

## 临床报道

黄芪固精饮治疗老年性良性肾小动脉硬化症  
30 例临床观察

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**摘要** 用黄芪固精饮治疗老年性良性肾小动脉硬化症 30 例,并与西药常规治疗 30 例对照,结果治疗组 30 例中痊愈 18 例(60%),显效 9 例(30%),无效 3 例(10%),总有效率 90%;对照组痊愈 10 例(33.3%),显效 9 例(30%),无效 11 例(36.7%),总有效率为 63.3%,治疗组明显优于对照组( $P < 0.01$ )。提示黄芪固精饮为治疗该病的一种有效方法。

**主题词** 动脉硬化/中医药疗法 肾动脉 @ 黄芪固精饮

良性肾小动脉硬化症是肾动脉硬化中较常见的一种,多发于老年病患者,常见于原发性高血压,全身动脉硬化,高脂血症的患者。临床主要表现为多尿,夜尿,轻度蛋白尿,管型等,有的患者尚伴有周身无力,头晕,腰部隐痛,易与老年性前列腺肥大合并或相混淆。该病属中医的虚劳范畴,病理为脏腑亏损,气血阴阳不足。

近年来,我们用黄芪固精饮治疗该病 30 例,并与西药常规治疗对照观察,收到良好疗效,现报告如下。

### 1 临床资料

60 例中男 38 例,女 22 例。原发性高血压 35 例,高脂血症 20 例,高血压伴高脂血症 5 例,有眼、脑、心等动脉硬化 5 例。年龄 45~50 岁 16 例,51~65 岁 44 例。

脑力劳动者,体质肥胖者,性情急躁或抑郁者,缺乏老年保健知识者为易病因素。诊断标准:(1)有原发性高血压 5~10 年以上,或高脂血症,或有眼、脑、心等动脉硬化的表现;(2)排除其他原发性继发性肾病,如隐匿性肾小球疾

病,糖尿病性肾病;(3)主要临床表现为多尿,夜尿,周身无力,腰隐痛,头晕等;(4)实验室检查:甘油三酯 17mmol/L 和(或)总胆固醇 5.2mmol/L,尿蛋白定性(+)~(++),尿蛋白定量 800mg~3g/24h,无或有少量管型。60 例全部具备上述诊断条件,均以多尿,夜尿,蛋白尿为显著的临床表现。

### 2 治疗方法

60 例随机分中医治疗组(治疗组)及西药对照组(对照组)各 30 例,分别给予中医辨证施治及西药扩张小动脉,降血脂,修复血管内皮的治疗。

治疗组基本方药为黄芪固精饮:黄芪(北芪为佳)50g,红参 30g,煅龙骨 25g,煅牡蛎 25g,菟丝子 30g,覆盆子 25g,金樱子 25g,芡实 25g,丹参 30g,桃仁 25g,川芎 25g,甘草 10g。每日 1 剂,水煎服,1 个月为 1 疗程,共服 2~6 个疗程。加减:面色㿔白,畏寒肢冷,小便清长,舌质淡,苔薄白,脉沉弱无力者,加制附子 10g,肉桂 25g;面色潮红,五心烦热,失眠多梦,小便黄涩,舌质红,少苔或薄黄苔,脉弦数者,加北沙参 30g,牡丹皮 25g,车前草 15g;体质肥胖,伴胸闷,心悸,气短,活动后尤甚,舌苔厚腻,脉弦紧者,加瓜蒌 30g,半夏 15g,白术 25g。

对照组:巯甲丙脯酸 12.5~50mg,日 3 次;降脂平(复方氯苯氧乙丁酸钙)1~2 片,日 3 次;维生素 E100mg,日 3 次,维生素 C250mg,日 3 次,均口服。

### 3 治疗结果

3.1 疗效标准:临床治愈:多尿,夜尿症状消失,其余症状减轻,尿蛋白定性(-),尿蛋白定量<80mg/24h,甘油三酯<1.7mmol/L,总胆

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固醇 $<5.2\text{mmol/L}$ ,病情稳定 2 年;显效:多尿,夜尿明显减轻,余症状亦减轻,尿蛋白定性(一)~(+),尿蛋白定量 $80\sim 500\text{mg}/24\text{h}$ ,甘油三酯 $1.7\sim 2.3\text{mmol/L}$ ,和/或总胆固醇 $5.2\sim 6.2\text{mmol/L}$ ,病情稳定 1 年;无效:多尿,夜尿及其余症状未减轻,实验室检查无变化。

