

清热疏肝法治疗高泌乳素血症 120 例

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摘要 观察清热疏肝中药制剂对高泌乳素血症 (HPRL) 患者的临床疗效。随机将患者分为治疗组 120 例 (中药), 对照组 40 例 (溴隐停), 观察血中泌乳素 (PRL) 和相关激素水平及症状体征变化情况, 进行疗效对比。结果表明, 清热疏肝中药制剂可显著降低患者血清 PRL 水平, 对相关激素有良性调节作用, 临床疗效良好。与对照组比较差异无显著性 ($P>0.05$)。

主题词 高泌乳素血症/中医药疗法 清热 疏肝

我们自 1989~1998 年用清热疏肝法治疗高泌乳素血症 (Hyporprolactinmia, HPRL), 观察病例 120 例, 并与西药溴隐停作对照, 疗效显著, 现报告如下。

1 临床资料

诊断标准: 参照《实用妇科学》^[1] 制定, 血清泌乳素 (Prolactin, PRL) 水平 $>25\text{ng/ml}$, 并伴有溢乳、月经失调、闭经、不孕等症状。中医辨证标准参照卫生部《中药新药临床指导原则》(1997 年第 3 辑), 本组属肝气郁结, 肝经郁热证。排除垂体瘤、生理性因素 (妊娠期、哺乳期), 以及长期服用氯丙嗪、吗啡或近期内服用灭吐灵等药者。

全部病例来源于山东中医药大学附属医院妇科门诊。患者在接受治疗前停止使用有关药物 1 个月。随机分为两组, 治疗组 120 例, 对照组 40 例。治疗组平均年龄 29.20 ± 6.07 岁, 已婚 113 例, 未婚 7 例, 月经失调 30 例, 不孕 40 例, 溢乳 22 例, 月经稀发 27 例, 闭经 21 例。乳房胀痛 102 例, 心烦易怒 87 例。PRL $25\sim50\text{ng/ml}$ 78 例, $>50\sim100\text{ng/ml}$ 32 例, $>100\sim200\text{ng/ml}$ 10 例, PRL 平均 $53.12\pm30.13\text{ng/ml}$ 。对照组平均年龄 29.45 ± 6.20 岁, 已婚 36 例, 未婚 4 例, 月经失调 10 例, 不孕 12 例, 溢乳

8 例, 月经稀发 9 例, 闭经 7 例。乳房胀痛 38 例, 心烦易怒 21 例。PRL $25\sim50\text{ng/ml}$ 31 例, $>50\sim100\text{ng/ml}$ 8 例, $>100\sim200\text{ng/ml}$ 1 例, PRL 平均 $49.9\pm19.79\text{ng/ml}$ 。两组病例构成情况具有可比性 ($P>0.05$)。

2 治疗及观察方法

治疗组口服清肝袋泡剂, 每次 1 袋, 加沸水浸泡 20 分钟即饮, 每日 2 次, 连续服药 1 个月为一疗程, 共观察 3 个疗程。该方由柴胡、当归、白芍、丹皮、栀子、麦芽等 12 味中药组成, 由本院制剂室制成袋泡剂, 每袋重 15g, 含生药 85g。

对照组口服溴隐停 (Bromocriptin), 瑞士 Sandoz Pharma Ltd 产品, 每片 2.5mg, 批号 179MFD 1297, 初次剂量 1.25mg, 每日 2 次, 饭后半小时服, 7 天后加至 5mg/日。连续服用 1 个月为一疗程, 共观察 3 个疗程。

观察药物对内分泌水平的影响: 观察对象服药前抽血化验 1 次, 其后每个疗程 (时间为月经第 20~22 天, 8:00~10:00) 化验一次。观察卵巢功能, 包括血清雌二醇 (E_2)、黄体酮 (P) 含量, 垂体功能包括血清 PRL、卵泡刺激素 (FSH)、黄体生成素 (LH) 含量。用放射免疫法, 试剂由天津九鼎医学生物工程有限公司提供, 所有标本由山东医科大学同位素室测定。

观察体征情况: 主要为月经周期、溢乳、孕育及中医证候如乳房胀痛、心烦易怒等变化。

表 1 两组治疗前后症状改善情况比较 (例)

