

整合中医药学防治糖尿病、心脑血管病、肾脏病、癌症等重大、常见病的循证医学证据

中药在疾病预防中的作用

- 动脉粥样硬化性疾病的二级预防：Tongxinluo for the **secondary prevention of atherosclerotic disease**: a systematic review and meta-analysis of RCTs. (Feng Y, et al. *Brain Behav.* 2026;16:e71232).
- 预防糖尿病: Jinlida for **diabetes prevention** in impaired glucose tolerance and multiple metabolic abnormalities: The FOCUS RCT (Ji H et al. *JAMA Intern Med* 2024; 184: 727-35).
- 预防糖尿病: Effects of ginseng berry saponins from panax ginseng on glucose metabolism of patients with **prediabetes**: A randomized, double-blinded, placebo-controlled, crossover trial. (Gao J et al. *Phytomedicine* 2024;132:155842).
- 预防心律失常: **Atrial tachyarrhythmia prevention** by Shensong Yangxin after catheter ablation for persistent atrial fibrillation: the SS-AFRF trial (Huang H et al. *Eur Heart J* 2024;45:4305-14).
- 预防肝细胞癌: Entecavir plus Biejia-Ruangan compound **reduces the risk of hepatocellular carcinoma** in Chinese patients with chronic hepatitis B (Ji D et al. *J Hepatol* 2022;77:1515).

中药治疗心脑血管疾病

- 冠状动脉粥样硬化斑块药物干预治疗：Coronary atherosclerotic plaque intervention with Tongxinluo capsule: a multicenter, randomised, double-blind and placebo-controlled study (Ni M, et al. *Signal Transduct Target Ther.* 2026;11:72).
- 射血分数降低的心力衰竭、慢性心力衰竭 (*Nat Med* 2024; *J Am Coll Cardiol.* 2013):
 - The traditional Chinese medicine Qiliqiangxin in **heart failure with reduced ejection fraction**: a randomised, double-blind, placebo-controlled trial. (Cheang I et al. *Nat Med* 2024; 30:2295-302).
 - A multicenter, randomised, double-blind, parallel-group, placebo-controlled study of the effects of qili qiangxin capsules in patients with **chronic heart failure** (Li X et al. *JACC.* 2013;62:1065-72).
- 急性缺血性脑卒中、冠心病、急性心肌梗塞 (*JAMA Network Open* 2024; *JAMA* 2023)
 - 急性缺血性脑卒中: Tongxinluo and functional outcomes among patients with **acute ischemic stroke**: a RCT (Dong Y, et al. *JAMA Netw Open* 2024;7:e2433463).
 - 急性心肌梗塞: Traditional Chinese medicine compound (Tongxinluo) and clinical outcomes of patients with **acute myocardial infarction**: The CTS-AMI RCT. (Yang Y et al. *JAMA* 2023;330:1534-45).
 - 急性心肌梗塞: A multicenter, randomised, double-blind, placebo-controlled trial to evaluate the effect of Tongmai Yangxin pill on ventricular remodelling in **acute anterior STEMI patients after primary PCI**. (Wang Y et al. *Phytomedicine* 2024;135:156133).
 - 冠心病：Efficacy and safety of yangxinshi versus trimetazidine on exercise tolerance in patients with **coronary heart disease after percutaneous coronary intervention**: Multicenter, double-blind clinical trial (Li Y et al. *Phytomedicine* 2024;135:156198).
 - 冠心病: Impact of Xuezhikang on **coronary events in hypertensive patients with previous myocardial infarction** from the China Coronary Secondary Prevention Study (CCSPS). (Li JJ, et al. *Ann Med.* 2010;42:231-40).

- 冠心病: Effect of Xuezhikang, an extract from red yeast Chinese rice, on **coronary events in a Chinese population with previous myocardial infarction**. (Lu Z, et al. *Am J Cardiol*. 2008;101:1689-93).
- 冠心病: Xuezhikang, an extract of cholestin, protects endothelial function through antiinflammatory and lipid-lowering mechanisms in patients with **coronary heart disease** (Zhao SP, et al. *Circulation* 2004;110:915-20).

