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五黄糖康灵对2型糖尿病细胞因子水平影响的研究

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中文摘要:目的: 探讨五黄糖康灵对2型糖尿病(T2DM)患者血清肿瘤坏死因子- α (TNF- α)、白介素-6(IL-6)、高敏C-反应蛋白(hs-CRP)的影响。方法: 将100例临床确诊的T2DM患者随机分为对照组与观察组各50例。对照组吡格列酮15 mg \cdot d⁻¹早餐前1次服用, 胰岛素根据血糖水平不同采用不同的剂量; 观察组用五黄糖康灵煎剂每日1剂, 2组均8周为一疗程。治疗前后检测血清TNF- α 、IL-6、hs-CRP水平, 同时检测空腹血糖(FpG)、餐后2 h血糖(2hpG), 另设50例门诊健康体检者为健康组作对照。结果: 治疗前外周血细胞因子及FpG, 2hpG水平与健康组比较明显升高($P < 0.01$), 观察组治疗前后比差异有显著性($P < 0.01$); 治疗后与对照组比, 差异有显著性($P < 0.01$)。结论: 五黄糖康灵能降低T2DM患者血清TNF- α 、IL-6、CRP及FpG, 2hpG水平, 具有降低血糖、抗炎症及改善胰岛素抵抗(IR)作用。检测上述细胞因子水平, 可用于判定以及治疗T2DM观察的指标及治疗效果。

中文关键词: [2型糖尿病\(T2DM\)](#) [五黄糖康灵](#) [细胞因子](#)

Effect of Wuhuang Tangkangling on cytokine in patients with type 2 diabetes mellitus

Abstract: Objective: To investigate the effects of Wuhuang Tangkangling on tumor necrosis factor- α (TNF- α), interleukin-6 (IL-6) and high-sensitivity C-reactive protein (hs-CRP) in serum of patients with type 2 diabetes mellitus (T2DM). **Method:** One hundred cases of type 2 diabetes mellitus patients were randomly divided into two groups. The control group was treated with pioglitazone (15 mg \cdot d⁻¹) orally once a day in the morning, combined with insulin subcutaneous injection based on blood glucose level. The treatment group was treated with decoction of Wuhuang Tangkang Ling daily, 8 weeks as a course. TNF- α , IL-6, hs-CRP, fasting blood glucose (FBG) and postprandial blood glucose (PBG) were tested for two groups of patients before and after the treatment. And other 50 healthy cases were tested for comparison. **Result:** Before treatment, the level of cytokine, FBG and PBG in the serum of patients with T2DM were significantly higher than healthy cases ($P < 0.01$). In treatment group, difference between before and after the treatment had statistical significance ($P < 0.01$); after treatment, difference between treatment group and control group had statistical significance ($P < 0.01$). **Conclusion:** Wuhuang Tangkangling could significantly decrease the level of TNF- α , IL-6, hs-CRP, FBG and PBG in patients with T2DM, and could decrease blood glucose, anti-inflammatory, and improve insulin resistance. According to testing these cytokines, a new criteria for evaluating the progress of T2DM and the treatment may be approached.

keywords: [T2DM](#) [Wuhuang Tangkangling](#) [cytokine](#)

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