

# European Respiratory Society Annual Congress 2013

**Abstract Number:** 2651

**Publication Number:** P2174

**Abstract Group:** 1.1. Clinical Problems

**Keyword 1:** COPD - management **Keyword 2:** No keyword **Keyword 3:** No keyword

**Title:** The effect of Yu-Ping-Feng capsules and Fu-Fang-Dan-Shen tablets on stable COPD

Dr. Min 18452 Jie jane\_min51@hotmail.com MD and Prof. Dr Mao 18453 Bing maobing@medmail.com.cn MD . <sup>1</sup> Department of Integrated Traditional Chinese and Western Medicine, West China Hospital, Sichuan University, Chengdu, Sichuan, China .

**Body:** Background In chinese medicine(CM), the method of “Reinforcing Qi and Activating Blood” have already been widely used to treat patients with stable COPD(Qi Deficiency and Blood Stasis Syndrome), but the randomized clinical evidence about that is rare. Yu-Ping-Feng capsules can reinforce Qi and Fu-Fang-Dan-Shen tablets can activate Blood. Objective To study the effect of Yu-Ping-Feng capsules and Fu-Fang-Dan-Shen tablets on stable COPD and assess CM symptoms, laboratory indexes and endpoints. Method In a randomized controlled trial, patients in treatment group were given the treatment of Yu-Ping-Feng capsules and Fu-Fang-Dan-Shen tablets for 3 months, and all patients were given conventional treatment. During observation period for 12 months, CM symptoms, cellular immunity indexes and haemodynamics indexes were assessed. Results Fifty outpatients were recruited. The CM symptoms in treatment group were improved significantly ( $P<0.05$ ). The total effective rate in treatment group at 3 months and 6 months after therapy were higher than that in control group( $P<0.05$ ). In treatment group, the level of CD4 and the ratio of CD4/CD8 after therapy were higher than before( $P<0.05$ ), and the level of CD8 was lower than before( $P<0.05$ ). The level of NO was no significant difference( $P>0.05$ ), while the level of ET was significantly different ( $P<0.05$ ). The frequency of cold, the number of acute exacerbation and hospitalization days in treatment group were all lower than those in control group( $P<0.05$ ). Conclusion Yu-Ping-Feng capsules and Fu-Fang-Dan-Shen tablets might be effective in treatment of patients with stable COPD, possibly through improving their cellular immunological function and vasomotor function.