

中西医结合治疗肾病对生长及性发育的影响

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摘要 采用滋阴降火、益气补肾、活血化瘀法与激素—免疫抑制剂结合治疗小儿肾病综合征 50 例。通过门诊随访和家访方式测量患儿身高,体格检查第二性征,询问男性初次遗精和女性月经初潮年龄,摄左手腕部 X 线片测定骨龄,与同期单纯采用激素—免疫抑制剂治疗的 31 例患儿进行比较。治疗组生长和性发育延迟的副作用显著减少。

主题词 肾变病综合征/中西医结合疗法

肾病综合征(简称肾病)是儿科常见病,糖皮质激素—免疫抑制剂治疗会影响儿童生长发育,导致身材矮小、性发育延迟已成为临床和科研人员的共识。为了预防或减轻这些副作用的发生,近十余年来,我们采用中医滋阴降火、益气补肾、活血化瘀法与激素—免疫抑制剂结合治疗(简称治疗组)肾病,取得了较满意的效果。现仅将我科十余年来采用上述方法治疗肾病患儿的生长和性发育的随访结果报告如下。

1 资料与方法

自 1982 年 3 月至 1994 年 9 月我科收治肾病患儿资料完整者 81 例,其中男性 63 例,女性 18 例。初发病年龄 4~11 岁,初治年龄 4~12 岁;随访时年龄 8~25 岁,平均随访 9.2 ± 4.8 年。81 例中,治疗组 50 例(完全缓解 42 例,显效 7 例,有效 1 例);激素—免疫抑制剂治疗(简称对照组)31 例(完全缓解 18 例,显效 10 例,有效 2 例,无效 1 例)。两组在性别、年龄、病情等方面无显著差异,具有可比性。本组病例西医诊断均符合 1981 年全国肾病协作组的规定标准;中医辨证分型参考 1986 年第二次全国肾病会议规定的分型标准。

中医治疗方法:(1)激素高峰剂量期(当患儿水肿症状消除以后,开始出现阴虚火旺,善

饥、兴奋症状、肥胖之时);采用滋阴降火佐益气法为主,以知柏地黄汤加黄芪为基本方。(2)激素减量期:采用温补肾阳佐益气法治疗为主,以六味地黄汤加黄芪、巴戟天、锁阳、仙茅、淫羊藿、枸杞子、鹿角胶为基本方。(3)激素小剂量维持期:采用补肾益气、调理阴阳方法治疗,以六味地黄汤加黄芪、巴戟天、玄参、麦冬为基本方。(4)激素停药期:采用调理阴阳、平补肾脾肝法治疗,以六味地黄汤加黄芪、玄参、麦冬、白芍、肉桂、枸杞子、当归为基本方。全程均适当选用活血化瘀药物如川芎、益母草、丹参、桃仁、红花、莪术、三七等。

西医治疗方法:两组西医治疗均采用标准方(总疗程 9 个月至 3 年),强的松 $1.5 \sim 2\text{mg/kg/日}$, $\leq 60\text{mg/日}$,激素不效应或依赖者加用环磷酰胺(累积剂量 $100 \sim 200\text{mg/kg}$)或雷公藤多甙片(累积剂量 $75 \sim 120\text{mg/kg}$)。

研究方法:通过门诊随访和家访方式询问患儿复发时间、次数,男性初次遗精年龄,女性月经初潮年龄,体格检查第二性征。男性 ≥ 15 岁、女性 ≥ 13 岁未出现第二性征,男性 ≥ 17 岁未有初次遗精,女性 ≥ 15 岁未有月经初潮者记录为性发育延迟。采用 U 检验方法评估结果。测定患儿身高,以左手腕骨 X 线片测定骨龄,采用身高、骨龄标准差积分(Standard deviation score, SDS)评估身高、骨龄变化。公式为: $\text{SDS} = (\bar{X} - X) / S_x$, $\bar{X}$ 为实际测定平均值, X 为正常人平均值, S_x 为标准差。正常人平均身高以 1985 年上海第二医科大学附属新华医院儿童保健中心编绘的正常男女生长曲线为标准^[1]。骨龄以正常各年龄组男女儿童手腕部骨成熟总分为标准^[1]。

2 结果

治疗组 25 例,性发育延迟 1 例;对照组 17 例,性发育延迟 5 例。治疗组明显优于对照组

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($P < 0.05$)。两组不同年龄段骨龄和身高 SDS 数值比较见表 1、表 2。青春期男为 13~20 岁,女为 11~18 岁,设定正常人平均百分位(即中位数)为 50th(第 50 个百分位)。

表 1 两组不同年龄段骨龄 SDS 数值

年龄段	例数	平均 SDS	平均百分位
青春期前	25/14	-0.01/-0.29	49th/37th
青春期	15/7	-0.10/-0.35	45th/34th
青春期后	10/10	0.007/-0.12	50th/44th

注:表内数据为治疗组/对照组,表 2 同

表 2 两组不同年龄段身高 SDS 数值

年龄段	例数	平均 SDS	平均百分位
青春期前	25/14	-0.07/-0.33	47th/35th
青春期	15/7	-0.01/-0.39	45th/32th
青春期后	10/10	0.01/-0.22	51th/40th

