伦敦国王学院整合中医药学中心

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整合中医药学防治心肾代谢疾病、癌症、精神病、骨关节病、生殖健康等重大、常见病的循证医学证据

中药与中西医结合在疾病预防、预后改善中的作用

- 心血管疾病老年患者改善体质，降低再入院与死亡风险的二级预防：**Multidisciplinary intervention in frail elderly patients with cardiovascular diseases**: a multicentre, single-blinded, randomised controlled trial (Chai K, et al. *Nat Commun.* 2026;17:10340).
- 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
  - 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
  - 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).
  - 缺血性脑卒中**:** Efficacy and safety of **panax notoginseng saponins** in the treatment of adults with **ischemic stroke** in China: an RCT (Wu L, et al. *JAMA Netw Open.* 2023;6:e2317574).
  - 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. 2*021;11:627185).
- **IgA** 肾病 fficacy 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. *Virol 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).
- 风湿性关节炎 Comparison of *Tripterygium wilfordii* Hook F versus sulfasalazine in the treatment of **rheumatoid arthritis**: a randomized trial (Goldbach-Mansky R, et al. *Ann Intern Med.* 2009;151:229-40, W49-51).

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).
  - 针刺治疗慢性头痛 Acupuncture for **chronic headache in primary care**: large, pragmatic, randomised trial (Vickers AJ, et al. *BMJ.* 2004;328:744).
- 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).

- 持续性非特异性下背部痛 Randomised controlled trial of a short course of traditional acupuncture compared with usual care for **persistent non-specific low back pain** (Thomas KJ, et al. *BMJ.* 2006;333:623).
- 慢性膝关节痛 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**: an 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**: an RCT (Zhu L et al. *Ann Intern Med*. 2024;177:1048-57).
- 芳香化酶抑制剂相关关节痛 Comparison of **acupuncture vs sham acupuncture or waiting list control** in the treatment of **aromatase inhibitor-related joint pain**: an RCT (Hershman DL, et al. *JAMA Netw Open*. 2022;5:e2241720).
- 膝盖骨关节炎 Efficacy of intensive acupuncture versus sham acupuncture in **knee osteoarthritis**: an RCT. (Tu JF, et al. *Arthritis Rheumatol*. 2021;73:448-458).
- 膝关节骨关节炎 Effectiveness of acupuncture as adjunctive therapy in **osteoarthritis of the knee**: an RCT (Berman BM, et al.Ann Intern Med. 2004;141:901-10).

- 针刺防治失眠与精神疾病
  - 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).
  - 耳针治疗抑郁症 Efficacy and safety of **auricular acupuncture for depression**: A RCT (de Oliveira Rodrigues DM, et al. *JAMA Netw Open.* 2023;6:e2345138).
  - 电针治疗抑郁患者的失眠 Effect of electroacupuncture on **insomnia in patients with depression**: an RCT (Yin X, et al. *JAMA Netw Open.* 2022;5:e2220563).
  - 针刺治疗帕金森病患者焦虑**:** Effectiveness of acupuncture for **anxiety among patients with parkinson disease**: a RCT (Fan JQ et al. *JAMA Netw Open* 2022;5:e2232133).

- 针刺与癌症患者管理
  - 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)
  - 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).
  - 针刺用于化疗周围神经病变的症状管理 Effect of acupuncture vs sham procedure on **chemotherapy-induced peripheral neuropathy symptoms**: a RCT (Bao T, et al. *JAMA Netw Open.* 2020;3:e200681).
  - 针刺治疗头颈癌患者放疗引起的口干症 Effect of true and sham acupuncture on **radiation-induced xerostomia among patients with head and neck cancer**: An RCT (Garcia MK, et al. *JAMA Netw Open.* 2019;2:e1916910)
  - 电针治疗癌症患者类鸦片药物治疗引起的便秘 Effects of electroacupuncture for **opioid-induced constipation in patients with cancer** in China: An RCT (Wang W, et al. *JAMA Netw Open*. 2023;6:e230310).

- 针刺与孕妇与生殖健康的管理
  - 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).

