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首荟通便方依据传统中医理论，通过“养阴益气，泻浊通便”的独特视角治疗顽固性便秘，用药思路新颖且疗效显著，但其现代科学本质仍有待揭示。该专题以首荟通便胶囊为研究载体，从分子靶点、细胞、整体动物等多个层次上，系统研究并揭示了其发挥润肠通便作用的药理学机制，进而为临床便秘治疗提供了全新的方案。

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目 次

· 首荟通便方的现代科学本质专题 ·

- 基于靶点“钩钓”策略的首荟通便胶囊肠道直接作用靶点鉴定
郭强, 姚璐, 刘忠, 姚景春, 屠鹏飞, 曾克武 (505)
- 基于网络药理学和分子对接方法研究首荟通便胶囊治疗便秘的作用机制
梁红宝, 李蕊, 姚景春, 秦国飞, 张浩, 张贵民 (511)
- 首荟通便胶囊对慢传输型便秘模型小鼠的治疗作用及机制研究
郑舒泽, 郭强, 张贵民, 潘丽红, 曾克武 (520)
- 首荟通便胶囊改善胃肠道间质细胞能量代谢的分子机制研究
张晓雯, 郑舒泽, 李欣, 孙成宏, 曾克武 (526)
- 基于 UPLC-ESI-QE-Orbitrap-MS 技术的首荟通便胶囊干预慢传输型便秘的代谢组学研究
孙成宏, 李翔子, 肖贺, 张丽, 赵云, 姚景春, 张贵民 (532)

· 综述 ·

- 大黄炮制的历史沿革及对化学成分、传统药理作用影响的研究进展
张桥, 陈艳琰, 乐世俊, 王文晓, 张丽, 唐于平 (539)
- 多糖抗 2 型糖尿病作用机制研究进展及分析
刘福君, 刘晓颖, 马宇, 王为兰, 李金耀 (552)

· 资源与鉴定 ·

- 基于稳定同位素指纹的春三七主根产地判别研究
梁社往, 何忠俊, 熊俊芬, 洪常青 (560)
- 紫苏叶不同栽培年份和采收期 8 种酚类成分含量研究
落艳娇, 郭佳琪, 李卫萍, 姚宇, 温春梅, 郭宝林 (567)
- 掌叶覆盆子药用有效成分变异与优良种质筛选
姚鑫, 诸炜荣, 黄宏亮, 曾燕如, 喻卫武 (575)
- 不同种植模式下黄连根际土壤理化特性及细菌群落结构变化
王钰, 潘媛, 伍晓丽, 莫让瑜, 谭均, 陈大霞 (582)

· 分子生药学 ·

- 鹿皮胶 I 型胶原赖氨酸位点的羟基化与 O-糖基化修饰分析
刘睿, 蔡朔, 赵珂璇, 蒋梦彤, 郑云枫, 徐浩坤, 侯蓉, 黄勇, 赵明, 段金廒 (591)
- 蚂蟥蛋白激酶 C 基因的克隆和表达分析
陈盼盼, 郭巧生, 史红专, 郭丽媛, 张会宁 (599)

· 制剂与炮制 ·

- 丹参提取过程动力学研究:模型建立及关键工艺参数考察
陈泽麒, 瞿海斌 (605)
- 制首乌 4 种炮制过程中物质基础共性变化规律分析
许煜迪, 周萍, 刘颖, 肖永庆 (614)

