

四 诊 研 究

新疆喀什 1499 名中小学生舌象调查分析

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摘要 对西域古城喀什 1499 名中小学生做舌象调查,舌体适中约 2/3,胖大略高于 1/3,齿痕舌约 1/4,舌裂 15.8%;舌质以淡红为主(86.9%),舌苔以白薄苔为常见(94.2%,82.5%)。资料分析表明舌体、齿痕舌与体重相关;同时舌体、花剥舌与性别有关;舌胖、舌裂与花剥苔还随年龄增大而增多。但关系最密切的还是舌象与民族有关,即维吾尔族舌裂、绛红舌质、花剥苔、齿痕舌均高于汉族,而后的厚苔、黄苔和舌边尖瘀点则高于维吾尔族。

主题词 舌象异常 普查 新疆[维吾尔自治区]

为填补我国西部地区特别是丝绸之路终点——喀什常人舌象资料的空白,我们于 1992~1993 年对疏勒县八一中学和喀什市二中、十中的 1499 名健康的中小学生进行了舌象调查,现报告如下。

1 对象与方法

调查对象限于历史古城喀什 3 所学校健康的中小学生。调查方法,在问望触听诊排除内脏显性疾病前提下,以视诊法望舌体大小、厚薄、胖瘦、齿痕、舌裂、卷缩、偏斜;望舌质颜色及瘀点;望舌苔色泽、厚薄、燥腻等,疑为染苔时配合刮法。为不影响教学,舌诊选择午餐后 3 小时的文体活动时间。地址选择自然光线充足、温湿度适中的教室或校医室。结果由 2 名以上医师当场集体评定。为保证望诊质量,规定受检者舌诊前禁食零食和饮水;舌诊时放松舌体,自然伸出,且持续时间不超过 2 秒。结果分析包括舌象与性别、年龄、民族和体重指数关系。后者是根据性别确定其标准体重,即男子标准体重(kg)=[身高(cm)-100],女子标准体重(kg)=[身高(cm)-110];再求标准体重指数=体重(kg)×2÷身高(cm)。结果男子为 0.75,女子为 0.63,并以此列为衡量体质胖瘦的指标。

2 一般资料

1499 名受检者中,男性 751 名(50.1%),女性 748

名(49.9%);<15(11~14)岁 362 名(24.1%);≥15(15~20)岁 1137 名(75.9%),前者为小学生,后者为高、初中学生;体重指数,男性<0.75 共 609 名(81.1%),≥0.75 共 142 名(18.9%),女性<0.63 共 227 名(30.3%),≥0.63 共 521 名(69.7%);维吾尔族(简称维族)957 名(63.8%),汉族 542 名(36.2%)。

3 结果与分析

1499 名中小学生中舌体适中 972 名(64.8%),胖大 520 名(34.7%),瘦小 7 名(0.5%),舌边齿痕 347 名(23.1%),舌裂 237 名(15.8%);舌质淡红 1303 名(86.9%),质红 150 名(10%),绛红 46 名(3.1%),边尖瘀斑瘀点 23 名(1.5%);白苔 1412 名(94.2%),黄苔 66 名(4.4%),染苔 2 名(0.1%),无苔 19 名(1.3%);薄润苔 1237 名(82.5%),厚苔 197 名(13.1%),花剥苔 46 名(3.1%),无苔 19 名(1.3%)。调查结果详见附表。

3.1 舌象与性别关系:男性舌体 2/3 以上为适中者,胖大者不及 1/3,有齿痕者也不足 1/5,女性适中者虽达半数以上,但不足 2/3,相反,胖大与齿痕者均高于男性,此 3 项指标差异性非常显著($P<0.01$)。

3.2 舌象与年龄关系:少年期舌体适中者高达 70%以上,胖大者仅见 27.9%,青年期的中学生其青年期舌体胖大者增至 36.9%,因而适中者比小学生低,瘦小者亦低于少年期,但舌裂又明显增多,此 4 项指标青少年之间差异非常显著($P<0.01$)。另外,少年舌质淡红者占绝对多数,其花剥苔亦明显少于青年,二者差异有显著性($P<0.05$)。

