

补肾益气凉血活血解毒法治疗肝纤维化 远期疗效观察

杨宏志* 陈琰碧* 许瑞云* 沈伟生* 陈国庆*

摘要 对48例乙型肝炎纤维化患者以中医补肾益气凉血活血解毒法辨证治疗2年以上,可明显改善症状,ALT多数保持正常,血清胆红素多数复常。治疗半年后,HA、PCⅢ、循环免疫复合物均值较治疗前下降,治疗2年后降至正常水平。腹B超检测门脉,82%患者维持正常宽度,已增宽的门脉宽度下降,已肿大的脾脏有缩小趋势。

主题词 肝/病理学 肝炎,乙型/中医药疗法

我们曾报道了补肾益气疏肝凉血活血解毒方药对慢性肝炎肝纤维化的初步临床观察结果,现将此方远期临床治疗研究结果报告如下。

1 临床资料

本组48例均属门诊病例,其中男性30例,女性18例。年龄27~61岁,平均44岁。病程均在3年以上,平均9.3年。根据1990年上海第六届全国病毒性肝炎诊断标准,确诊为慢性乙型病毒性肝炎。合并肝硬化22例,其中轻度腹水15例。入选患者中血清透明质酸(HA)、Ⅲ型前胶原肽(PCⅢ),有1项以上增高。

2 检测方法

在治疗前、治疗中,每3个月检测肝功能、凝血酶原时间、循环免疫复合物(CIC),6个月检测血清肝纤维化指标及做腹部B超。B型超声波探查门脉宽度及脾脏厚度,其中脾脏以前后径表示,男性>4.0cm,女性>3.5cm为脾大,门脉>1.4cm为门脉增宽。

3 治疗方法

基本方:首乌20g,仙茅9g,生地20g,当归12g,黄芪12g,白术12g,丹参15g,赤芍15g,田七2g,炙甘草12g,柴胡9g,海藻20g,蜈蚣2条,陈皮9g,茜草30g,白花蛇舌草30g。临症加减:腹水尿少加茯苓60~90g,白术增至30g,腹

胀加陈皮、青皮各6g;血清胆红素升高重用赤芍、葛根、丹皮;白蛋白低重用白术、党参;球蛋白升高异常加茜草、水牛角;凝血酶原时间延长及循环免疫复合物增高,加丹皮、玄参、旱莲草。每日1剂,水煎成200ml,分2次口服,每次服100ml。6个月为1个疗程。本组48例均服药2年以上,然后统计治疗结果。

4 结果

共有52例临床观察,其中4例中途退出。

4.1 临床症状变化:本组患者于治疗前有不同程度的乏力、气短、自汗、腹胀、肝区不适、纳差、便秘,或便溏、腰痛、腰膝酸软、舌紫暗等症状,服药半年后40例患者乏力、气短、自汗、腰痛、腰膝酸软减轻,36例患者食欲增加,便秘、便溏改善,肝区不适消失。服药2年后44例症状缓解,2例症状无变化,2例症状恶化。

4.2 肝功能变化情况:本组患者治疗前每年均有程度不同的ALT及AST波动,治疗中经肝功能动态检测,治疗2年ALT或AST复常并保持正常者共38例(79.2%),而其余10例(20.8%)ALT或AST始终不正常,或复常后又反复。

治疗前血清白蛋白异常30例,均值为 34.3 ± 3.5 g/L($\bar{X} \pm S$,下同),服药半年后上升为 39.5 ± 3.1 g/L,2年后26例(86.6%)恢复到正常范围。球蛋白异常者30例,治疗前均值为 3.6 ± 0.20 g/L,服药半年后下降为 3.1 ± 0.16 g/L;2年后20例(66.7%)恢复至正常。

治疗前22例血清胆红素升高,治疗2年后18例恢复正常。治疗前24例凝血酶原时间延长,平均为 20.5 ± 3.34 秒,治疗半年后降为 13.5 ± 1.41 秒($P < 0.01$)。

4.3 肝纤维化血清学指标变化:HA、PCⅢ治疗半年后开始下降,治疗2年基本恢复到正常水平,见附表。

* 中山医科大学附属第三医院,广州市石牌(510630)

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4.4 循环免疫复合物变化:治疗半年后均值与治疗前相比有显著下降,治疗2年后基本恢复到正常水平,见附表。

