

中药治疗老年性黄斑变性疗效观察

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摘要 以补肾益精明目中药组成基础方,治疗老年性黄斑变性患者 26 例 46 眼,观察治疗前后视力、Amsler 表改变情况。结果 46 眼中 32 眼视力提高,Amsler 表异常格数减少,总有效率 54.3%。其中早期患者疗效明显优于晚期($P<0.05$)。

主题词 黄斑变性/中医药疗法

老年性黄斑变性(AMD)是 50 岁以上老年人低视力和致盲的重要原因,我们采用补肾益精明目中药治疗本病,现将结果报道如下。

1 临床资料

本组共 26 例 46 眼,其中男 19 例,女 7 例。年龄最小 46 岁,最大 80 岁,平均 62.8 岁。病程最短 1 个月,最长 2 年,平均 9.8 个月。单眼发病 6 例,双眼发病 20 例。干性 28 眼,湿性 18 眼。早期 17 眼,晚期 29 眼。诊断根据 1986 年中华医学会眼科学会眼底病组制定的标准^[1]。

2 治疗及观察方法

以补肾益精明目为治疗大法。基本方:肉苁蓉 15g,女贞子 10g,旱莲草 10g,补骨脂 15g,丹参 10g,当归 10g,生黄芪 15g,苍术 10g。干性者加葛根 15g,党参 10g,湿性者加生地黄 10g,槐花 10g,三七粉 3g(冲),每日 1 剂,水煎服。3 个月为一疗程。共观察 2 个疗程。治疗期间停用其它一切中西药物。

治疗过程中观察如下内容:

视力:应用国际标准视力表及对数视力表对患者治疗前后视力进行准确记录。

Amsler 表:在自然光线下,被检眼距离 Amsler 表约 30cm,老视、远视者先用凸透镜矫正视力。嘱其注视图表中央注视点,观察中央区有无暗影遮挡或发暗,方格是否规整,线条有无弯曲、中断、跳动,让患者用笔将病变范围画出,

治疗前后在同样条件下各记录一次。

光敏感度:采用航天部 102 所制造的 QZS-Ⅱ型自动视野计,治疗前后各进行一次视野检查(6° 、 9° 、 30°),并记录其中心 6° 、 9° 、 30° 范围的平均光敏感度。

荧光眼底血管造影:采用日本产 Nikon NF-505 眼底照相机,肘静脉注射 20% 荧光素钠 3ml,行眼底拍摄。

3 结果

3.1 疗效评定:因行光敏感度及荧光造影的眼数不多,故我们根据患者治疗前后的视力、Amsler 表检查变化情况制定疗效评定标准。显效:视力提高 4 行以上,Amsler 表检查正常或异常格数减少 16 格以上。有效:视力提高 2 行以上,Amsler 表异常格数减少 4 格以上。无效:视力无变化或下降,Amsler 表异常格数无减少或增加(0.01 以下增至 0.01 算一行,0.01~0.1 每增加 0.03 算一行)。

结果本组显效 9 眼,有效 16 眼,无效 21 眼,总有效率 54.3%。其中早期 17 眼,显效 6 眼,有效 7 眼,无效 4 眼,总有效率 76.5%;中晚期 29 眼分别为 3 眼、9 眼、17 眼,总有效率 41.4%。早期疗效明显优于晚期($P<0.05$)。干性 28 眼,显效 7 眼,有效 10 眼,无效 11 眼,总有效率 60.7%;湿性 18 眼分别为 2 眼、6 眼、10 眼,总有效率 44.4%。干性疗效与湿性相比无明显差异($P>0.05$)。

3.2 治疗前后视力变化情况:治疗 2 个疗程后,46 眼中 32 眼视力提高,12 眼视力无变化,2 眼视力下降。治疗前视力对数值 4.27 ± 0.62 ,治疗后 4.58 ± 0.50 ,治疗前后比较差异有显著性($P<0.01$)。表 1 示,治疗后 46 眼的视力分布明显提高。