中药治疗糖尿病、糖尿病肾病、慢性肾脏病

- 慢性肾衰血液透析患者：Shaoyao-Gancao decoction for the treatment of **muscle cramps in maintenance hemodialysis**: A prospective randomised crossover controlled trial. (Li C, et al. *J Ethnopharmacol*. 2025;347:119758)
- 糖尿病肾病: Randomised controlled clinical trial of Shenzhuo Formula in the treatment of macroalbuminuria in **diabetic kidney disease** and its inflammation-modulating mechanisms. (Wang A, et al. *Precis Clin Med*. 2025;8:pbaf031).
- 糖尿病肾病: Chinese herbal medicine (Tangshen Formula) formula treatment of patients with **diabetic kidney disease**: a systematic review and meta-analysis. (Zhao P, et al. *Front Endocrinol (Lausanne)*. 2025;16:1522759).
- 糖尿病: The clinical efficacy of Gegen Qinlian Decoction in treating **type 2 diabetes** is positively correlated with the dose of coptidis rhizoma: three randomised, double-blind, dose-parallel controlled clinical trials. (Kang X et al. *Drug Des Devel Ther* 2024;18:5573-82).
- 糖尿病、慢性肾脏病: Add-on astragalus in **type 2 diabetes** and **chronic kidney disease**: A multi-center, assessor-blind RCT (Chan KW et al. *Phytomedicine* 2024;130:155457).
- 糖尿病、慢性肾脏病 Add-on rehmannia-6-based chinese medicine in **type 2 diabetes** and **CKD**: A multicenter RCT (Chan KW et al. *Clin J Am Soc Nephrol* 2023;18:1163-74).
- 糖尿病、糖尿病肾病: Efficacy of combined abelmoschus manihot and irbesartan for reduction of albuminuria in patients with type 2 diabetes and diabetic kidney disease: a multicenter randomised double-blind parallel controlled clinical trial (Zhao J et al. *Diabetes Care*. 2022;45:e113-5).
- 非糖尿病慢性肾脏病 Bupi Yishen Formula versus losartan for **non-diabetic stage 4 chronic kidney disease**: a randomised controlled trial. (Mao W, et al. *Front Pharmacol*. 2021;11:627185).
- **IgA 肾病** efficacy and safety of Abelmoschus manihot for **IgA nephropathy**: A multicenter randomized clinical trial. Li P, et al. *Phytomedicine*. 2020;76:153231).
- 中至重度慢性肾功能衰竭 Zheng Y, et al. Efficacy and safety of niaoduqing particles for delaying **moderate-to-severe renal dysfunction**: a randomized, double-blind, placebo-controlled, multicenter clinical study. (Zheng Y, et al. *Chin Med J (Engl)*. 2017;130:2402-2409).

中药治疗癌症、新冠、抑郁症、脓毒血症等重大疾病

- 慢性萎缩性胃炎: Efficacy of Chinese medicine WW-1 in managing gastric atrophy and intestinal metaplasia in patients with **chronic atrophic gastritis**: A multicenter, randomized, double-blind, placebo-controlled trial. (Yang Y, et al. *Pharmacol Res*. 2026;227:108176).
- 直肠癌: Chinese herbal medicine (JianPi-BuShen) and completion rate of adjuvant chemotherapy for patients with stage II and III **colon cancer**: A RCT. (Sun L et al. *Eur J Cancer*. 2024;213:115109).

- 新冠 **COVID-19**: Effectiveness and safety of Sanhan Huashi granules versus nirmatrelvir-ritonavir in adult patients with **COVID-19**: A randomised, open-label, multicenter trial. (Zou X et al. *Sci Bull (Beijing)*. 2024;69:1954-63).
- 新冠 **COVID-19**: Effects of Lianhuaqingwen Capsules in adults with mild-to-moderate **COVID-19**: an international, multicenter, double-blind RCT. (Zheng JP et al. *Viral J* 2023;20:277).
- 抑郁症: Xiaoyao Pills, a Chinese patent medicine, treats mild and moderate **depression**: A RCT combined with DNA methylation analysis. (Fan L et al. *Phytomedicine* 2024;130:155660).
- 抑郁症: Efficacy and safety of YOXINTINE for **depression**: A double-blinded, randomised, placebo-controlled, phase 2 clinical trial (Dong Z et al. *Phytomedicine*. 2024;136:156204).
- 脓毒血症: Efficacy and safety of Dachaihu decoction for **sepsis**: A RCT (Huang N et al. *Phytomedicine* 2024;136:156311).
- 脓毒血症: Effect of an herbal-based injection on 28-day mortality in patients with **sepsis**: the exit-sep randomised clinical trial (Liu S, et al. *JAMA Intern Med*. 2023;183:647-655).
- 非酒精性脂肪肝: Efficacy and safety of Qushi Huayu, a traditional Chinese medicine, in patients with **nonalcoholic fatty liver disease** in a RCT. (Liu Y et al. *Phytomedicine*. 2024;130:155398).
- 女性不孕症: Effects of the Zishen Yutai Pill on live births compared with placebo among **infertile women** with frozen-thawed embryo transfer cycle: A multicentre double-blind RCT. *Phytomedicine* (Chen X et al. *Phytomedicine* 2024;135:156072).
- 张力型头痛: Effect of Xuefu zhuyu oral liquid on **tension-type headache**: A RCT (Zhou L et al. *Phytomedicine* 2024;135:156112).
- 过早衰老: The efficacy and safety of Bazi Bushen Capsule in treating **premature aging**: A randomised, double blind, multicenter, placebo-controlled clinical trial (Mei J et al. *Phytomedicine* 2024;130:155742).

