

Observation on Clinical Effect of Traditional Chinese Medicine in Treating Diabetes

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Abstract: Objective: To study the effect of the application of traditional Chinese medicine in the treatment of diabetes patients, and to provide more effective treatment ideas for the clinic. Methods: The clinical data of patients in the department of Endocrinology of our hospital were investigated, and 98 patients with diabetes who visited our hospital from July 2021 to February 2022 were screened for treatment study. According to the principle of digital arrangement, they were divided into two groups, 49 patients receiving traditional Chinese medicine treatment measures were classified as the Traditional Chinese medicine group, and the other 49 patients receiving conventional western medicine treatment measures were classified as the Western medicine group. Observe the control degree of blood glucose level of patients, analyze the changes of metabolic indicators of diabetes, and compare the improvement of symptoms of patients. Results: After standard treatment, blood glucose levels in both groups decreased. Fasting and postprandial blood glucose levels in TCM group were better than those in Western medicine group ($P < 0.05$). The serum lipid level and hBA1c in TCM group were lower than those in WESTERN medicine group ($P < 0.05$). The symptom score of patients in TCM group was lower than that in western medicine group, and the symptom improvement was better ($P < 0.05$). Conclusion: Traditional Chinese medicine can significantly reduce blood glucose level, improve blood lipids and relieve clinical symptoms in diabetic patients, and the overall efficacy advantage is more significant. The ideas and methods of Traditional Chinese medicine can be used for reference and promotion.

1. Introduction

Diabetes is one of the three chronic diseases. Due to low insulin level or functional defects in patients, it leads to metabolic disorders such as sugar, protein and blood lipids in the body, with hyperglycemia as the typical feature, resulting in damage to multiple tissues and organs and a series of complications^[1]. Clinical common II with type 1 diabetes, middle-aged and old belong to high-risk groups, genetic and environmental risk factors are combined, present the familial aggregation, is closely related to diet and lifestyle habits, usually obesity susceptibility is stronger, patients can be characterized by easy exhaustion, eating dynamic imbalance, the symptom such as “a little” sanduo, And most of them are complicated with hyperlipidemia, hypertension, arteriosclerosis, etc., and monitoring significantly increased blood glucose, positive urine sugar, and increased glycosylated hemoglobin is helpful for disease diagnosis^[2]. For diabetic patients, clinical implementation principle of western medicine hypoglycemic, improve insulin sensitivity with drugs, promote the glucose utilization in tissue, blood sugar levels can get effective control, but in recent years, studies have shown that adopt the mode of western medicine treatment of patients relapse easily, but oral glucose-lowering drugs tend to have certain damaging liver and kidney, Patients often have gastrointestinal and other adverse reactions, which increases the difficulty of treatment^[3]. With the in-depth exploration of medical research, the application of TCM therapy in diabetes is increasing. The control effect of the dialectical principle on the disease has been highly recognized, and it is not easy to relapse. The specific pharmacological mechanism needs to be analyzed. In this paper, 98 cases of diabetes patients in endocrinology department of our hospital were selected for the study of the implementation of treatment methods, and the detailed report is as follows.

2. Data and Methods

2.1 General Information

The clinical data of the patients in the department of Endocrinology of our hospital were investigated, and 98 cases of diabetes patients who visited our hospital from July 2021 to February 2022 were screened for treatment. According to the principle of number arrangement, they were first divided into two groups. The 49 cases of TCM patients were mainly middle-aged and elderly, with an age distribution between 46 and 71 years old, with an average of (58.52 ± 2.91) years old, including 26 males. There were 23 female patients with 1-13 years of disease, with an average of (6.72 ± 1.43) years. Most of the 49 patients in the Western medicine group were middle-aged and elderly, ranging in age from 44 to 72 years old with an average of (59.24 ± 2.62) years old. There were 25 males and 24 females, who had been sick for 1-13 years with an average of (6.41 ± 1.25) years. All the selected patients were diagnosed as type ii diabetes mellitus with certain cognitive ability and expressed active participation in this study. The general data showed little difference and could be ignored ($P > 0.05$).

2.2 Methods

Group B received conventional treatment of Western medicine, pioglitazone metformin tablets, produced from Jiangsu Deyuan Pharmaceutical Co., LTD., specifications of 10 tablets per box, each tablet containing 15mg pioglitazone and 500mg metformin, dosage and usage of one tablet per day, at a fixed time every day after meals warm water, standard treatment for 2 months.

Group A implemented traditional Chinese medicine treatment measures, the same treatment was given to group B first, followed by taking xiaothirsty decoction, mainly containing more than ten kinds of medicinal materials, such as salvia miltiorrhiza, rehmannia glutinosa, Astragalus membranacea, schisandra chinensis, Radix ophiopogonis and Anemarrhenae, etc., decocted in accordance with the standard operation of Traditional Chinese medicine, oral after removing residue, twice A day, standard treatment for 2 months.