组别	月经失调	不孕	溢乳	闭经	月经稀发
治疗组治疗前	30	40	22	21	27
治疗后	12	10	4	10	13
对照组治疗前	10	12	8	7	9
治疗后	4	3	2	3	4

3 结果

3.1 疗效评定标准: 痊愈: 血清 PRL 恢复正常, 临床症状、体征消失。好转: 血清 PRL 部分

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表 2 两组治疗前后内分泌指标比较($\bar{X} \pm S$)

组 别	例数	PRL(ng/ml)	FSH(mIU/ml)	LH(mIU/ml)	E ₂ (pg/ml)	P(ng/ml)
治疗组 治疗前	120	53.12±30.13	9.23±9.98	20.8±20.06	98.35±76.94	3.97±6.63
治疗组 治疗后	120	20.45±10.08**	13.40±11.84**	17.08±23.82	143.15±109.25**	5.62±7.14
对照组 治疗前	40	49.94±19.79	9.79±7.83	15.78±11.22	113.35±79.11	4.65±6.23
对照组 治疗后	40	16.84±8.59**	14.85±8.18**	21.63±22.48	140.33±65.85*	4.94±6.15

与治疗前比较, * $P < 0.05$, ** $P < 0.01$

下降,但仍高于正常值,症状体征明显改善。无效:PRL 无明显下降,症状体征无改善。

3.2 治疗结果:3 个疗程结束后治疗组痊愈 89 例,好转 22 例,无效 6 例,总有效率为 92.5%;对照组痊愈 32 例,好转 6 例,无效 2 例,总有效率 95%。两组间总有效率比较差异无显著性($P > 0.05$)。

两组治疗前后症状变化比较见表 1,治疗组和对照组均可改善 HPRL 患者临床症状,且效果相当。对心烦易怒、乳房胀痛等肝气郁结、肝经郁热证的改善情况,治疗组总有效率为 90.0%,对照组为 74.4%,两组比较差异有显著性($P < 0.05$)。

两组治疗前后内分泌指标比较见表 2,两组均可降低血清 PRL 水平,治疗前后比较差异有显著性($P < 0.01, P < 0.05$),两组间的疗效比较差异无显著性($P > 0.05$)。治疗组和对照组血清 FSH、E₂ 值较治疗前均有显著性升高($P < 0.01, P < 0.05$),两组间升高的幅度比较差异无显著性(P 均 > 0.05)。治疗后两组间血清 LH、P 值差异无显著性(P 均 > 0.05)。治疗组服清肝袋泡剂后未见肝、肾功能损伤。服后未见毒副作用。

4 讨论

HPRL 是导致闭经、溢乳、不孕、月经不调的主要原因,近几年发病率日益增高。此病治疗方法较单一。国内外主要采用溴隐停,该药价格昂贵,不良反应较大。因此寻求一种效好价廉、不良反应少的方法非常必要,临床观察 HPRL 病人多伴有乳房胀痛、心烦易怒,中医辨证属肝气郁结、肝经郁热,故以清热疏肝法为治疗原则。清肝袋泡剂中柴胡疏肝解郁,当归、白芍养

血和营以柔肝,丹皮、栀子清热除烦,配青皮、茯苓健脾行气。方中重用麦芽,其虽为脾胃之药,而实善疏肝气,配柴胡大大增强疏肝解郁之力。文献报道麦芽中含有麦角类化合物,有类多巴胺抑制 PRL 分泌作用^[2]。白芍配甘草有明显降低 PRL 的作用,动物实验证实其能刺激脑垂体前叶多巴胺受体,使血中 PRL 正常化^[3]。诸药共奏疏肝气、清肝火之功效,使气机通畅,脏腑气血功能改善,阴平阳秘则内分泌功能正常。

本研究患者均系中青年妇女,多因郁怒,情志不遂,肝郁气结而致病。中医认为肾主生殖,月经、孕育与肾关系密切,但肝肾同源,肝郁能戕伐肾阴,耗损肾阳。清热疏肝,使肝气舒畅,气机通利,肝血充足,下藏于肾,对生殖内分泌起到良性调节作用。这也是清热疏肝可治疗 HPRL 的机理所在。本研究提示,随着患者心烦乳胀等肝郁证明显消失,PRL 水平也逐渐下降。进一步说明,清热疏肝法可降低 PRL 水平。临床发现在对肝郁证的改善上,治疗组明显优于对照组,两者有显著差异。我们认为,这体现了中药整体调理辨证施治的独特作用。