3.3 治疗前后 Amsler 表检查变化情况:经治疗后本组患者 Amsler 表检查异常格数下降,

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表1 46眼治疗前后视力分布(眼数)

	<0.01	0.01~0.04	0.05~0.09	0.1~0.3	0.4~0.6	0.7~0.9	1.0~1.5
疗前	2	8	3	12	13	3	5
疗后	0	4	7	9	15	4	7

治疗前异常格数 69.41 ± 28.67 , 治疗后 52.96 ± 27.04 , 治疗前后比较, 差异有显著性 ($P < 0.01$)。

3.4 治疗前后光敏感度变化: 表2示, 对10名患者19眼治疗前后 6° 、 9° 、 30° 的平均光敏感度进行比较, 治疗后均有提高, 经统计学处理, 30° 光敏感度治疗前后差异有显著性 ($P < 0.05$)。说明本方可提高视细胞敏感性; 但中心 6° 、 9° 光敏感度治疗前后变化无统计学意义, 可能与黄斑区病变严重、病程长、细胞损伤严重有关。

表2 治疗前后平均光敏感度变化情况 ($\bar{X} \pm S$)

眼数(只)	6°	9°	30°
疗前 19	12.03 ± 1.13	11.99 ± 2.54	13.79 ± 3.08
疗后 19	13.20 ± 1.12	14.17 ± 2.54	$16.83 \pm 3.49^*$

* 与治疗前比较, $P < 0.05$

3.5 治疗前后眼底荧光血管造影变化: 对10例患者18眼治疗前后行眼底荧光血管造影, 其中干性8眼, 黄斑区可见大小不等的窗样缺损, 晚期部分病例有荧光积存。经治疗后窗样缺损区的大小及部位无明显变化。湿性10眼, 其中4眼黄斑区出血表现为遮挡荧光, 6眼黄斑区有视网膜下新生血管, 荧光素渗漏。治疗后遮挡荧光和荧光渗漏的部位、范围亦无明显变化。

4 讨论

老年性黄斑变性以视力下降、视物变形为主要症状, 中医眼科病名为视瞻昏渺、视直如曲和视瞻有色等, 因其目外观正常, 唯自觉视觉变异故为内障眼病。本病系因年老体弱, 脏腑功能渐衰, 精气日损, 五脏六腑精气不能归于目所致。肾为先天之本, 脾为后天之本, 老年精气不足与肾、脾关系密切。本方着重补肾, 辅以健脾, 从而益精明目。重用肉苁蓉、补骨脂, 辅以女贞子、旱莲草, 意在补肾明目。肉苁蓉、补骨脂补

阳, 旱莲草、女贞子补阴, 四药合用补而不偏。生黄芪补气升阳, 苍术可燥湿健脾, 脾为后天之本, 健脾之药可加强补肾益精之功。丹参、当归有活血之功。湿性者常有渗出、出血, 加用生地、槐花凉血止血, 三七粉祛瘀止血。现代研究证明槐花能减少血管通透性而起止血作用。干性加葛根、党参, 党参可加强健脾之功, 现代药理研究表明, 葛根有改善微循环的作用。

研究表明, AMD 的发生与年龄增长呈正相关, 系后极部色素上皮代谢衰老, 吞噬视细胞外节盘膜能力下降的结果。消化不良的外节盘膜, 沉积形成玻璃膜疣进而导致黄斑变性^[2,3]。流行病学调查提示光损害可能是 AMD 发病的主要因素之一。光损害刺激视网膜产生过氧化物自由基, 引起色素上皮细胞变性和功能下降。动物实验证明, 本文方药可以增强眼组织抗氧化酶活性, 清除自由基, 降低过氧化物含量, 表明本方含有抗氧化物质, 具有较强的抗组织氧化, 延缓机体组织细胞衰老的作用^[4]。另外, 本方具有一定的改善微循环作用, 其对 AMD 的疗效可能与促进视网膜色素上皮细胞代谢, 加快其吞噬速度, 使消化不良的残余体减少有关。

