



Clinical Research on the Treatment of Hyperthyroidism with Chaihu Guizhi Longu Muli Decoction

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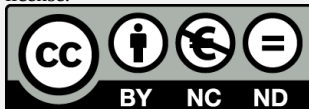
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ABSTRACT

Introduction: The basic formula of Chaihu Guizhi Longu Muli Decoction (CGLMD) is derived from Xiao Chaihu Decoction combined with Guizhi and Longgu Muli Decoction. At present, many studies in China have proved that the use of CGLMD combined with Western medicine in the treatment of hyperthyroidism is more effective and can reduce the side effects of Western medicine.

Objective: To observe the clinical effects of CGLMD combined with antithyroid drugs (Methimazole) in the treatment of hyperthyroidism and safety of CGLMD.

Methods: 62 patients were included in the OPD of Endocrinology, First Affiliated Hospital of Guangzhou University of Chinese Medicine from April 2019 to December 2019. Patients are randomly divided into control and treatment groups. Patients in the control group were treated with Methimazole, and the patients in the treatment group were treated with CGLMD combined with Methimazole. The duration of treatment was 4 weeks and 8 weeks for continuous observation. Thyroid function (TSH, FT3, FT4), liver function (AST, ALT) and blood analysis (WBC, NEU), self-designed clinical symptom observation scale, and clinical symptom registration form were observed before and after treatment.

Results: 1. Total score of TCM in treatment group decreased more than control group ($P < 0.05$). In 29 symptoms that were observed, the treatment group improved 21 symptoms, including mental depression, palpitation, thirst, etc. ($P < 0.05$). The control group effectively improved depression and insomnia ($P < 0.05$). The total effective rate of the two groups was 78.2% and 26.7% respectively, and the difference was statistically significant ($P < 0.05$).

2. Thyroid function of patients in both groups was reduced ($P < 0.05$), and the TSH between 2 groups not statistically different ($P > 0.05$), while FT3 and FT4 were statistically difference ($P < 0.05$).

3. 3 cases of abnormal liver function were found in the control group, with no other adverse reactions. There was no obvious abnormality in blood analysis between two groups.

Conclusion: The results proved that the combination of CGLMD with antithyroid drugs can obviously alleviate the clinical symptoms of patients although the effective improvement of TSH level was not obvious, and the treatment was safe for patients.

Keywords: Chaihu Guizhi Longu Muli Decoction; hyperthyroidism; clinical efficacy