治疗组与对照组 HPRL 患者经过 3 个疗程治疗,总有效率分别为 92.5%、95%,效果相当。而溴隐停公认为治疗 HPRL 的有效药物,本研究说明清热疏肝制剂治疗 HPRL 有确切疗效,且无不良反应,价格低廉,提示该药有较高的临床价值及开发前景。

5 参考文献

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ABSTRACTS FROM ORIGINAL ARTICLES

Clinical Investigation on 30 Cases of Senile Benign Reno — Arteriolar sclerosis Treated by Huang Qi Gu Jing Yin

Jin Xiangzhe

30 cases of senile benign reno — arteriolar sclerosis were treated by Huang Qi Gu Jing Yin and 30 cases treated by routine western medicine were used as control. Results showed that of the 30 cases in the treatment group, 18 cases (60%) were cured, 9 (30%) markedly effective and 3 (10%) ineffective, the total effective rate being 90%; In the control group, 10 (33.3%) were cured, 9 (30%) markedly effective and 11 (36.7%) ineffective, the total effective rate being 63.3%. The therapeutic effect in the treatment group was superior to that in the control group ($P < 0.01$). It is suggested that Huang Qi Gu Jing Yin is an effective therapy for this disease.

Author's address: Yanbian Municipal Hospital of TCM, Jilin Province 133000

Key words: Arteriosclerosis/TCM therapy, Renal Artery@ Huang Qi Gu Jing Yin

(Original article on page 726)

120 Cases of Hyperprolactinemia Treated with Clearing Away Heat and Soothing the Liver Methods

Wu Xinhua, Li Xiuzhen, Yu Wenping, et al.

Clinical therapeutic effect of the Chinese drug preparation for clearing away heat and soothing the liver on hyperprolactinemia (HPRL) was observed. The patients were randomly divided into Chinese drug treatment group (120 cases) and bromergon treatment control group (40 cases), and their blood prolactin (PRL) and related hormone levels, symptoms and signs, and clinical therapeutic effects were investigated and compared. Results indicated that the Chinese drug preparation for clearing away heat and soothing the liver could reduce markedly serum prolactin level of the patient, and had a benign regulative action on the related hormones, and had good clinical therapeutic effect, with no significant difference as compared with that of the control group ($P > 0.05$).

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Key words: Hyperprolactinemia/TCM therapy, Clearing away heat, Soothing the liver

(Original article on page 732)

Clinical Study on Treatment of Side — effects by Xiao Chai Hu Decoction after Interventional Treatment for Liver Cancer

Ye Anna, Wu Zhesheng

Of the 300 inpatients who were diagnosed definitely as primary liver cancer and excision could not be carried out on them. The patient had fever, vomit, pain in the liver region, hemorrhage of digestive tract and other side — effects after interventional treatment. 150 cases were treated with Xiao Chai Hu Decoction and the other 150 cases were treated by simple Western medicine as control. Results showed that Xiao Chai Hu Decoction in therapeutic effects was superior to the simple Western medicine.

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Key words: Liver cancer/treatment, Perfusion, Local/side — effect, Xiao Chai Hu Decoction/therapeutic action

(Original article on page 734)

Clinical Study on Treatment of Psoriasis Based on Differentiation of Symptoms and Signs of the Lung. An Analysis of 486 Cases

Xing Jinxiu, Zhao Wei, Wang Hongping

Xuan Fei Run Zao Decoction was used for treatment of 486 cases of psoriasis with a total effective rate of 90.3%, so as to test and verify the TCM theory of the lung being in charge of the hair and the lung being closely related with dermatosis. Clinical study found that in patients of psoriasis there was humoral immunological hyperfunction, manifesting increases of IgG and IgA; trace elements copper and ferrum levels increased and zinc, manganese and calcium decreased In the hair: packed cell volume and viscosity of whole blood increased, and erythrocyte sedimentation rate increased. It is suggested that psoriasis is possibly related to changes of immunity, blood rheology and trace elements in the body.

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Key words: Psoriasis/TCM therapy, Treatment based on differentiation of symptoms and signs of the lung

(Original article on page 736)