从本研究可以看出, 早期者疗效优于中晚期患者, 说明 AMD 的早期防治非常重要。进入中晚期, 干性出现色素上皮萎缩, 湿性出现视网膜下新生血管膜, 病变常难以逆转, 疗效不佳。

5 参考文献

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ABSTRACTS FROM ORIGINAL ARTICLES

Influence of Tablet of Allicin on Plasmal GMP—140, TXB₂, 6—K—PGF_{1α}, NO and Hemorrheology in Patients of Ischemic Heart Disease

Li Haicong, Mladi Yusain, Chen Jian, et al.

Group of 41 cases and 26 cases of angina pectoris in CHD were treated with allicin tablet and Xiaoxintong respectively for comparison of their effect and changes in the indices of GMP—140, TXB₂, 6—K—PGF_{1α}, NO and hemorrheology were also observed. Results showed that the total effective rate of allicin tablet was 85.4%, similar to Xiaoxintong. Allicin tablet can markedly lower the level of plasmal GMP—140, TXB₂, but increased the level of NO and substantially improve blood rheology, demonstrating that allicin tablet yield satisfactory effect on angina pectoris in CHD. The possible mechanism might lie on the activation of inhibition of platelets, prevention of thrombosis, dilatation of coronary arteries and peripheral vessels, improvement of hemorrheology.

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Key words: myocardial ischemia/TCM therapy allicin/therapeutic application

(Original article on page 414)

Shy—Drager Syndrome Treated with Shengmai Wenya Decoction. Observation on 20 Cases

Han Yongzhu, He Bin

The decoction is composed of Radix Panacis Quinquefolii 5g, Radix Ophiopogonis 12g, Fructus Schisandrae 5g, Radix Aconiti Preparata 10g, Rhizoma Polygonati 20g, Radix Glycyrrhizae Preparata 6g. 20 cases were treated for one month and observed for changes in signs and symptoms. Results: markedly effective 6 cases (30%), improved 11 (55%), non—effective 3 (15%), total effective rate 85%. The systolic pressure after treatment was remarkably increased ($P < 0.01$). In the 8 cases of decubitus hypertension, 5 cases improved in blood pressure; yet, it was ineffective in many symptoms induced by disturbance of autonomous nervous system. Conclusion: this decoction yielded rather good effect on Shy—Drager Syndrome, also indicated for decubitus hypertension.

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Key words: Shy—Drager Syndrome/TCM therapy @ Shengmai Wenya Decoction

(Original article on page 418)

Observation on Senile Degeneration of Macula Lutea Treated by Chinese Medicines

Zhang Li, Zhuang Zengyan

A basic recipe, composed of Chinese medicines of kidney—nourishing, spirit—benefiting and vision—improving, was used for the treatment in 46 eyes from 26 cases of macula degeneration for changes in visual ability and Amsler chart before and after treatment. Results showed that 42 of the 46 eyes had their vision improved, the abnormal scale in Amsler was decreased, the total effective rate being 54.3%. The effects for early cases were obviously better than those in late stage patients.

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Key words: Degeneration of Macula lutea/TCM therapy

(Original article on page 429)

Study on Changes of Lingual Coating Before and After Surgical Treatment in Stomach Carcinoma

Fan Dongxiang, Hu Jiakai, Song Enfeng

Eighteen cases of cancer of stomach receiving operation with pre—operated white—thick—greasy or yellow—thick—greasy coatings were observed. Results showed that the coating dropped off gradually 1—2 weeks after the operation. In the coating, there were mostly hyperkeratosis cells. In yellow coating, the necrotic cells in different degrees were found. Bacteriological exams showed that there were large amount of bacteria in the coating, mostly gram—negative coccus, diplococcus and negative bacilli. It was found that low—differentiated cancer and myxo cellular cancer can all be found in yellow thick greasy fur.

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Key words: Tumor of stomach/surgical operation tumor of stomach/diagnosis lingual coating

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