[应对重大未满足医疗需求的中医非药物疗法](#)

- 针刺预防偏头痛
 - 针刺治疗偏头痛 Manual **acupuncture versus sham acupuncture** and usual care for prophylaxis of **episodic migraine** without aura: multicentre RCT. (Xu S et al. *BMJ* 2020;368:m697).
 - 针刺预防偏头痛发作 The long-term effect of **acupuncture for migraine prophylaxis**: a RCT (Zhao L et al. *JAMA Intern Med* 2017;177:508-15).
 - 针刺治疗无先兆偏头痛 Acupuncture for **migraine** without aura and connection-based efficacy prediction: a RCT (Zhang X, et al. *JAMA Netw Open*. 2026;9:e2555454).
 - 针刺改善偏头痛与生活质量的系统综述与荟萃分析 Acupuncture improves **migraine** and quality of life in patients with migraine: a systematic review with meta-analysis (Lu T, et al. *Syst Rev*. 2025;14:220).
- 针刺与中风与冠心病的临床管理
 - 电针与缺血性中风 Electroacupuncture modulates multiple pathways for **neuroprotection and neurorepair in ischemic stroke** (Zhao M, et al. *CNS Neurosci Ther*. 2026;32:e70862)

- 针刺与中风运动神经康复 Acupuncture and **stroke motor rehabilitation**: a decade of evidence synthesis via systematic mapping (2015-2024) (Ke C, et al. *Front Neurol.* 2025;16:1647086)
- 针刺、假针刺与等待对照组对卒中后认知障碍患者疗效比较 Comparing the effect of acupuncture, sham acupuncture, and waiting-list control on patients with **post-stroke cognitive impairment**: A RCT. (Chen X, et al. *QJM.* 2025 Sep 13:hcaf181).
- 针刺、假针刺对卒中后失语症患者疗效比较 Effect of acupuncture vs sham acupuncture on patients with **poststroke motor aphasia**: a RCT (Li B et al. *JAMA Netw Open.* 2024 Jan 2;7(1):e2352580.
- 头皮针治疗卒中后失语症 Cost-effectiveness of speech and language therapy plus scalp acupuncture versus speech and language therapy alone for community-based patients with Broca's **aphasia after stroke**: a post hoc analysis of data from a RCT (Liu Z, et al. *BMJ Open.* 2021;11:e046609)
- 慢性稳定性心绞痛 Acupuncture as adjunctive therapy for **chronic stable angina**: a RCT (Zhao L, et al. *JAMA Intern Med.* 2019;179:1388-1397).
- 针刺与骨关节、肌肉疾病的临床管理
 - 膝关节骨关节炎 Electroacupuncture for **knee osteoarthritis**: a multicentre randomised controlled trial assessing symptomatic and structural efficacy. (Hang M, et al. *EClinicalMedicine.* 2026;96:103982).
 - 颈项痛 Functional connectivity changes in the thalamocortical network due to **neck pain** and the multiscale regulatory effects of acupuncture: a cross-scale multi-omics neuroimaging study. (Gao Z, et al. *Front Neurosci.* 2026;20:1783910).
 - 慢性下背部痛 Acute effects of a single electroacupuncture session on purinergic signaling and inflammatory markers in patients with chronic nonspecific **low back pain**: a pilot study. (Ecco JC, et al. *Purinergic Signal.* 2026;22:48).
 - 慢性膝关节炎 GABRB3 gene polymorphisms influences the analgesic response to acupuncture treatment in patients with **chronic knee pain**: a randomized controlled neuroimaging transcriptomics study. (Wu S, et al. *FASEB J.* 2026;40:e71779).
 - 椎间盘突出导致的慢性坐骨神经痛: **Acupuncture vs sham acupuncture for chronic sciatica from herniated disk**: A RCT (Tu J et al. *JAMA Intern Med* 2024; 184:1417-24).
 - 退行性腰椎管狭窄症: Effect of **acupuncture** on neurogenic claudication among patients with **degenerative lumbar spinal stenosis**: A RCT (Zhu L et al. *Ann Intern Med.* 2024;177:1048-57).
 - 膝盖骨关节炎 Efficacy of intensive acupuncture versus sham acupuncture in **knee osteoarthritis**: a RCT. (Tu JF, et al. *Arthritis Rheumatol.* 2021;73:448-458).
- 针刺防止其它疾病
 - 接受激素替代疗法-冻融胚胎移植的薄型子宫内膜患者 Tiao-Jing-Cu-Yun Acupuncture combined with estradiol in the treatment of **patients with thin endometrium undergoing hormone replacement therapy for frozen embryo transfer**: a randomised controlled trial. (Li J et al. *Front Med.* 2026;13:1811023).
 - 带状疱疹痛 Effect of electroacupuncture on **postherpetic neuralgia**: a randomised clinical trial. (Chen L, et al. *JAMA Neurol.* 2026 May 26:e261443. doi: 10.1001/jamaneurol.2026.1443).
 - 针刺治疗肠易激综合征 Efficacy of acupuncture in **irritable bowel syndrome** (ACTION): A Multicenter RCT (Yang JW, et al. *Gastroenterology.* 2025;169:958-969.e5)。

