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Clinical Study of Qingnao Tablet in Treating Headache and Dizziness after Concussion

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Abstract. To observe the efficacy and adverse reactions of the Qingnao tablet in treatment of headache after brain concussion. Four hundred and fifty cases with headache after brain concussion were randomly divided into a treatment group (the treatment one takes Qingnao tablet 3 pills per time, 3 times per day) and two control groups (the control one takes painkiller 3 pills per time, 3 times per day. The control two takes Naoluo tong pellet one bag per time, 3 times per day.) 150 cases in each group. The treatment took 10 days as a treatment course for both groups, successively for 2 treatment courses with 3-days interval between the two courses. Avoiding cold food or spicy food during the treatment courses. The results of the treatment were observed. There was no significant differences between groups in total effective reaction rate ($P > 0.05$). The two groups were comparable. The Qingnao tablet has the advantages of highly effective and less adverse effects in treatment.

INTRODUCTION

Qingnao tablet, which is composed of Angelica dahurica, Angelica sinensis, Chuanxiong, double hook, as arum, keel and mint. The effect of activating blood circulation, regulating menstruation and relieving pain. Chuanxiong, acrid, warm, with the blood circulation of Qi, the role of Qufengzhitong. Hook, sweet, slightly cold, with Wind stillness, and calm the liver, sedation, lower blood pressure. Asarum, acrid, warm, with expelling wind and cold, [1-3] Tongqiao pain, four drug combination as adjuvant drug. The keel. Sweet, bitter, astringent with God in the town of Jingan, the role as adjuvant. Menthol, cool, has the function of dispersing wind and heat, refreshing and refreshing spirit, clearing the livery head [4-8]. In order to make the medicine, the above seven drugs combined with activating blood circulation to carry out qi, to clear the orifices and relieve pain, the effect of clearing the head of the brain. Can effectively alleviate the headache symptoms after concussion. Concussion usually recovered better, but there are varying degrees of headache, fatigue, irritability, dream, etc. In this study, 150 cases of headache after cerebral concussion were observed and their adverse reactions were observed, and the mechanism of clinical manifestation of Qi stagnation and blood stasis after craniocerebral injury was discussed.

MATERIALS AND METHODS

Case Selection Criteria

Diagnostic criteria:

All the cases were in accordance with the diagnostic criteria of concussion proposed by the Neurosurgery Branch of the Chinese Medical Association: 1. Consciousness disorder after craniocerebral injury ≤ 30 Minutes after waking, there were no positive signs of nervous system and negative imaging examination in retrograde amnesia.

Inclusion criteria

An informed consent has been signed for patients over 18 years of age and under 80 years old for concussion diagnosis criteria.

Exclusion criteria:

Pregnant and lactating female patients with other systemic diseases.

Clinical Data

All the patients in this study were selected from February 2013 to February 2017 in our hospital. All the patients were in accordance with the diagnostic criteria of cerebral concussion proposed by the neurosurgery branch of the Chinese Medical Association: 1: 1 after craniocerebral injury ≤ 30 minutes after waking, retrograde amnesia had no positive signs of nervous system and negative imaging examination. It was divided into three groups according to random design. There were 78 males and 72 females in the treatment group, aged from 18 to 75 years (mean 52.5) years. There were 74 males and 76 females in the control group, aged 18-75 years with an average age of 51.5). In the control group, there were 72 males and 78 females, aged 18-75 years, with an average age of 51.5). The clinical data of the three groups were as follows: sex, age, severity of symptomatic attack, course of disease, etc. The statistical analysis showed that there was no significant difference between the two groups ($p > 0.05$), which was comparable.

Therapeutic Method

Treatment group: taking Qingnao Tablet (ingredients: Angelica, angelica, chuanxiong, rhynohophylla, asarum, keel, mint; functions: blood, Qi Tongqiao, pain, kiyotoshi leader. For headache, dizziness, and sequelae of cerebral concussion; usage: oral, 3 times a day, 3-5 tablets each time). Third China 71 Central People's Liberation Army Hospital, batch number: 20141125; 4, 3 times a day, 10 days for a course of treatment, after two courses, observe the treatment effect.

Control group 1: take Tetong tablet (Hubei Huazhong Pharmaceutical Co., Ltd.) 0.5 g, 3 times a day for 10 days as a course of treatment.

Control group 2: taking Naolutong granule (drug composition: rhubarb, radix curcumae, Rhizoma Chuanxiong 6G, astragalus root, wolfberry 10g, Shichangpu 12g, leech 3G), 1 bag each time, 3 times a day, 10 days for a course. Two treatment interval of 3 days. During the treatment, fasting spicy. Cold food.

