

Clinical Observation on 30 Cases of Severe Pneumonia Treated with *Baojin Lisu Decoction* (保金立甦汤) Combined with Fiberoptic Bronchoscopy Bronchoalveolar Lavage

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ABSTRACT Objective To observe the clinical efficacy of *Baojin Lisu Decoction* (保金立甦汤) combined with fiberoptic bronchoscopy bronchoalveolar lavage in the treatment of severe pneumonia. **Methods** A total of ninety patients with severe pneumonia were randomly divided into treatment group 1, treatment group 2 and control group, with 30 cases in each group. Each group was given routine therapy of western medicine treatment. Additionally, treatment group 1 was given *Baojin Lisu Decoction* orally or through nasal feeding combined with fiberoptic bronchoscopy bronchoalveolar lavage; treatment group 2 was given the same amount of warm water orally or through nasal feeding combined with fiberoptic bronchoscopy bronchoalveolar lavage; the control group was given the same amount of warm water orally or through nasal feeding. All the patients were treated for 14 consecutive days with 7 days as a course. The total mechanical ventilation time and days of ICU hospitalization of the three groups were recorded, and the clinical efficacy of all groups was compared. The traditional Chinese medicine syndrome score, acute physiology and chronic health evaluation II (APACHE II) score, clinical pulmonary infection score (CPIS), and serum levels of TNF- α and IL-6 were measured before treatment and 7 and 14 days after treatment. **Results** The total mechanical ventilation time and days of ICU hospitalization in treatment group 1 and treatment group 2 were significantly shorter than those in the control group, and those in treatment group 1 was shorter than those in treatment group 2 ($P < 0.05$). The scores of TCM syndromes, APACHE II, and CPIS, and TNF- α and IL-6 levels in the treatment group 1 and 2 were significantly lower than those in the control group after 7 and 14 days treatment, and the improvement of each index in the treatment group 1 was more significant than that in the treatment group 2 ($P < 0.05$). The total effective rate was 90.0% in treatment group 1, 76.6% in treatment group 2 and 63.3% in control group respectively. The clinical effect of treatment group 1 was better than that of both treatment group 2 and control group ($P < 0.05$). **Conclusion** *Baojin Lisu Decoction* combined with fiberoptic bronchoscopy bronchoalveolar lavage in the treatment of severe pneumonia can effectively improve the clinical symptoms of patients, and can inhibit inflammation, control infection, shorten mechanical ventilation time.

Keywords severe pneumonia; *Baojin Lisu Decoction*; fiberoptic bronchoscopy bronchoalveolar lavage; inflammatory factors; clinical pulmonary infection score

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2019 年特色医疗分会暨聚医杰学术活动安排

中国民间中医药研究开发协会特色医疗分会、北京聚医杰医药科学研究院 2019 年学术活动安排通知如下, 欢迎各级中医药人员适时报名参会。

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