4.5 腹部B超探查:48例患者中治疗前门脉增宽者21例(43.8%),服药2年后门脉宽度缩小12例,宽度不变5例,宽度增加4例;治疗前门脉正常,治疗后增宽1例,余26例2年内门脉保持正常。治疗前及治疗2年间脾脏在正常范围,变化不明显24例,治疗前脾脏增大者24例,治疗2年脾脏前后径有所减少9例(37.5%),变化不明显6例(25.0%),脾脏增大9例(37.5%)。

附表 治疗前后HA、PCⅢ、CIC变化情况($\bar{X} \pm S$)

时间	例数	HA(ng/ml)	PCⅢ(ng/ml)	CIC(mg/ml)
治疗前	48	647.3±135.4	153.8±21.2	311.2±132.8
治疗半年	48	251.7±104.8	114.3±33	150.3±84.9
治疗2年	48	52.19±41.4	72.8±12.4	107.6±62.6

5 讨论

本文总结了应用中医补肾益气、凉血活血、疏肝清热、利湿解毒法组方,对48例肝硬化患者连续治疗2年以上,可明显改善症状,对肝功能指标有改善作用,对肝硬化血清学指标及循环免疫复合物有明显作用。

慢性乙肝肝硬化患者临床表现为乏力、纳差、腹胀、黄疸、肝脾肿大、肝区疼痛、肝掌、舌紫暗,病因为湿、热、毒、瘀、郁、虚,湿热毒瘀互结入络,肝郁,脾气亏虚,肾精亏损,阴阳失调,虚实兼夹,互为因果,恶性循环,贯彻始终。早期邪毒较甚,肝木横克脾土,晚期久病及肾,肾阴

阳气血亏损,湿热血瘀入络。

在临床观察中我们发现,转氨酶持续不降与血瘀入络有关,通过补肾益气活血可以收到较好效果,但活血化瘀药可用但不可过用,过用可加重原已充血的肝细胞,使ALT更高。我们还发现,白蛋白降低与气虚有关,通过加用补气药如黄芪、仙茅等可使血清白蛋白升高。球蛋白升高与血虚、血瘀血热有关,加用补血清血活血药可使球蛋白下降,如当归、生地、赤芍、丹皮、茜草、水牛角、丹参等。胆红素升高与瘀热互结入络有关,加重凉血活血药,可提高退黄疗效。

凝血酶原时间延长与气血亏虚、血热血瘀有关,加用丹皮、党参、旱莲草、茜草有较好疗效。本文还显示肝硬化患者血清循环免疫复合物增高,用中医补肾健脾益气、凉血活血疏肝、清热利湿解毒法组方,可能通过改善严重受损的肝功能,增强网状内皮系统的清除功能,或通过消除病毒减少抗原抗体复合物数量,减少血清中的CIC,减轻免疫损伤,从而终止免疫因素诱发肝纤维化的启动环节。

HA是结缔组织基质的主要成分,是反映内皮细胞功能和肝硬化有实用价值的指标。在肝硬化时,HA、PCⅢ升高揭示纤维化过程处于活动阶段。治疗后持续下降和稳定,表明纤维化的活动过程已被抑制。这一作用可能与其具有免疫调控作用及直接影响肝内纤维结缔组织的代谢有关。

注:该课题为广东省1997年科研重点项目(编号:30)

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麻木,“然未免药力太过,非壮实之人不可轻用”。此当注意,全蝎用量已超常量1g的60倍,临证不可造次。可见,张锡纯应用虫类药既能扬其药用之长,又能避其药用之短,实为虫类药之善用者。唯对蜈蚣欠慎用。蜈蚣又名红娘子,含斑蝥素,与斑蝥同,有剧毒,性味猛烈,为虫类之最酷者,内服宜慎,体弱、孕妇忌用,仅有治疯狗咬伤,以红娘子2枚配方作末,1~2次分服之报道,而张锡纯却常用6~15枚配方治疗胃痛、