2.3 Observation Indicators

Monitoring before drug treatment, two groups of patients with blood sugar levels, including fasting and postprandial, and records the lipid levels before treatment, glycosylated hemoglobin, blood lipid monitoring indicators including low density lipoprotein, triglyceride and total cholesterol, evaluation of traditional Chinese medicine symptom integral, main and second symptoms, statistics each patient scores decreased, prompt symptoms improve.

2.4 Statistical Methods

Blood glucose and metabolic indicators collected in this study were presented in the form of measurement data, expressed by $(X \pm S)$ method, and $P < 0.05$ was used as the measurement standard of statistical significance after t test by special statistical analysis software SPSS20.0.

3. The Results

3.1 Degree of Blood Glucose Level Control

After standard treatment, blood glucose levels in both groups decreased, and fasting and 1 hour and 2 hour postprandial blood glucose levels in TCM group were better than those in Western medicine group ($P < 0.05$). See table 1.

Table 1 Comparison of Fasting and Postprandial Blood Glucose Levels between the Two Groups ($X \pm s$, Mmol/l)

group name	number	empty stomach		After 1h		After 2h	
		pretherapy	posttreatment	pretherapy	posttreatment	pretherapy	posttreatment
Traditional Chinese	49	8.54 ± 1.07	6.26 ± 1.33	16.74 ± 1.05	13.75 ± 1.24	11.51 ± 1.37	8.79 ± 0.24

medicine							
Western medicine	49	8.28±0.93	7.04±1.26	17.12±1.34	15.81±1.96	11.03±1.29	9.48±0.65
P	-	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

3.2 Comparison of Metabolic Indicators and Hba1c in Diabetes Mellitus

The serum lipid level and hemoglobin a1c in TCM group were lower than those in WESTERN medicine group (P < 0.05). Are shown in table 2.

Table 2 Comparison of Metabolic Indexes and Hba1c between the Two Groups (X ± s, Mmol/l)

group name	number	opportunity	glycosylated hemoglobin/%	low densith lipoprotein	triglycerides	cholesterol total
Traditional Chinese medicine	49	pretherapy	8.73±1.43	3.52±1.41	2.69±1.34	7.42±1.36
		posttreatment	6.15±1.21	3.06±1.27	1.74±0.62	5.58±1.42
Western medicine	49	pretherapy	8.69±1.27	3.64±1.35	2.71±1.58	7.95±1.49
		posttreatment	7.02±1.48	3.49±1.18	2.05±0.63	6.05±0.84

3.3 Evaluation of Tcm Symptoms of Diabetes

The symptom score of patients in TCM group was lower than that in western medicine group, and the symptom improvement was better (P < 0.05). See table 3.

Table 3 Evaluation of Tcm Symptoms of Diabetes (X ± s,Forensic Points)

group name	number	opportunity	Forensic points
Traditional Chinese medicine	49	pretherapy	21.61±1.52
		posttreatment	9.26±1.34
Western medicine	49	pretherapy	21.75±1.39
		posttreatment	15.07±1.32

4. Conclusion

Diabetes, the body metabolic disorders, there may be caused by insulin secretion level to reduce the use of glucose and fat is blocked, so these patients often combined hyperlipidemia disease, the body in obese patients show typical, western medicine usually give hypoglycemic or insulin replacement therapy, metabolic ability can be improved by increasing insulin sensitivity. In recent years, several studies have found that people with diabetes after treatment with fall blood sugar, increase adverse symptoms, patients need long-term medication to control blood sugar in stable level, so the most serious damage to liver, kidney, combined with itself or atherosclerosis disease, can exist in the use of cardiovascular drugs at the same time, causing a double whammy of organs, treatment effect is often not ideal^[4]. The application of TCM therapy aims to improve the phenomenon of renal dryness. Through the therapeutic principles of nourishing Yin and moistening dryness, supplementing kidney qi, clearing heat and eliminating fire, regulating blood and activating qi, the effect of tonifying kidney and qi can be effectively achieved and the condition of thirst elimination can be improved^[5]. / party in this study is using the principle of relieve symptoms at the same time, the disease itself to achieve effective thrift, Chinese medicine group after treatment, fasting and postprandial blood glucose control in patients with better and metabolic indices in blood lipid levels and lower glycosylated hemoglobin, reduce symptoms integral, symptoms improve the situation better, compared with western medicine group, The overall efficacy was better (P < 0.05), which was consistent with the results of several studies. In conclusion, TCM can significantly reduce the blood glucose level, improve blood lipids and relieve clinical symptoms of patients with diabetes. The overall efficacy advantage is more significant, and TCM ideas and methods can be used for reference and promotion.

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