

Effects of Xiaoyao Pill (逍遥丸) on Magnetic Resonance Spectroscopy of Mild Cognitive Impairment Patients with Liver Qi Stagnation Syndrome

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ABSTRACT Objective To explore the characteristics of magnetic resonance spectroscopy (MRS) of mild cognitive impairment (MCI) patients with liver-qi stagnation syndrome and the possible mechanism of treatment with Xiaoyao Pill (逍遥丸). **Methods** Ten MCI patients with liver-qi stagnation syndrome formed treatment group, and another 10 healthy subjects with corresponding genders, ages, educational degree formed control group. The treatment group was given Xiaoyao Pill by oral administration, 8 pills once, 3 times a day in continuous 12 weeks, and no intervention in control group. Montreal cognitive assessment scale (MoCA) was used to evaluate before and after the intervention of the treatment group and since inclusion starting for the control group. GE 3.0T super imaging system was used to detect the area under the curve of N-acetylaspargate (NAA), choline (Ch), myoinositol (mI) of hippocampus, cingulate gyrus of left and right sides, and calculate the ratio to creatine (Cr). **Results** Compared with the control group, the numerical value of nomenclature, abstraction, orientation in MoCA of treatment group before intervention had no statistical significance ($P > 0.05$), and the scores of other items were significantly lower ($P < 0.05$). NAA/Cr in the left hippocampus was lower than the control group ($P < 0.05$). The numerical value of nomenclature, orientation in MoCA of treatment group after intervention had no statistical significance when compare with before treatment ($P > 0.05$), and the scores of other items were significantly increased ($P < 0.05$). Ch/Cr in the right cingulate gyrus of MRS was lower than the control group ($P < 0.05$). **Conclusion** The decrease of NAA/Cr in the left hippocampus can be used as a marker of nerve injury in MCI patients with liver qi stagnation syndrome, and the decrease of the level of choline compound in the posterior cingulate gyrus of hippocampal loop may be one of the neurological mechanisms of Xiaoyao Pill to correct cognitive decline.

Keywords mild cognitive impairment; Xiaoyao Pill; liver qi stagnation syndrome; magnetic resonance spectroscopy; Montreal cognitive assessment scale

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第十二届全国中医百佳名医暨民间中医论坛 (聚医杰 2018 年学术年会) 通知

本次会议由中国民间中医药研究开发协会特色医疗分会和北京聚医杰医药科学研究院主办。会议定于 2018 年 11 月 11—12 日 (10 日报到) 在北京召开。特邀请各级中医药特色医疗名医、民间名中医、乡村名中医投稿并报名参加本次会议。

一、会议内容: 1. 邀请相关领导讲解《中医药法》主要亮点和介绍国家扶持民间中医、民营中医医疗机构方面的政策; 20 总结聚医杰 2018 年的各项工作及评选表彰 2018 年度聚医杰“百佳名医”、优秀学术论文、优秀学术成果等; 30 邀请国医大师、国医名师传授中医药特色疗法经验; 4. 邀请有关专家作中医药实用技术培训; 50 与会代表作学术交流; 6. 召开第四届“中国民间中医药研究开发协会特色医疗分会全体理事会”; 7. 举行《基层名中医实用验方荟萃》出版首发式; 8. 会后考察。

二、征文范围: 1. 运用中医药和民间疗法治疗各种疑难病、常见病、多发病的特色疗法经验及民间特技、单方验方等; 2. 创办民营中医医疗机构的经验及体会; 3. 发展民间中医药事业的意见建议等。文稿须打印, 并附 100 字左右作者简介。入选论文将安排在有关书刊上发表, 并邀请作者参会。

三、会议颁发: 1. 为参会代表颁发“新时代中医传人”纪念奖章; 2. 表彰优秀论文优秀成果; 3. 发放纪念品; 4. 颁发有关书刊及资料; 5. 发全体会议代表合影留念。

四、会议费用: 每位参会代表须交参会报名费 300 元、会务费 (含纪念品及培训资料费) 1500 元, 会期食宿、参观统一安排, 费用自理。

五、参会报名方式: 请在 10 月 25 日前将交流论文 (无论文者也可报名)、及申报各种表彰的报评材料、个人 2 寸彩照 4 张、参会报名费 300 元从邮局寄汇至: 北京 100036-98 信箱“第十二届百佳名医会”会务组叶续宗收, 邮编 100036, 或加微信报名 (微信号 j570405)。电话: 010-83210238、18511329528、18515917952、18500577884, Email: 13366005273@163.com 会议详情请登录: 北京聚医杰医药科学研究院 (www.zgtsyl.com) 网站查询。