妇人症瘕、闭经及产后四肢抽掣,值得商榷。尤其一宋氏女,19岁,胃有瘀滞作痛,当用药无效时,以蜈蚣15枚,配鸡内金30g,生酒曲、党参各15g,三棱、莪术、知母各10g,服至8剂,二便皆下血,胃中豁然,其痛痊愈。此虽系典型验案,余以为“二便皆下血”,乃蜈蚣毒性反应,胃粘膜及肾功能已受损害,从用药安全起见,剧毒虫类药应当掌握用量用法及其适应证和宜忌。虽然如此,张锡纯应用虫类药的独到经验,依然不失为有益的借鉴。

ABSTRACTS OF ORIGINAL ARTICLES

Clinical Study on Vascular Dementia Treated with Naoxue Shutong Oral Solution

Xu Baoyu

Twenty seven cases of vascular dementia were treated with Naoxue Shutong oral solution based on Qi — invigorating, blood — activating and stasis — eliminating method with another 24 cases treated with Duxil, an intelligence — promoting agent. Results showed that both remedies had similar total effectiveness. The therapeutic effect of cases of asthenic — Qi blood — stasis type was superior to other types, and the results of per cranial Dopler test and hemorrhheological indices in treatment group showed that Naoxue Shutong was superior to the control group.

Authors' add: Xiyuan Hospital, China academy of TCM, Beijing 100091

Key words: Dementia vascular/TCM therapy @ Naoxue Shutong oral solution

(Original article on page 340)

Long — term Observation on Effect of Methods of Kidney — benefitting, Qi — invigorating, Blood — cooling, and Detoxification on Liver — Fibrosis

Yang Hongzhi, Chen Yanbi, Xu Ruiyun, et al.

Forty — eight cases of liver fibrosis due to B — hepatitis were treated with this principle for over 2 years. It improved symptoms remarkably with normal ALT and recovery of normal serum bilirubin in most cases. After a course of 1/2 year therapy, the mean values of HA, PC III and circulated immunocomplex were all decreased as compared with that before the treatment, and all recovered to normal after 2 years of treatment. 82% of the cases revealed normal calibre of the widened portal vessels, and there was a tendency of decrease in size of the enlarged spleen.

Authors' add: Third Affiliated Hospital, Zhongshan Hospital, Guangzhou 510630

Key words: Liver/pathology Hepatitis, B type/TCM therapy

(Original article on page 343)

Effects of Shengjing — Infusion on Sperm Morphology in Sterility Cases with Varicocele

An Liwen, Wang Shulin, Bai Guilin, et al.

Comparative observation was made between 46 such cases received simple operation and that with

additional treatment of Chinese materia medica. Results revealed that, after treatment, the morphology of sperm in both groups were all improved, but the percentage of those in the Chinese materia medica group was higher than the simple operation group ($P < 0.01$). The rate of spear — head sperm and sperm with uncertain shape was much lower than those of the simple operative group ($P < 0.01$).

Authors' add: First Affiliated Hospital of Heilongjiang University of TCM, Harbin 150040

Key words: Varicocele/complication Sterility/TCM therapy

(Original article on page 349)

Infantile Rickets Treated with Bugu Solution

Yang Zhixin, Yan Tianyu, Li Li

Altogether 70 cases were treated, with another 30 cases treated with calcium gluconate as control. The 3 — month rate of amelioration was 68.6% in the treatment group and 46.7% in the control group, with significant difference ($P < 0.05$). Recovery of pavor nocturnus and skeleton X — ray changes were all better in the treatment group. Hence, Bugu solution can be served as a satisfactory agent for the treatment and prevention of infantile rickets and to decrease the application of Vit. D, so as to prevent its intoxication.

Authors' add: Beijing Friendship Hospital, Capital Medical University, Beijing 100050

Key words: Ricket/TCM therapy @ Bugu Solution

(Original article on page 353)

Symptoms in Opiate Quitting Treated with Dongtang duke Capsule. Observation of 32 Cases

Zhang Guoen, Li Qing, Hou Juncai, et al.

Clinical cases were randomly divided into Dongtang duke capsule and clonidine groups, both revealing efficacy without significant statistical difference ($P > 0.05$) after 3 days of treatment. After 5 — 10 days of treatment, the therapeutic effect of treatment group was obviously superior to the control group.

Authors' add: Hebei Institute of TCM, Shijiazhuang, Hebei 050031

Key words: withdrawal syndrome/TCM therapy opium @ Dongtang duke capsule

(Original article on page 357)