Observation Indicators:

Symptom Indicators:

According to the World Health Organization's headache treatment guidelines, the headache degree is divided into four grades: grade 0, without headache; grade I, with slight headache, which can work normally; grade II, with a slightly heavier headache, which affects work; and grade III, with severe headache, complete inability to work, and panic. Symptoms of nausea, irritability, etc.

Safety Detection:

Monitor blood pressure and pulse daily, check routine hematuria, liver and kidney function after each course of treatment.

Adverse Reaction Observation:

The adverse drug reactions of digestive tract reaction during the treatment were observed by recording the discomfort that had nothing to do with the main symptoms.

Criterion of Curative Effect

According to the "guiding principles of Clinical Research of New drugs of traditional Chinese Medicine" [9, 10], the curative effect is divided into cured and effective, No effect. (1) Healing: headache disappeared or headache

decreased by two levels 2) effective: headache reduced by 1 level/3) not effective: headache degree no change or aggravation.

Methods: SPSS18.0 software was used for statistical analysis. The statistical data were measured by t test ($P < 0.05$) and the difference was statistically significant ($P < 0.05$).

RESULTS

Clinical efficacy: two consecutive courses of treatment, observation of therapeutic effect, treatment group and control group, the difference was statistically significant ($P < 0.05$), see table below.

TABLE 1. Comparison of curative effect among three groups (example/rate %)

Group	Number of examples	Clinical cure	excellence	effective	of no avail	Total effectiveness
Treatment group	150	36(24.0)	66(44.0)	36(24.0)	12(8.0)	138(92.0),
Control group 1	150	30(20.0)	50(33.3)	35(23.3)	35(23.3)	115(76.7)
Control group2	150	33(22.0)	60(40.0)	33(22)	24(16)	124(84)

Pour: A Comparison with control group $P < 0.05$, Where is there a in the graph

Safety observation results: there were no blood pressure, pulse change, hematuria routine, liver and kidney function abnormality in both groups.

Adverse reactions: there were 3 cases of regurgitation and 2 cases of diarrhea in treatment group, 12 cases in control group [11] in digestive tract regurgitation and 8 cases in dry mouth of diarrhea, which were significantly higher than those in treatment group (statistical result: $P < 0.05$).

CONCLUSION

The results of this study show that headache after cerebral concussion is very common in clinic. Modern medicine believes that it is associated with increased intracranial pressure and breakdown of blood-brain barrier. Microcirculation dysfunction and other factors are closely related. "The brain is the sea of the marrow." after brain injury, symptoms such as headache due to stagnation of qi and blood, stagnation of blood and turbid yin, imbalance of qi and blood, and emptiness of the marrow sea, are caused by headache, so that the channels and collaterals are dredged for treatment. Regulating qi and activating blood, subduing liver-yang, expelling phlegm and regulating orifices for the method, regulating qi and blood unobstructed, ascending Qing Qing and lowering turbid. Li Shizhen said: "the brain is the palace of the Yuan God". After craniocerebral injury, the choroid is damaged, qi and blood are reversed, meridian is impassable, qi is stagnation and blood stasis, and panic and anxiety are added to lead to the stagnation of liver qi. The clinical manifestation of dereliction of duty was mainly caused by qi stagnation and blood stasis [12]. Although there are some treatment methods and drugs at present, the effect is not ideal, and there are many side effects. Our hospital has developed Qingnao tablet in cooperation with brain surgery, which is composed of Angelica dahurica, Angelica sinensis, Ligusticum chuanxiong. Double hook, Asarum, keel, mint composition. Radix angelicae dahurica is a monarch medicine, Xin, Wen, it has the function of relieving wind, dispelling dampness, detumescence and relieving pain through orifices and orifices. Angelica sinensis, Xin, Wen, have the function of tonifying blood, activating blood circulation, regulating channels and relieving pain. Chuanxiong, Xin, Wen, have the function of activating blood circulation and moving qi, the action of dispelling wind and relieving pain. Double hook, sweet, slight cold, have the effect of relieving wind and antispasmodic, clearing away heat and calming liver, sedation, lowering blood pressure. Asarum, Xin Xin, warm, have the function of dispelling wind and dispersing cold, and relieving pain through orifices. Keel, Gump, astringent, have calming, astringent and astringent, astringent and astringent effect, for adjuvant medicament. Menthol, cool, have the function of dispersing wind and heat, fresh and soothing spirit, clear profit head. In order to make the medicine, the above seven drugs combine to have the function of activating blood circulation to carry out qi, and to relieve pain of orifices, the purpose of this study was to investigate the curative effect and adverse reaction of Qingnao tablet on headache after cerebral concussion. As a result, to sum up, Qingnao tablet has the advantages of remarkable effect and less adverse reaction in the treatment of headache after concussion, so it is worth further popularizing and applying.

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