酸枣仁-茯苓共发酵的抗氧化活性增强机制研究 李泽,解玉军,段慧竹,崔小芳,裴香萍,闫艳,杜晨晖	(620)
· 化学 ·	
三裂叶蟛蜞菊的化学成分研究 刘全裕,杨宏芳,冯珊,胡妍	(630)
蜈蚣中1个喹啉类新化合物 关永霞,李艳芳,范建伟,李蔚群,于成帅,刘庆丰,庄会芳,张贵民	(635)
人羧酸酯酶2抑制剂药效团模型的构建及应用 张景芳,李彦程,夏桂阳,宋云清,王玲燕,林鹏程,葛广波,林生	(638)
HPLC-MS ⁿ 分析小叶莲乙酸乙酯提取物的主要成分 范珊珊,尚明英,徐风,刘广学,李耀利,蔡少青	(645)
· 药理 ·	
甘草附子汤对大鼠骨关节炎及关节软骨蛋白质组学的影响 黄思敏,吴雨蒙,张丽,谢慧慧,杨硕,徐彭,刘波	(661)
姜黄素介导IL-6/STAT3信号通路修复结肠癌5-FU化疗引起的肠黏膜损伤 徐露,王娴,王宣缨,姚庆华,陈寅波	(670)
· 药代动力学 ·	
蜘蛛香提取物治疗腹泻型肠易激综合征模型大鼠粪便UPLC-MS/MS代谢组学研究 刘窈玉,穆芳园,王一程,王曼宇,王春国,闫兴丽	(678)
· 临床 ·	
中医药辅助治疗难治性高血压病临床疗效的Meta分析 王梦奎,吴晨洁,曹培华,陈晓虎	(685)
复方甘草酸苷注射液改善慢性乙型肝炎肝损伤疗效和安全性的系统评价与Meta分析 王浩楠,梁士兵,姚晓玲,来保勇,文天元,苏宁	(694)
中成药治疗不稳定型心绞痛的网状Meta分析 张露苗,杜廷海,牛琳琳,王路瑶,李俊楠,马平凡,于瑞	(703)
血必净注射液临床安全性评价不同研究类型间差异化分析 李晴,金鑫瑶,周霞,庞稳泰,王可仪,李楠,郑文科	(712)
大黄蛰虫丸联合TACE术对原发性肝癌患者(瘀血阻络型)VEGF,MMP-2,TGF- β 1及免疫功能的影响 戴朝明,靳松,张济周	(722)
· 药事管理 ·	
中药新药研发与注册过程中的沟通交流 韩玲,侯晨晨	(730)
· 本草考证 ·	
橘红与化橘红的古今演变探析 吴孟华,钟楚楚,余品皓,李锋,张英,马志国,曹晖	(736)
· 学术探讨 ·	
中药材种子种苗标准现状及分析 姚霞,曹海禄	(745)

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CONTENTS IN BRIEF

Identification of intestine direct targets of Shouhui Tongbian Capsules using "target fishing" strategy

GUO Qiang, YAO Lu, LIU Zhong, YAO Jing-chun, TU Peng-fei, ZENG Ke-wu (505)

Mechanism of Shouhui Tongbian Capsules in treating constipation based on network pharmacology and molecular docking

LIANG Hong-bao, LI Rui, YAO Jing-chun, QIN Guo-fei, ZHANG Hao, ZHANG Gui-min (511)

Therapeutic effect and mechanism of Shouhui Tongbian Capsules on slow transit constipation model mice

ZHENG Shu-ze, GUO Qiang, ZHANG Gui-min, PAN Li-hong, ZENG Ke-wu (520)

Molecular mechanism study of Shouhui Tongbian Capsules on promoting energy metabolism of gastrointestinal stromal cells

ZHANG Xiao-wen, ZHENG Shu-ze, LI Xin, SUN Cheng-hong, ZENG Ke-wu (526)

Metabonomics study of Shouhui Tongbian Capsules in slow transit constipation based on UPLC-ESI-QE-Orbitrap-MS

SUN Cheng-hong, LI Xiang-zi, XIAO He, ZHANG Li, ZHAO Yun, YAO Jing-chun, ZHANG Gui-min (532)

Research progress on processing history evolution as well as effect on chemical compositions and traditional pharmacological effects of *Rhei Radix et Rhizoma*

ZHANG Qiao, CHEN Yan-yan, YUE Shi-jun, WANG Wen-xiao, ZHANG Li, TANG Yu-ping (539)

Research progress and analysis on mechanism of polysaccharides against type 2 diabetes mellitus

LIU Fu-jun, LIU Xiao-ying, MA Yu, WANG Wei-lan, LI Jin-yao (552)

Origin traceability of main root of spring *Panax notoginseng* based on stable isotope fingerprint

LIANG She-wang, HE Zhong-jun, XIONG Jun-fen, HONG Chang-qing (560)

Contents determination of eight phenolic compounds in *Perilla frutescens* leaves of different cultivation years and harvesting periods

LUO Yan-jiao, GUO Jia-qi, LI Wei-ping, YAO Yu, WEN Chun-mei, GUO Bao-lin (567)

Effective medicinal ingredients and screening of excellent germplasm in *Rubus chingii*

YAO Xin, ZHU Wei-rong, HUANG Hong-liang, ZENG Yan-ru, YU Wei-wu (575)

Variation in physicochemical properties and bacterial community structure in rhizosphere soil of *Coptis chinensis* tow cropping modes

WANG Yu, PAN Yuan, WU Xiao-Li, MO Rang-Yu, TAN Jun, CHEN Da-xia (582)

Analysis of hydroxylation and O-glycosylation on lysine sites in deer-hide gelatin

LIU Rui, CAI Shuo, ZHAO Ke-xuan, JIANG Meng-tong, ZHENG Yun-feng, XU Hao-kun, HOU Rong, HUANG Yong, ZHAO Ming, DUAN Jin-ao (591)

