

## Clinical investigation of ulcerative colitis patients treated by integrated traditional Chinese and Western medicine

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Received: July 3, 1998  
Revised: August 11, 1998  
Accepted: September 2, 1998  
Published online: October 15, 1998

### Abstract

**AIM:** To observe the therapeutic effects of ulcerative colitis managed by integrated Traditional Chinese Medicine (TCM) and Western therapy and compared by conventional interventions solely.

**METHODS:** Ninety ulcerative colitis patients were randomly divided into two groups. (1) Group I: 48 cases treated by integrated TCM and western medicine, 40 were men and 8 were women, aged 23-50 years with 31.6a in average and the disease course ranged from 5 mo to 15a, 3.76a in average, with 11 cases less than 1a, 22 cases 1a-5a, 13 cases 5a-10a and 15 cases more than 10a. Endoscopic examinations revealed 16 cases with scattered ulcerative lesions on intestinal mucosa, 16 cases with slight mucosal erosions and 14 cases with mucosal congestion and edema. (2) Group II: 42 cases treated solely by conventional therapy as control, 36 were men and 6 were women, aged 21-48 years with 30.3a in average with the disease course ranged from 6 mo-14a, 3.55a in average, with 9 cases less than 1a, 21 cases 1a-5a, 11 cases 5a-10a and 1 case more than 1a.

Endoscopic examinations revealed 16 cases with scattered ulcerations on the intestinal mucosa, 15 cases with slight mucosal erosions, 13 cases with mucosal congestions and adema. Two groups were demographically comparable, their general status, clinical symptoms and endoscopic signs were similar without significant differences ( $P > 0.05$ ). Patients in Group I were treated by integrated TCM and western medicine based on an overall analysis of the illness and patient condition and conventional western interventions were used solely in the controlled Group II. The efficacy and clinical results were observed and compared meticulously.

**RESULTS:** The results were investigated 2 wk afterward with 39 cases of immediate cure (81.3%), 8 cases of improvement (16.7%) and 1 case of ineffectiveness (2%), *i.e.* with 98% total effective rate in Group I. Comparatively there were 27 cases of immediate cure (64.3%), 9 cases of improvement (21.4%) and 6 cases of ineffectiveness (14.3%) *i.e.* only 86.9% total effective rate in Group II. Statistical analysis were performed with significant differences between these two groups,  $P < 0.01$ .

**CONCLUSION:** It is concluded that the therapeutic results are much better in cases treated by the integrated TCM and western medicine.)

**Key words:** Colitis, ulcerative/drug therapy; TCM WM therapy; Endoscopy

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Hu QY, Hu XY, Jiang Y. Clinical investigation of ulcerative colitis patients treated by integrated traditional Chinese and Western medicine. *World J Gastroenterol* 1998; 4(Suppl2): 113 Available from: URL: <http://www.wjgnet.com/1007-9327/full/v4/iSuppl2/113.htm> DOI: <http://dx.doi.org/10.3748/wjg.v4.iSuppl2.113>

E- Editor: Li RF



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