- 电针减少胃癌腹腔镜胃切除术后肠梗阻 Electroacupuncture reduces duration of **postoperative ileus after laparoscopic gastrectomy for gastric cancer**: a multicenter RCT (Pei L, et al. *Gastroenterology*. 2025;169:73-84)
- 慢性失眠 Neuroinflammation-informed neuroimaging-transcriptomic signatures explaining acupuncture's therapeutic effects in **chronic insomnia**. (Lin W, et al. *Chin Med*. 2025;20:207).
- 慢性失眠 Cerebral blood flow changes and their spatial correlations with gabaa and dopamine-d1 receptor explaining individual differences in **chronic insomnia** and the therapeutic effects of acupuncture. (Yu L, et al. *Hum Brain Mapp*. 2025;46:e70183).
- 电针治疗化疗消化道副反应: Effect of adding **electroacupuncture** to standard triple antiemetic therapy on **chemotherapy-induced nausea and vomiting**: A RCT. (Shen G et al. *J Clin Oncol* 2024;42:4051-9).
- 针刺治疗阿片类戒毒美沙酮减量: Effect of acupuncture for **methadone reduction**: a RCT. (Lu L et al. *Ann Intern Med* 2024;177:1039-47).
- 针刺治疗帕金森病患者焦虑症 Effectiveness of acupuncture for **anxiety among patients with parkinson disease**: a RCT (Fan JQ et al. *JAMA Netw Open* 2022;5:e2232133).
- 女性压力性尿失禁 Effect of electroacupuncture on **urinary leakage among women with stress urinary incontinence**: a RCT (Liu Z, et al. *JAMA*. 2017;317:2493-2501).
- 其它中医非药物治疗法
 - 八段锦降血压 **Effect of Baduanjin on blood pressure** among individuals with high-normal blood pressure: A multicenter, open-label, blinded-outcome RCT (Pu B, et al. *JACC* 2026; PMID:41706075).
 - 太极治疗失眠症 **Tai chi or cognitive behavioural therapy for treating insomnia** in middle aged and older adults: randomised non-inferiority trial (Siu PM, et al. *BMJ*. 2025;391:e084320).
 - 太极治疗帕金森病 **Tai chi and postural stability in patients with Parkinson's disease** (Li F, et al. *N Engl J Med*. 2012;366:511-9).

注:

- 本文档重点摘选权威期刊发表的随机对照临床研究、系统综述和荟萃分析，覆盖面不求全面完整，且不包含草药来源化合物的临床研究。
- 收录文献多为近五年发表。如需查阅中药（包括中药来源的纯化合物）更早的循证医学研究，可参见：Chao J, Dai Y, Verpoorte R, Lam W, Cheng YC, Paoletti R. Major achievements of evidence-based traditional Chinese medicine in treating major diseases. *Biochem Pharmacol* 2017; 139: 94–104