

index, -6.70 (CI, -11.63 to -1.77; P= 0.009), self-efficacy score, 0.71 (CI, 0.03 to 1.39; P= 0.04) and SF-36 physical component summary, 7.43 (CI, 2.50 to 12.36; P=0.004). No severe adverse events were observed.

Thus, I Liq Chuan reduces pain and improves physical function, self-efficacy, depression and health-related quality of life for knee OA.

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120

: 60
(1), 60

(2).

2

: 1 - , 2 -

, 1 -

, 2 -

43,2±5,31

50,

70

2,2 2,0 (<0,05),
1,9 1,7 (<0,05)

2 2

() (-) -

r=0,75 (<0,05), r=0,69
2,9

(<0,05).

2,5 (<0,05),

1 1

2 2

2,3 1,9 (<0,05)

S1-S2) (<0,05),

• •

,

40

, 25

()

1

2,

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