Cloning and expression analysis of protein kinase C gene from *Whitmania pigra*

CHEN Pan-pan, GUO Qiao-sheng, SHI Hong-zhuan, GUO Li-yuan, ZHANG Hui-ning (599)

Study on extraction kinetics of <i>Salviae Miltorrhizae</i> Radix et Rhizoma: model establishment and investigation of critical process parameters	
CHEN Ze-qi, QU Hai-bin	(605)
Similar change laws of content of nine components in four processing methods of <i>Polygoni Multiflori</i> Radix Praeparata	
XU Yu-di, ZHOU Ping, LIU Ying, XIAO Yong-qing	(614)
Study on mechanism of enhancing antioxidant activity in fermented <i>Ziziphi Spinosae</i> Semen with <i>Poria cocos</i>	
LI Ze, XIE Yu-jun, DUAN Hui-zhu, CUI Xiao-fang, PEI Xiang-ping, YAN Yan, DU Chen-hui	(620)
Study on chemical constituents of <i>Wedelia trilobata</i>	
LIU Quan-yu, YANG Hong-fang, FENG Shan, HU Yan	(630)
A new quinoline alkaloid from <i>Scolopendra subspinipes mutilans</i>	
GUAN Yong-xia, LI Yan-fang, FAN Jian-wei, LI Wei-qun, YU Cheng-shuai, LIU Qing-feng, ZHUANG Hui-fang, ZHANG Gui-min	(635)
Construction and application of pharmacophore model of human carboxylesterase 2 inhibitors	
ZHANG Jing-fang, LI Yan-cheng, XIA Gui-yang, SONG Yun-qing, WANG Ling-yan, LIN Peng-cheng, GE Guang-bo, LIN Sheng	(638)
Identification of chemical constituents in ethyl acetate soluble extract of <i>Sinopodophylli Fructus</i> based on HPLC-MS[*]	
FAN Shan-shan, SHANG Ming-ying, XU Feng, LIU Guang-xue, LI Yao-li, CAI Shao-qing	(645)
Effect of Gancao Fuzi Decoction on osteoarthritis and proteomics of articular cartilage in rats	
HUANG Si-min, WU Yu-meng, ZHANG Li, XIE Hui-hui, YANG Shuo, XU Peng, LIU Bo	(661)
Curcumin mediates IL-6/STAT3 signaling pathway to repair intestinal mucosal injury induced by 5-FU chemotherapy for colon cancer	
XU Lu, WANG Xian, WANG Xuan-ying, YAO Qing-hua, CHEN Yin-bo	(670)
Effect of <i>Valeriana jatamansi</i> extract on fecal UPLC-MS/MS metabolomics in rats with diarrheal irritable bowel syndrome	
LIU Yao-yu, MU Fang-yuan, WANG Yi-cheng, WANG Man-yu, WANG Chun-guo, YAN Xing-li	(678)
Meta-analysis for clinical efficacy of traditional Chinese medicine in treating resistant hypertension	
WANG Meng-xi, WU Chen-jie, CAO Pei-hua, CHEN Xiao-hu	(685)
Systematic review and Meta-analysis of efficacy and safety of Compound Glycyrrhizin Injection in improving chronic hepatitis B liver damage	
WANG Hao-nan, LIANG Shi-bing, YAO Xiao-ling, LAI Bao-yong, WEN Tian-yuan, SU Ning	(694)
Network Meta-analysis of Chinese patent medicine in treatment of unstable angina pectoris	
ZHANG Lu-miao, DU Ting-hai, NIU Lin-lin, WANG Lu-yao, LI Jun-nan, MA Ping-fan, YU Rui	(703)
Differential analysis of different study types in clinical safety evaluation of Xuebijing Injection	
LI Qing, JIN Xin-yao, ZHOU Xia, PANG Wen-tai, WANG Ke-yi, LI Nan, ZHENG Wen-ke	(712)
Effect of Dahuang Zhechong Pills combined with TACE on VEGF, MMP-2, TGF-β1 and immune function of patients with primary liver cancer (blood stasis and collaterals blocking type)	
DAI Chao-ming, JIN Song, ZHANG Ji-zhou	(722)
Communication in process of R&D and registration of new drugs of traditional Chinese medicine	
HAN Ling, HOU Chen-chen	(730)
Herbalogical study on historical evolution of Juhong and Huajuhong	
WU Meng-hua, ZHONG Chu-chu, YU Pin-hao, LI Feng, ZHANG Ying, MA Zhi-guo, CAO Hui	(736)
Current standards for seeds and seedlings of Chinese materia medica and analysis	
YAO Xia, CAO Hai-lu	(745)

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