3.2 治疗结果:治疗组 30 例中痊愈 18 例,显效 9 例,无效 3 例,总有效率 90%。西药对照组痊愈 10 例,显效 9 例,无效 11 例,总有效率 63.3%。治疗组疗效明显高于对照组( $P<0.01$ )。11 例西药无效者经中医辨证施治后 6 例获痊愈,3 例获显效。

#### 4 典型病例

李某某,男,61 岁,1996 年 1 月 6 日就诊。该患者有高血压病史 15 年,高脂血症病史 5 年。近 3 个月来,多尿,夜尿次数、量均增多,腰隐痛,时而头晕,周身无力,面色苍白,畏寒。尤以四肢为重,舌质淡红,边有瘀点,苔薄,脉沉涩。测得血压为 $158/100\text{mmHg}$ ( $1\text{mmHg}=0.133\text{kPa}$ ),尿蛋白定性(++),尿蛋白定量 $2.5\text{g}/24\text{h}$ ,颗粒管型(+),甘油三酯 $2.5\text{mmol/L}$ ,总胆固醇 $6.5\text{mmol/L}$ 。中医辨证为气虚血瘀,阳虚失固,上述基本方加制附子 15g,肉桂 25g,治疗 2 个月后,多尿、夜尿、周身无力、畏寒消失,腰隐痛明显减轻。尿蛋白定性(一),定量 $80\text{mg}/24\text{h}$ ,颗粒管型消失,甘油三酯 $1.4\text{mmol/L}$ ,总胆固醇 $4.8\text{mmol/L}$ ,血压波动在 $136\sim 142/75\sim 90\text{mmHg}$ ,随访 2 年,病情稳定。

#### 5 讨论

良性肾小动脉硬化症究其病理生理,是由于机体对脂质类物质的廓清、代谢机能的衰退,而致大量脂质类物质如乳糜颗粒、极低密度及低密度脂蛋白等在血液中堆积,游移,崩解,悬挂粘附在肾小动脉血管内壁,而致管腔狭窄硬化,缺血,缺氧,或长期反复的高血压致肾小动脉,肾小球毛细血管网高压、高灌注状态,二者均致微血管痉挛,肾小动脉管壁及肾小球毛细血管网玻璃样变,内皮细胞萎缩损伤,基底膜间隙扩张,通透性增强,肾小管内皮细胞亦萎缩挤压扁平,重吸收功能障碍,而出现多尿,夜尿,蛋

白尿,最终可发展为肾单位硬化,肾功能衰竭。新近研究表明,该病与神经内分泌系统代谢迟缓,交感—肾上腺髓质轴张力过高,肾素—血管紧张素系统持续激动有直接关系。

中医认为,该病属于虚劳中的肾劳。年老体弱,禀赋不足,天癸虚耗;烦劳过度,损及五脏;饮食不节,嗜食肥甘,痰滞血络,痰瘀交阻,下元虚惫,肾气失固,约束无权。笔者认为该病总以补气添精,活血逐瘀,益肾固脱为治法,再予具体辨证化裁。本方黄芪,红参,菟丝子补元固冲,益气生精,健脾生津;覆盆子,金樱子,煅龙骨,煅牡蛎补益肝肾,固精止脱,升清缩尿;丹参,桃仁,川芎活血祛瘀,化痰通络,行气安神。诸药配伍,共奏气精双补,祛瘀化痰,滋源固肾之效。

现代药理分析证明,黄芪有扩张肾小动脉,降低血粘度,修复血管内皮细胞及基底膜,降低尿蛋白,及利水降压的作用;红参有抗肾组织缺血缺氧,改善肾血流,调节神经内分泌系统功能状态的作用;煅龙骨、煅牡蛎可降低肾小球毛细血管通透性,减少蛋白漏出;覆盆子、金樱子有抗动脉粥样硬化,促进血脂廓清,降低血粘度的功效;丹参、桃仁、川芎有扩张肾小动脉及肾小球毛细血管,改善肾血流,降低灌注压,抑制组织内呼吸,抗缺血缺氧,降低血粘度,改善维护肾小管重吸收及双向调节血压的功效。诸药合用可起到改善肾血流,降低血脂血粘度,修复肾小球毛细血管内皮细胞及基底膜的裂损,降低其通透性而减少尿蛋白,调节神经内分泌系统的功能状态及降低血压的作用,因而疗效显著。

近年来,该病的发生呈增多趋势,笔者认为,与现代生活节奏的快速紧张化,饮食结构的高脂、高热化,环境及噪音污染有相当大的关联,因而作为医药护人员,在该病治疗康复的同时,做好老年人生活方式、心理保健及环境保健的教育宣传亦在当务之需。

#### 6 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

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