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Clinical Observation on Kidney-Supplementing Liver-Regulating Formula for 32 Cases of Osteoporosis Associated With Depression in Elderly

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ABSTRACT **Objective** To research the therapeutic effect of kidney-supplementing liver-regulating formula for primary osteoporosis associated with depression in elderly. **Methods** Eighty cases of primary osteoporosis, aged 75 to 95 years, associated with depression were randomized into the treatment group and control group, with 40 in each. The treatment group was given kidney-supplementing liver-regulating formula one dose daily. The control group was given 70mg alendronate sodium tablets once weekly. The therapeutic effect and antidepressant efficacy was evaluated after 4-week treatment. The depression scores were compared before and after 1-week, 2-week, 3-week and 4-week treatment in both groups. **Results** The total effective rate of the treatment group and control group was 87.50% and 83.87% respectively, with no significant difference between groups ($P > 0.05$). The antidepressant efficacy in the treatment group and control group was 93.75% and 83.87% respectively, with a significant difference between groups ($P < 0.01$). There were significant differences between before and after treatment in the depression scores in both groups ($P < 0.05$), especially after 4-week treatment ($P < 0.05$). Comparing with the control group, the depression scores in the treatment group were significantly decreased after 2-week, 3-week and 4-week treatment ($P < 0.05$). **Conclusion** Kidney-supplementing liver-regulating formula is effective for primary osteoporosis associated with depression in elderly.

Keywords osteoporosis; depression; kidney-supplementing liver-regulating formula; alendronate sodium tablets
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本刊讯 2013 年 12 月 30 日，由中医杂志社主办的中医多学科研究专家座谈会在中国中医科学院举行。来自中国中医科学院、北京中医药大学、北京邮电大学、中国科学技术信息研究所等各院校的十余名专家，就“中医药如何进行多学科交叉研究”进行了深入探讨。中医多学科研究是实现中医药现代化的必由之路。自 20 世纪 80 年代提出至今，中医多学科研究领域已涉及哲学、时间生物学、心理学、系统论、控制论、信息论、天文学、数学、热力学、地质学及物候学等多个学科，创建了一批中医学与其他学科交叉结合的新兴分支学科，取得了丰硕成果。多学科研究中医传统的独特的理论及其丰富的临床经验，探索其规律，揭示其本质，可以使中医理论得到更加严密的科学论证，形成更加先进的科学体系，并有力地指导临床实践。

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