消除體內腫瘤，是有很大的助益。

四肢经络五行穴的疼痛手解法
——阴阳五行经络学说神效妙用

杨洪祥 王柱春

Five points limbs meridian pain hand solution - yin and yang magic magical meridian
Yang Hongxiang Wang Zhuchun

摘 要 中医理疗是以中医理论为基础，是以经络学说为指导的外治方法。我们历经三十多年的研究和应用，把经络上的重大发现公布于众。我们的理论体系分为两大部分：1. 是阴阳五行经络学说。2. 是六十甲子阴阳五行经络学说。阴阳五行经络学说具体讲述了 110 条阴阳五行经络的走向、四肢经络五行穴之间合计 110 个穴位的疼痛手解法以及综合治疗方法。六十甲子阴阳五行经络学说具体讲述了 54 条六十甲子阴阳五行经络的走向、天干经络的旺时规律、五行交合穴的特大作用以及特殊治疗方法。在阴阳五行经络学说的指导下，对于经络上的气血运行引起的疼痛问题，采用特殊手法现场解决，效果立竿见影，100%解除疼痛或明显减轻，而且不治反复，原因是我们的这种疼痛的部位表里五行组合全部运转起来，让它做到自我循环，五行运转，生生不息。我们称之为“独创绝学，神效解谛。”
海淀区超重肥胖儿童青少年的体成分特征分析

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摘要  目的：探讨非超重、超重、肥胖儿童青少年的体成分分布特征，为体成分测量在儿童青少年健康评估中的应用价值提供科学依据。方法：通过人体成分分析仪采集 807 组体成分数据，按照BMI 界值将受试者分为非超重组、超重组和肥胖组，运用SPSS22.0 统计软件对三组之间的体成分数据进行对比分析。结果：通过单因素方差分析和非参数检验发现超重组和肥胖组在测量的体成分指标上与非超重组相比，均有统计学意义（p < 0.01）。超重组与肥胖组相比，体脂肪量、体脂肪率、腰臀比、内脏脂肪面积具有统计学意义（p < 0.01）。结论：非超重、超重、肥胖儿童青少年的体成分分布差异明显，体成分测量应纳入儿童青少年亚健康风险评价体系。

关键词  儿童青少年 超重肥胖 体成分

Characteristics of body composition analysis of children and adolescents who are overweight and obesity in Haidian District

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Abstract  Objective  To probe the distribution of body composition of children and adolescents who are non-overweight, overweight and obesity, and provide a scientific basis for the measurement of body composition in children and adolescents in the value of the health assessment. Methods: To collect 807 groups of data of body composition by body composition analyzer. According to BMI cutoffs, subjects were divided into non-overweight, overweight and obesity. Using statistical software SPSS22.0, data on body composition among the three groups were compared. Results: By one-way ANOVA and non-parametric tests found that overweight and obesity compared to non-overweight on the body composition indicator measures were statistically significant (p < 0.01). Compared to overweight and obesity, body fat mass, body fat percentage, waist to hip ratio, visceral fat area was statistically significant (p <0.01). Conclusion: The distribution of body composition of children and adolescents who are non-overweight, overweight and obesity is obviously different. Measuring body composition in children and adolescents should be included in the sub-health risk assessment system.

Key words:  children and adolescents  overweight and obesity  body composition

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Optimization of Ultrasonic Extraction of Total Triterpenoids from Ixeris Chinensis (Thunb.) Nakai by Response Surface Methodology

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Abstract Objective To optimize the ultrasonic extraction of total triterpenoids from Ixeris Chinensis (Thunb.) Nakai by response surface methodology. Methods Based on single factor testes, the extraction technology was optimized by response surface methodology with the concentration of ethanol, material-liquid ratio, extraction time and ultrasonic power as factors and the yield of total triterpenoids as index. Results The optimized technology were as follows: 69% ethanol as solvent, ratio of material to liquid 30:1 (mL/g), ultrasonic power 605W for 51 min. The yield of total triterpenoids was 11.95mg/g under optimal condition, the result of trial was agreed with model predictions. Conclusion The extraction technology is reasonable and feasible, which provide the references and theoretical foundations for further development of Ixeris Chinensis (Thunb.) Nakai.

Key words Ixeris Chinensis (Thunb.) Nakai; Triterpenoid; Ultrasonic; Diabetes mellitus; Response Surface Methodology
医道传承是中医药发展的内在动力
——“张一帖”世医家族传承的启示

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摘要 中医学术蕴含着丰富的传统文化，它既是易儒道释等传统文化孕育的载道之术，又是养生保键却疾防年的生生之道。所以“医道”是中医药的核心灵魂。从新安医学的典型代表“张一帖”世医家族的传承脉络，我们可以发现，对和精诚孝和行善积德、慈悲为怀等儒道释传统文化理论的继承与实践，才是“张一帖”世医家族绵延传承的根本原因。由此可见，医道传承是中医药传承的前提和基础，也是中医药传承和发展的内在动力。
关键词 文化；医道；传承；动力

基于五脏相关理论的亚健康状态气虚质辨识思路初探

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中医药文化在西方的传播特点*

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摘要

福建海洋药膳文化研究*

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摘要  福建海洋药膳是中华民族饮食与福建海洋文化结合的产物，既有中医整体观念和辨证论治的特点，又有海洋生物肉质鲜嫩营养价值、原料繁多调制复杂和创新、靠山近海取材多便利等地方特色。文章通过介绍福建海洋药膳的发展及特点，归纳其适用人群，探讨推广海洋药膳，提高福建中医药文化的影响力。

关键词  福建海洋文化；中医药膳；养生保健

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