3.3 舌象与体重指数关系:男性仅花剥苔检出率体重指数高的多于低的,二者差异非常显著($P<0.01$),女性舌象与体重指数相关的,一是舌裂发生率指数高的明显增多,且有非常显著性差异($P<0.01$);二是舌质瘀斑或瘀点体重指数高的亦多于低的,但舌质淡红和白苔率却略低于指数低的,此 3 项指标二者都有显著性差异($P<0.05$)。

3.4 舌象与民族关系:舌裂发生率维族是汉族的 3 倍以上,占受检总数 21.3%;舌质绛红者,维族是汉族的

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附表 喀什 1499 名中小学生舌象分布情况

	舌 体					舌 质				苔 色				苔 质			
	适中	胖大	瘦小	齿痕	舌裂	淡红	红	绛红	瘀点	白	黄	染	无	薄润	厚	花剥	无
性别																	
男	514	234	3	143	125	647	77	27	8	716	27		8	620	107	16	8
女	458	286	4	204	112	666	73	19	15	696	39	2	11	617	90	30	11
年龄																	
<15 岁	256	101	5	90	21	326	30	6	6	335	21	1	5	311	42	4	5
≥15 岁	716	419	2	257	216	977	120	40	17	1077	45	1	14	926	155	42	14
体重指数																	
男<0.75	428	178	3	115	104	531	60	18	7	581	21		8	516	77	8	8
男≥0.75	91	51		28	21	120	15	7	1	135	7			114	19	9	
女<0.63	143	82	2	71	21	207	17	3	1	210	15	2	2	191	26	8	2
女≥0.63	310	209	2	133	91	445	58	18	14	486	23		9	416	75	21	9
民族																	
维族	610	344	3	240	204	830	86	41	9	906	33		18	788	109	42	18
汉族	362	176	4	107	33	473	64	5	14	506	33	2	1	449	88	4	1

5 倍;花剥苔、无苔,维族分别是汉族的 5 倍和 9 倍以上,但厚苔却是汉族明显多于维族。此 5 项指标二者差异性非常显著(P 均 <0.01)。舌边齿痕维族占 1/4,汉族则不足 1/5,但舌边尖瘀斑或瘀点和黄苔则汉族分别是维族的 3 倍和 1 倍。此 3 项指标差异性显著(P 均 <0.05)。

4 讨论

由于历史条件的限制,以往中医对舌象的研究,主要以临证病人为对象,而对常人的舌象则缺乏全面、广泛、系统、科学的调查。即使时至今日,祖国西域边疆特别是维吾尔族聚居地也依然没有这类资料,可是不熟知常象又如何判断异常的病象,这便是本调查的主要目的。

通过 3 校千余名中小学生的调查,本地区青少年正常的舌象为:舌体适中者约 2/3,胖大者 1/3,瘦小者极个别即 5%。资料表明,舌体的胖瘦在常人是和体质胖瘦一致并且与舌边齿痕呈线性关系,即齿痕舌多以胖大舌体为基础。值得注意的是本组学生舌裂者高达 15.8%,是否与本地气候干燥、受检时间又在冬春季值得进一步研究。舌质以淡红为主,苔以薄白为主,均在 82% 以上,与报道和专著记载一致。但本组也能见到舌质的红与绛红,苔黄、苔厚甚至花剥苔、无苔,舌边尖瘀点等,虽然是少数或极少数,却并不能放弃对它的探讨,因为毕竟有别于大多数常人。

本文资料分析表明,常人舌象与性别关系主要反映在舌体和花剥苔,即女性舌胖齿痕者高于男性,显然与两组体质胖瘦不同相关。因为女性的体重指数正常与肥胖的(69.7%)远远多于男性(18.9%)。花剥苔高于男性的可能因素,一是此类学生平时好甜食,易致核黄素缺乏,二是是否与经期内分泌改变有关尚待观察。舌苔与年龄关系主要表现为舌体胖大和舌裂以及花剥苔均随年龄增大而增多,显然与发育、体重与消耗增加有关。舌象与体重指数高的相关性主要表现在男性花剥苔、女性舌裂和瘀点都是体重指数高的多于低的。前两者似提示维生素 B₂ 在青春期尤其是体重增长过快过大时消耗与补充不相适应,即供少于求;加之冬春新鲜蔬菜供应不足,更为此匮乏提供了基础。舌象与民族关系密切集中反映在舌裂、绛红舌质、花剥苔的检出率上,维族高出汉族 3 倍以上,具有非常显著性差异,这提示民族不同,饮食习惯和生活习俗不同,因而舌象有别。此外,维族齿痕舌多于汉族,主要原因是其体质肥胖者较多,而汉族的舌瘀点和黄苔高于维族,其机理尚不明确,是否与汉族女性不适应环境、月经因气滞血瘀紊乱不调导致舌质瘀点,以及汉族喜食辛辣厚味、易成胃热而现黄苔等需进一步观察。

