



中华中医药学会系列期刊



中国中文核心期刊
中国科技核心期刊
CSCD来源期刊(核心库)
RCCSE权威学术期刊(A+)
中医药科技期刊分级目录T1级期刊
美国《乌利希期刊指南》(UPD)源期刊
《日本科学技术振兴机构数据库》(JST)源期刊
《WHO西太平洋地区医学索引》(WPRIM)源期刊

ISSN 1005-9903
CN 11-3495/R



QK2033131

ZHONGGUO

SHIYAN

FANGJIXUE

ZAZHI

中国实验方剂学杂志

— Chinese Journal of Experimental Traditional Medical Formulae —

本期推荐

· 非ST段抬高型心肌梗死证候分布及其中医药干预策略

非ST段抬高型心肌梗死(NSTEMI)症状多变、病情复杂和隐匿。目前, NSTEMI证候特点不清、证候要素分布规律不明, 严重影响了其疗效。该文通过分析263例NSTEMI患者的中医证候要素的频次和常见程度, 发现其病机多为本虚标实, 虚实夹杂。本虚多为气虚、阴虚、阳虚和血虚; 标实多为血瘀、痰浊、热蕴和水饮。证候类型中多见气虚血瘀、痰瘀互结、气阴两虚、心肾亏虚等。根据证候分布规律, 确定其中医治疗方法宜以补益正气、固护肾气为主, 祛痰浊、利水湿与活血化瘀并重。

16
2020

2020年8月
August

第26卷
Vol.26

第16期
No.16



杂志官方微信

主管: 国家中医药管理局
主办: 中国中医科学院中药研究所
中华中医药学会

中国实验方剂学杂志
Zhongguo Shiyan Fangjixue Zazhi

半月刊 1995 年 10 月创刊 第 26 卷 第 16 期 2020 年 8 月 20 日出版

主管 国家中医药管理局
(100027 北京市东城区工体西路1号)
主办 中国中医科学院中药研究所
(100700 北京市东直门内南小街16号)
中华中医药学会
(100029 北京市朝阳区樱花园东街甲4号)
主编 吴以岭
编辑出版 中国实验方剂学杂志编辑部
(100700 北京市东直门内南小街16号)
电话:(010)84076882
传真:(010)84076882
E-mail:syfjx_2010@188.com
网址:www.syfjxzz.com
广告代理 数源汇通(北京)医药科技有限公司
北京市海淀区西三环北路11号
海通时代商务中心A1栋
电话:(010)68469866
传真:(010)68469886
印刷 北京博海升彩色印刷有限公司
(101102 北京通州区环宇路6号)
国内发行 北京报刊发行局
(100055 北京丰台区莲花池东路126号)
订阅 全国各地邮局
邮发代号2-417
国外发行 中国国际图书贸易集团有限公司
订阅代号 SM4655
邮购 中国实验方剂学杂志社
(100700 北京市东直门内南小街16号)
电话:(010)84076882
ISSN 1005-9903
CN 11-3495/R
广告许可证 京东工商广登字20170076号
国内定价 每期48元,全年1152元

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[期刊基本参数] CN11-3495/R * 1995 * s * 16 * 234 * zh * P * ¥ 48.00 * 1000 * 32 * 2020-16

本期责任编辑: 刘德文

CHINESE JOURNAL OF EXPERIMENTAL TRADITIONAL MEDICAL FORMULAE

Semimonthly Established in October, 1995 Vol. 26 No. 16 2020

Responsible Institution
State Administration of Traditional Chinese Medicine
(No. 1, Gongtixilu, Dongcheng District, Beijing, 100027)

Sponsor
Institute of Chinese Materia Medica, China Academy of Chinese Medical Sciences
(No. 16, Nanxiaojie, Dongzhimennei, Beijing, 100700)
China Association of Chinese Medicine
(No. 4, Yinghuayuandongjie, Chaoyang District, Beijing, 100029)

Editor-in-Chief
WU Yi-ling

Edited and Published by
Editorial Office of Chinese Journal of Experimental Traditional Medical Formulae
(No. 16, Nanxiaojie, Dongzhimennei, Beijing, 100700)
Tel: (010)84076882
Fax: (010)84076882
E-mail: syfjx_2010@188.com
Website: http://www.syfjxzz.com

Printed by
Beijing BOHS Colour Printing Co. Ltd.
(No. 6, Huanyu Road, Tongzhou District, Beijing, 101102)

Domestic Subscription
Distributed by Beijing Subscription Bureau
(No. 126, Lianhuachidonglu, Fengtai District, Beijing, 100055)
Subscription Code 2-417

Overseas Subscription
China International Book Trading Corporation
(P. O. Box 399, Beijing, 100044)
Code SM4655

Order from Local Post Office
Order from Mail Publishing House of Chinese Journal of Experimental Traditional Medical Formulae
(No. 16, Nanxiaojie, Dongzhimennei, Beijing, 100700)
Tel: (010)84076882

ISSN 1005-9903
CN 11-3495/R

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Responsible editor: LIU De-wen

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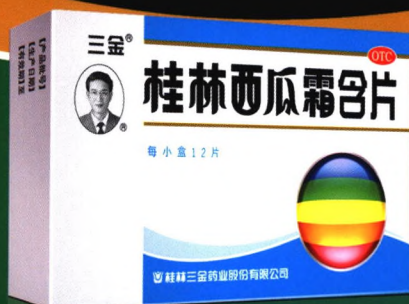
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北京市药监局2020年3月准予备案

国内发行：邮发代号 2-417
国外发行：订阅代号 SM4655

ISSN 1005-9903
CN 11-3495/R

定价：48.00元

ISSN 1005-9903



16>

9 771005 990207

万方数据