



## Effects of nifedipine combined with doxepine on IBS

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### Abstract

**AIM:** We tried combination therapies of nifedipine (N) and doxepine (D) for irritable bowel syndromes (IBS).

**METHODS:** 73 cases were randomly divided into 3 groups: 26 patients in group N (N 10 mg tid  $\times$  14 d), 22 patients in group D (D 25 mg tid  $\times$  14 d), 25 patients in group N + D (N 10 mg + D 25 mg tid  $\times$  14 d).

**RESULTS:** (1) The complete disappearance of abdominal pain in group N, group D and group N + D were 38.46%, 19.05%,

and 70.83%, respectively. The effectiveness of group N + D was significantly higher than that of group N and group D ( $P < 0.05$  and  $P < 0.01$ ). (2) The obvious alleviation of diarrhea in group N, group D and group N + D were 44%, 22.73% and 76% respectively. The effectiveness of group N + D was significantly higher than that of group N and group D ( $P < 0.05$  and  $P < 0.01$ ). (3) The disappearance of symptoms of the mental and nervous systems in group N, group D and group N + D and group D were significantly better than group N ( $P < 0.01$  and  $P < 0.05$ ), there was group N + D was not different from group D.

**CONCLUSION:** Enhanced and complemented effectiveness can be achieved by combined treatment with nifedipine and doxepine. It is especially suitable for the patients with chronic abdominal pain and diarrhea or with mental and nervous systems symptoms.

**Key words:** Nifedipine; Doxepine; Irritable bowel syndromes

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