

效显著,有效率在 80% 以上,而且对于其他一些症状,也有较佳的效果,如恐惧感、食欲亢进、睡眠瘫痪、多梦、幻觉症状有效率 >60%。远期疗效总有效率达 80.4%。

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Clinical Observation on Modified *Xingshuian Formula* for 46 Cases of Narcolepsy

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ABSTRACT Objective To observe the efficacy of modified *Xingshuian Formula* (formula for carmlful sleepy, 醒睡安方) for narcolepsy. **Methods** Totally 46 cases of narcolepsy were given modified *Xingshuian Formula* one dose daily. The short-term efficacy was evaluated after 6-month treatment. The patients were followed up and the long-term efficacy was evaluated 6 months after withdrawal. The effective rates of symptoms such as daytime sleepiness, weight gain, cataplexy, sense of fear, appetite hyperactivity, sleep paralysis, dreaminess, hallucinations, irritability, sleep twitching and sleep talking were observed. **Results** The total short-term efficacy and long-term efficacy was 95.7% and 80.4% respectively. All the symptoms were reduced after treatment. The effective rates of daytime sleepiness, weight gain, cataplexy, sense of fear, appetite hyperactivity, sleep paralysis, dreaminess and hallucinations were higher than 60.0%. **Conclusion** Modified *Xingshuian Formula* is effective for narcolepsy and it can obviously relieve the symptoms.

Keywords narcolepsy; *Xingshuian Formula*; hypersomnia

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“颈复康颗粒”、“腰痛宁胶囊”临床研究与应用征文通知

山庄牌“颈复康颗粒”、“腰痛宁胶囊”系颈复康药业集团有限公司生产的治疗颈椎病、腰腿痛的常用药品,临床应用近 30 年,因其疗效好、价格低,深受患者与医生的信赖。为了总结“颈复康颗粒”、“腰痛宁胶囊”多年来的临床应用经验,更好地指导临床用药,中医杂志社与颈复康药业集团有限公司联合举办此次征文活动,现将有关事项通知如下。

1. 征文内容:(1)“颈复康颗粒”治疗各种类型颈椎病(神经根型、椎动脉型、交感神经型、颈型、混合型等)的临床应用经验、体会与分析;“腰痛宁胶囊”治疗腰椎间盘突出症、坐骨神经痛、腰肌劳损、腰肌纤维炎、风湿性关节炎、症见腰腿痛、关节痛及肢体活动受限等病症的临床经验、体会与分析;(2)“颈复康颗粒”、“腰痛宁胶囊”临床用量、用法的研究与经验总结;(3)“颈复康颗粒”、“腰痛宁胶囊”组方研究、药理研究与探讨;(4)“颈复康颗粒”、“腰痛宁胶囊”临床扩大应用范围的研究与探讨。

2. 征文要求:(1)来稿应未公开发表,字数在 4000 字以内,请加盖单位公章,不退稿;(2)请采用法定计量单位;(3)文题下署作者姓名、单位、通讯地址、邮编和联系电话等。请用电子邮件形式投稿(Word 文件格式)。

3. 奖励办法:由全国中医药界知名专家组成评审委员会,将评选出:一等奖 2 篇(每篇奖励 5000 元);二等奖 8 篇(每篇奖励 3000 元);三等奖 15 篇(每篇奖励 1500 元);优秀奖 25 篇(每篇奖励价值 500 元礼品)。获奖者将由主办单位颁发获奖论文证书、奖金或礼品,获奖论文达到刊用标准者将在《中医杂志》等期刊发表,其他获奖论文将在《中医杂志》2015 年增刊发表,并赠送样刊 1 册。此次征文活动不收任何费用。评选结果将在《中医杂志》、《健康报》上予以公布。

主办单位将邀请部分获奖论文作者免费参加在河北省承德市召开的颁奖大会并考察承德颈复康药业集团有限公司。

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