

The efficacy of Huanshuai recipe oral solution on progression in renal function of atherosclerotic renal artery stenosis

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Objective: In order to investigate the retarding effect of Huanshuai Recipe oral solution on the progressive program of renal dysfunction in patients with atherosclerotic renal artery stenosis.

Methods: A total of 58 patients were recruited in a prospective, randomized study, in accordance with the diagnostic criteria of atherosclerotic renal artery stenosis (ARAS). Then the 58 patients were randomly divided into treatment group and controlled group according to the 2:1 ratio. Both groups received a basic treatment (High-quality low-protein diet, blood pressure, lipid-lowering, correcting the acidosis and so on) in addition the treatment group received a 20 ml Huanshuai Recipe oral solution, 3 times a day for 6 months. Renal function, blood lipids and so on were examined monthly. The primary goal was to compare the rate decline of renal function based on individual reciprocal creatinine plots for these periods.

Results: In the observation period, SCR, TCM syndrome scores of treatment group have significantly reduced ($*p<0.05$) and eGFR has increased ($*p<0.05$) compared to the controlled group.

Conclusion: The Huanshuai Recipe oral solution, a formula with reinforcing Qi, promoting blood circulation and removing dampness, can improve or stabilize renal function of ARAS patients effectively; in addition, it can significantly improve clinical symptoms of patients.

Biography

Xuexia Li has completed her Master's Degree at Beijing University of Chinese Medicine and finished her clinical research in Guang'an Men Hospital, China Academy of Chinese Medical Sciences. She is now a clinical doctor in the department of nephrology, the second people's hospital of Zhuhai, Guangdong, China. She has published 2 papers in reputed journals as first editor and several papers as co-author, mainly concerning atherosclerotic renal artery stenosis (ARAS).

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