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The effect of pushen capsule in treating vascular mild cognitive impairment

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Traditional Chinese Medicine (TCM) may take effect in treating VaD . The purpose of this study was to assess the clinical efficacy of pushen capsule, the compound of several kinds of TCM, in the treatment of vascular mild cognitive impairment (VaMCI). Seventy outpatients with VaMCI were randomly divided into two groups, the treatment group that was given with pushen capsule and control group that was treated with ginkgo biloba tablets. The score of Mini Mental State Examination (MMSE), Montreal Cognitive Assessment (MoCA) and Subjective Memory Loss Rating Scale, the data of lipids and lipoproteins, and hemorheological parameters were collected at baseline, 4th week and 12th week after treatment. The data were statistically processed with SPSS 19 statistical software. Compared with the baseline, the MMSE score of the treatment group significantly increased at 12th week ($t=-2.352$, $P=0.022$), while the score showed no significant difference in control group ($t=-1.913$, $P=0.061$). The MoCA score at 12th week were higher in both groups ($t=-2.619, -2.582$; $P=0.011, 0.013$, respectively), and also the score of the “delayed recall” items were significantly increased ($P=0.018, 0.026$, respectively). The subjective memory loss score of the treatment group was significantly higher at the 12th week ($t=-2.621$, $P=0.011$), and the cognitive function of the “forgetting acquaintance’s name” was significantly improved ($\chi^2=4.419$, $P=0.036$). The lipids and lipoproteins, and hemorheology are all significantly different after treatment in both groups. The improved effect of cognitive function with pushen capsule in treating VaMCI is comparable to that of ginkgo biloba.

Biography

Shuo Li is pursuing her Postgraduate degree in the School of Medicine at Southeast University. She has published three papers in reputed journals and has been a researcher with outstanding scientific research ability.

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