

Clinical Observation on *Bushen Qishu Qiangxin Granules* (补肾后强心颗粒) in the Treatment of 40 Cases of Chronic Heart Failure of Heart and Kidney Yang Deficiency Type

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ABSTRACT Objective To observe the effects of *Bushen Qishu Qiangxin Granules* (补肾后强心颗粒) adjuvant with western medicine on microinflammation in chronic heart failure patients with heart and kidney yang deficiency.

Methods A total of 80 chronic heart failure patients with heart and kidney yang deficiency were selected and randomly divided into a treatment group and a control group, with 40 cases in each group. The patients in the control group were given conventional western medicine treatment. The patients in the treatment group were added with *Bushen Qishu Qiangxin Granules* on the basis of routine treatment, one dose per day, taking in the morning and evening. Both groups were treated for 8 weeks. The correlation between the patient's microinflammation index hypersensitive C-reactive protein (hs-CRP) and the N-terminal pro-B-type natriuretic peptide (NT-proBNP), which reflects cardiac function was analyzed. Traditional Chinese medicine symptom scores before and after treatment were evaluated in the 2 groups, and micro-inflammatory indexes including hs-CRP, tumor necrosis factor alpha (TNF- α), interleukin 6 (IL-6) and heart function indexes such as NT-proBNP, and left ventricle ejection fraction (LVEF), early diastolic maximum flow (E peak) / late diastolic maximum flow (A peak) (E/A). **Results** Level of hs-CRP was positively correlated with NT-proBNP ($r=0.79$). Traditional Chinese medicine symptom scores of both groups were significantly decreased after treatment. Compared with the control group, the treatment group had a more significant decrease ($P<0.05$). Both groups can improve the micro-inflammatory state. Compared with the control group, the levels of TNF- α , IL-6 and hs-CRP in the treatment group were significantly reduced ($P<0.05$). Both groups can reduce NT-proBNP and increase LVEF and E/A. Compared with the control group, the NT-proBNP reduction and LVEF and E/A increase in the treatment group were more significant ($P<0.05$). **Conclusion** *Bushen Qishu Qiangxin Granules* may inhibit the level of microinflammation in patients with chronic heart failure with heart and kidney yang deficiency and improve the heart function and clinical symptoms.

Keywords chronic heart failure; heart and kidney yang deficiency; *Bushen Qishu Qiangxin Granules* (补肾后强心颗粒); microinflammation; cardiac function

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特色医疗分会暨聚医杰 2020 年学术活动通知

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 2020 年将举办下列学术会和培训班, 欢迎各级中医药人员参加。

一、学术交流

1. 第 45 次全国特色医疗名医学术交流暨风湿骨痛证论坛: 时间: 3 月 26 日—27 日 (25 日报到), 地点: 福建厦门, 规模 60 人; 2. 第 46 次全国特色医疗名医学术交流暨经方论坛: 时间: 5 月 16 日—17 日 (15 日报到), 地点: 河南南阳市 (仲景故里), 规模 60 人; 3. 第 47 次全国特色医疗名医学术交流暨肝胆糖尿病论坛: 时间: 7 月 21 日—24 日 (20 日报到), 地点: 山西省大同市, 规模 60 人; 4. 第八届全国中医疑难病学术研讨会暨柴胡论坛: 时间: 9 月 21 日—22 日 (20 日报到), 地点: 沈阳市 (会后去朝鲜参观 4 晚 4 天), 规模 60 人; 5. 第十四届聚医杰全国中医百佳名医学术交流暨民间中医论坛 (2020 聚医杰学术年会): 时间: 11 月 8 日—9 日 (7 日报到), 地点: 北京市, 规模 200 人; 6. 第 48 次全国特色医疗名医学术暨第四届中医世家经验交流会: 时间: 12 月 16 日—17 日 (15 日报到), 地点: 云南昆明, 规模 60 人。

二、技术培训

1. 第 4 期全国中医诊所中药技术人员培训班: 时间: 4 月 18—20 日 (17 日报到), 地点: 太原市, 60 人; 2. 第七期中医专长医师资格考核辅导班: 时间: 4 月 22—24 日 (21 日报到), 地点: 太原市, 60 人; 3. 全国中医肝病培训研修班: 时间: 6 月 12 日—14 日 (11 日报到), 地点: 武汉市, 60 人; 4. 全国中医妇科暨不孕不育培训班: 时间: 6 月 16—18 日 (15 日报到), 地点: 武汉市, 60 人。

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