- 针刺治疗妊娠恶心呕吐 Acupuncture and doxylamine-pyridoxine for **nausea and vomiting in pregnancy**: a randomized, controlled, 2 × 2 factorial trial. (Wu XK, et al. *Ann Intern Med*. 2023;176:922-933).
- 针刺治疗用于剖腹产镇痛 Effectiveness of **acupuncture for pain control after cesarean delivery**: a randomized clinical trial. (Usichenko TI, et al. *JAMA Netw Open.* 2022;5:e220517).
- 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).
- 妊娠期盆腔带痛 Effects of acupuncture and stabilising exercises as adjunct to standard treatment in **pregnant women with pelvic girdle pain**: randomised single blind controlled trial (Elden H, et al. *BMJ.* 2005;330:761)

• 针刺防治其它疾病

- 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).
- 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).
- 针刺治疗尿路结石引起的肾绞痛**:** Effect of adjunctive acupuncture on **pain relief among emergency department patients with acute renal colic due to urolithiasis**: An RCT (Tu JF, et al. *JAMA Netw Open* 2022;5:e2225735).
- 针刺治疗慢性前列腺炎**/**慢性盆腔疼痛综合征 Efficacy of acupuncture for **chronic prostatitis/chronic pelvic pain syndrome** : a randomized trial (Sun Y, et al. *Ann Intern Med.* 2021;174:1357-1366).
- 针刺治疗餐后不适综合症 Effect of acupuncture for **postprandial distress syndrome**: An RCT (Yang JW, et al. *Ann Intern Med.* 2020;172:777-785).
- 针刺治疗慢性严重功能性便秘 Acupuncture for **chronic severe functional constipation**: a randomized trial (Liu Z, et al. *Ann Intern Med.* 2016;165:761-9).

• 其它中医非药物疗法

- 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).
- 太极拳降血压 Effect of **Tai Chi vs aerobic exercise on blood pressure** in patients with prehypertension: a randomised clinical trial (Li X, et al. *JAMA Netw Open.* 2024;7:e2354937).
- 太极拳治疗失眠症 **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).
- 太极拳改善老年人认知功能 Clinical effectiveness of **cognitively enhanced tai ji quan training** on global cognition and dual-task performance during walking in **older adults with mild cognitive impairment or self-reported memory concerns**: An RCT. (Li F, et al. Ann Intern Med. 2023;176:1498-1507).
- 太极拳改善二型糖尿病老年人认知功能 Effects of **Tai Chi Chuan on cognitive function** in adults 60 years or older with type 2 diabetes and mild cognitive impairment in China: an RCT (Chen Y, et al. *JAMA Netw Open*. 2023;6:e237004).
- 按摩与针刺治疗晚期癌症患者骨关节疼痛的比较 **Acupuncture vs massage** for **pain in patients living with advanced cancer**: The IMPACT RCT (Epstein AS, et al. *JAMA Netw Open.* 2023;6:e2342482)
- 穴位热敷防止产后尿潴留 Effect of **acupoint hot compress** on **postpartum urinary retention** after vaginal delivery: a randomized clinical trial (Zhu Y, et al. JAMA Netw Open. 2022;5:e2213261).
- 推拿与易筋经治疗非特异性慢性颈痛 Effectiveness of **Tuina therapy combined with Yijinjing exercise** in the treatment of **nonspecific chronic neck pain**: an RCT (Cheng ZJ, et al. *JAMA Netw Open*. 2022;5:e2246538).
- 太极拳锻炼减轻中老年人向心性肥胖 Effects of **Tai Chi** or conventional exercise on **central obesity in middle-aged and older adults**: a three-group RCT (Siu PM, et al. Ann Intern Med. 2021;174:1050-7).

- 太极拳锻炼改善老年人失眠症 Effects of **Tai Chi** or exercise on **sleep in older adults with insomnia**: an RCT (Siu PM, et al. *JAMA Netw Open.* 2021;4:e2037199).
- 太极拳锻炼防高危老年人摔倒损伤 Effectiveness of **tai ji quan vs multimodal and stretching exercise** interventions for **reducing injurious falls in older adults at high risk of falling**: follow-up analysis of an RCT (Li F, et al. *JAMA Netw Open*. 2019;2:e188280).
- 太极拳锻炼治疗纤维性肌痛 Effect of **tai chi** versus aerobic exercise for **fibromyalgia**: comparative effectiveness RCT (Wang C, et al. *BMJ* 2018;360:k851).
- 太极拳治疗膝关节骨关节炎 Comparative effectiveness of **tai chi** versus physical therapy for **knee osteoarthritis**: a randomized trial (Wang C, et al. *Ann Intern Med.* 2016;165:77-86).
- 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).
- 穴位按压治疗下背痛 Treatment of **low back pain** by **acupressure** and physical therapy: RCT (Hsieh LL, et al. BMJ. 2006;332:696-700).

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