

中医药疗法治疗心脏神经官能症的研究进展

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摘 要

心脏神经官能症作为以神经功能失调为主的常见疾病之一, 其临床主要表现为心前区的憋闷、疼痛, 失眠, 焦虑, 紧张, 乏力等症状。同时, 随着人们生活节奏的加快, 该病发病率也呈逐年上升的趋势, 并且若不加以及时的干预, 严重时患者可能会出现自杀、自残等情况的发生。然而, 现代医学在有关本病的治疗方面主要是采用对症治疗方式为主, 虽取效迅速但不良反应及毒副反应明显。现大量研究表明中医药治疗本病药物疗效好、安全性高、毒副作用小。因此, 本文基于近3~5年相关文献, 分析、归纳及总结中医对本病发病机理、治疗等方面的认识, 以期为后续研究本病的学者提供便利。

关键词

心脏神经官能症, 中医治疗, 综述

Research Progress of Chinese Medicine Therapy in the Treatment of Cardiac Neurosis

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Abstract

Cardiac neurosis, as one of the common diseases, is characterized by neurological dysfunction. Its main clinical manifestations are depression, pain, insomnia, anxiety, tension, fatigue and other symptoms in the precordial area. At the same time, with the acceleration of people's life rhythms, the incidence of the disease is also increasing year by year, and if it is not intervened in time, patients may commit suicide and self-harm in severe cases. However, modern medicine mainly

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