3 讨论

对于糖皮质激素—免疫抑制剂治疗肾病对生长和性发育延迟的影响,笔者认为从预防着手是最好的方法。本组资料显示,对照组 31 例身高和骨龄 SDS 与正常人相比偏离很大(18~10th),尤其是青春期组更加显著,这与国外资料报道相符^[2],性发育延迟率达 29.4%。治疗组结果显示身高和骨龄 SDS 与正常人相比偏差极小(5~0th),另外青春期后身高和骨龄 SDS 均出现正值,性发育延迟率仅 4%,与对照组比较差异有显著性。故我们认为中医滋阴降火、益气补肾、活血化瘀法治疗肾病,能预防或减轻糖皮质激素—免疫抑制剂所致的生长和性发育延迟。其作用机理可能与下列因素有关。

3.1 对抗糖皮质激素—免疫抑制所致的下丘脑—垂体—肾上腺(性腺)轴的抑制作用。六味地黄丸有对抗长期使用糖皮质激素—免疫抑制剂引起的肾上腺和胸腺功能减退甚至腺体萎缩的作用;具有一定的兴奋下丘脑—垂体—肾上腺系统的作用^[3,4]。

3.2 调节免疫、增强免疫功能、纠正免疫系统紊乱状态,提高机体抗病能力,减少感染频数,从而减少了肾病复发,延长了肾病完全缓解期

直至基本痊愈,减少激素—免疫抑制剂的使用。健脾益气、补肾药物还可以达到上述作用,如玉屏风散^[5]、六味地黄丸^[6~8]均对免疫具有调节或增强作用。

3.3 肾病多属祖国医学水肿范畴,根据小儿生理病理特点,其病因、病机在于肺脾肾虚、三焦气化不利。首先肺气不固引来外邪侵袭、脾失运化,肾气不足乃致精微外泄,湿浊内蕴,弥漫三焦。故本病急性期、早期治在肺和三焦气化的调理,缓解期治在健脾益气补肾治本,恢复期则固肺以防复发,健脾补肾治本。中医认为肾为先天之本,主藏精、主骨,即认为人的生长和性发育与肾关系密切。肾病时,肾气本已不足,加之长期激素—免疫抑制剂的使用,使肾虚更甚,故发生生长和性发育延迟。我们采用滋阴降火、益气补肾和活血化瘀(久病必有瘀)方法治疗肾病,符合中医辨证论治原则。

我们认为中医中药的使用不仅应遵循中医辨证施治的原则,同时也应结合西医激素使用的具体情况来指导中医药处方,这样才能达到更为理想的效果。中医药治疗肾病尽管取得了较满意的效果,对其机理也有一定的认识,但其确切机理尚有待进一步探讨。

4 参考文献

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ABSTRACTS OF ORIGINAL ARTICLES

An Assessment on Cerebral Hemorrhage Treated by Injection of Radix Acanthopanax Senticosi

Wu Yuezhou, Cai Hong, Yu Na, et al.

Thirty cases of cerebral hemorrhage were treated by regular therapy plus hemotherapy with ultraviolet radiation as control, with another 30 such cases treated by the same method plus injection of Radix A. Senticosi. Results showed that the marked effect of treatment group was 96.7% and total effective rate 100%, while that of the control group were 60.0% and 83.3% respectively, ($P < 0.01$), the former being obviously superior to the latter. This demonstrated that the herbal injection can be applied not only for cerebral infarction, but also for cerebral hemorrhage with a bleeding amount below 30 ml.

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Key words: Cerebral hemorrhage/TCM therapy Radix A. Senticosi/therapeutic application

(Original article on page 213)

Influence of Treatment of Nephropathy by Integrated Medicine on Growth and Sex Development

Jiang Shu'ai, Yu Jianer

Fifty cases of nephrosis in children were treated by combined use of the methods of nourishing — yin — decreasing — fire, invigorating — Qi — benefiting — kidney, and activating — circulation — removing — stasis and hormone — immune depressor. The patients' body height, exams of secondary sex characters were examined at the OPD and follow-up at home, and the age of their first appearance of seminal emission or menstruation, the bone — age measurement of left wrist bone by X-ray film and were compared with another 31 cases of children treated by the same remedy but without TCM therapies. The retardation of sexual development in the treatment group was greatly decreased.

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Key words: nephrosis/therapy by integrated Chinese and Western medicine

(Original article on page 215)

Effect of Buzhongyiqi Decoction on Temperature in Animal with Fever due to Deficiency of Qi

Zhang Liping

When exploring the theory of removal of heat by herbs of sweet — warm nature, by applying the way of thinking that the "heat" removed by this way is caused by "deficient Qi complicated with evil pathogens", a rabbit model of fever caused by "evil pathogens with deficient Qi" was established. The dynamic changes of the temperature, manifestations were used as indices to observe the antipyretic effects of Buzhongyiqi decoction, a representative recipe of such treating principle, and its individual ingredients. Result revealed that the whole recipe yielded the best antipyretic effect in this study.

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Key words: fever/TCM therapy Buzhongyiqi Decoction/therapeutic application

(Original article on page 236)

Experimental Study of Effect of Acupuncture on Behaviors of Mice Model of Rapid Senilized Dementia

Han Jingxian, Li Ping, Liu Qingzhong, et al.

By adopting scoring method on the degree of senilization and methods of high cross frame labyrinthine experiment and shuttle box on the basis of systematic observation on behavior characteristics of rapid senilized dementia in SAM — P/8 model, the effect of acupuncture method for wakening the consciousness and opening of orifices was observed. Results showed SAM — P/8 revealed apparent senilized characteristics of brain, being in a low intelligent condition, which is a rather ideal model for the study of natural dementia in the elderly. The acupuncture methods revealed an action of delaying senility process, improving the condition of frightening and increasing the ability of learning and memory.

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Key words: Dementia, senile/acupuncture therapy behavior, animal

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