参加该项资料统计分析的有张正学、黄运生、郁书亮、吕秀、杨英等同志,在此一并致谢。

ABSTRACTS OF ORIGINAL ARTICLES

Exploration on Correlative Mechanism Between Intensity of Blood — activation Stasis — removal and Metastasis of Stomach Carcinoma of Deficient Type of Both Qi and Blood

Xu Decheng, Zhang Peiyu

Retrospective study was made on the correlation between the intensity of blood — activation stasis — removal drugs in Yiqi Shengxue Recipe and the metastasis of qi — blood deficiency type of stomach carcinoma, with a positive result, demonstrating that the rat's of its metastasis increased with the intensity of the drugs. It is suggested that this might be due to the decrease of platelet count and its aggregation, low plasma fibrinogen, and increase of fibrinolysis in these patients. Moreover, modern pharmacology shows that most drug and recipes of blood — activation stasis — removal inhibit the platelet aggregation, blood coagulation, and increase fibrinolysis. It is suggested that, in such patients, when the platelet count and their aggregation are markedly decreased, prolonged blood coagulation time with high FDP, the intensity of the drugs should be lowered so as to avoid metastasis.

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Key words: Tumor of stomach/TCM therapy deficiency of blood and Qi/TCM therapy, blood activation — stasis — removal

(Original article on page 156)

Analysis of Lingual Pictures in 1499 Primary and Middle School Students in Kashi of Xinjiang Uygur Autonomous Region

Zhang Yuanyan, Chen Hongzhen, Huang Cainian

1499 cases were examined for their lingual pictures in the old city, Kashi of Xinjiang Uygur Autonomous Region. Results showed that about 2/3 of the cases have moderate tongue body, 1/2 have plump tongue body, 15.8% of the cases have fissure. The quality of tongue is mainly pink in color (86.9%) most fur are white and thin (94.2%, 82.5%). It was shown that the tongue body and teeth — marked tongue are related to the body weight: while the geographical tongue is related to sex: the incidence of plump tongue, fissured

tongue and geographical tongue increase with the increase of age. However, the nationality of the cases examined were more closely related to lingual picture. In Uygur people, the incidence of the above tongue picture were far higher than the Han people. The incidence of thick fur, scarlet tongue, petechiae in the tip and sides of tongue was higher in the Han people.

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Key words: abnormal lingual picture/general investigation, Xinjiang Uyghur Autonomous Region

(Original article on page 175)

Establishment of Animal Models of Water — stagnation Zheng of Yang — deficiency of Shaoyin Disease in Congestive Heart Failure

Long Xinsheng, Xiong Manqi, Zhu Zhangzhi et al.

By first infusing large dose cold nature drugs, followed by ligating the anterior descending branch of left coronary artery and gradually narrowing down their aortic calibre, animal models were made 7 ~ 9 days after the operation, manifesting lassitude, drowsy, withered hairs, cyanotic lips and auricles, dropsy of feet. The surface temperature difference of extremities and abdomen was expanded than that of the pseudooperated animals ($P < 0.001$). It was found in the killed animals that the myocardium was necrotic at the ligated site with hypertrophy of other heart muscles, ecchymosis of liver tissue, the indices of heart body weight, liver and liver weight/body weight/were markedly elevated as compared with those of pseudo operated animals ($P < 0.05$). The left intraventricular pressure was also higher ($P < 0.01$), the maximal increase velocity of its left ventricular pressure was also greatly increased ($P < 0.05$). Thus, the animal model was successfully established.

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Key words: heart failure, congestive, Shaoyin disease disease model, animal

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