

大定风珠治疗肝纤维化 30 例临床观察

李伟林* 王才党* 张君利*

摘要 目的:研究大定风珠治疗肝纤维化的临床效果。方法:将 56 例慢性乙肝肝纤维化患者随机分为大定风珠治疗组 30 例和秋水仙碱对照组 26 例。分别于治疗前、治疗 3 个月后检测患者的血清透明质酸(HA)、Ⅲ型前胶原(PC-Ⅲ)、Ⅳ型胶原(Ⅳ-C)、层粘连蛋白(LN)水平,并作对比分析。结果:治疗组治疗 3 个月后 HA、PC-Ⅲ、Ⅳ-C、LN 较治前均明显下降($P < 0.01$),而对照组仅 HA 明显下降($P < 0.05$)。两组治疗后比较,PC-Ⅲ、Ⅳ-C 有显著差异($P < 0.05$),HA 有非常显著差异($P < 0.01$)。结论:大定风珠能降低血清肝纤维化指标,有抗肝纤维化作用。

主题词 肝纤维化/中医药疗法 大定风珠/治疗应用

我们从 2000 年 10 月~2001 年 9 月对慢性乙肝血清 HBV-DNA 阴性而血清肝纤维化指标增高的 30 例患者以大定风珠中药煎剂进行治疗 3 个月,并以秋水仙碱治疗的 26 例作对照,取得了令人满意的疗效,现报道如下。

1 临床资料

本文所选病例均为肝病专科病人计 56 例,按北京 1995 年 5 月第五次全国传染病寄生虫病学术会议制定的《病毒性肝炎防治方案》(简称《方案》)^[1],均确诊为慢性乙型肝炎,并查得肝纤维化指标均增高,同时以 PCR 法查得 HBV-DNA 阴性者(试剂盒由深圳匹基公司提供)。56 例患者随机分为治疗组和对照组,治疗组 30 例,男 21 例,女 9 例,年龄 31~49 岁,平均 37.4 ± 4.9 岁;对照组 26 例,男 18 例,女 8 例,年龄 30~47 岁,平均 36.6 ± 5.3 岁。根据《方案》按实验室检查异常程度参考指标对病情程度进行划分,治疗组病情程度轻度者 13 例,中度者 17 例,对照组病情程度轻度者 10 例,中度者 16 例。两组在性别、年龄、病情程度等方面比较差异均无显著性意义($P > 0.05$),具可比性。

2 治疗及观察方法

2.1 治疗方法:治疗组用大定风珠中药煎剂。组成:鳖甲 15g,龟甲 15g,牡蛎 20g,白芍 20g,火麻仁 5g,生地黄 20g,麦冬 10g,五味子 6g,阿胶 10g,鸡子黄 2 枚,炙甘草 12g。以上除鸡子黄外均以水煎,煎成后去滓再入

鸡子黄,搅后分 2 次服,每日 1 剂,连服 3 个月为 1 个疗程。对照组:秋水仙碱片(1mg/片,昆明制药股份有限公司生产,批号 20000760),每次 1 片,每日 1 次,连续服用 3 个月为 1 个疗程。由于两组 HBV-DNA 均阴性,故均未使用具抗病毒、兼有抗肝纤维化作用的拉米夫定,两组患者均酌情辅助应用维生素类、能量合剂、门冬酸钾镁、肝泰乐等常规护肝药。

2.2 观察项目:患者于治疗前及用药 3 个月后分别采用放射免疫法检测患者的血清透明质酸(HA)、Ⅲ型前胶原(PC-Ⅲ)、Ⅳ型胶原(Ⅳ-C)、层粘连蛋白(LN)水平(试剂盒由上海海军医学研究所生物技术中心提供)。

3 治疗结果

两组患者治疗前后肝纤维化指标的比较:附表表示,治疗前两组血清肝纤维化指标差异无显著性($P > 0.05$),治疗 1 个疗程后,大定风珠煎剂组肝纤维化各指标较治疗前均明显下降($P < 0.01$),而对照组仅有血清 HA 明显下降($P < 0.05$)。两组治疗后肝纤维化指标比较分析示,HA 有非常显著差异($P < 0.01$)。

4 讨论

本研究治疗组所用的大定风珠出自吴塘的《温病条辨》,原是治疗温病邪虽去八、九而真阴仅存一、二的机体状态的有效良方。该方组方严谨,以鳖甲、龟甲、牡蛎滋阴潜阳、软坚散结,以生地黄、白芍、麦冬、阿胶、麻仁、鸡子黄滋养阴血,五味子酸收敛阴,炙甘草既配白芍酸甘化阴、又调和诸药。而肝纤维化是肝细胞损伤后的修复机制,是慢性肝脏疾病共同的病理改变,慢性 HBV 感染常长期迁延,有的反复炎症活动,可以有不同程度的肝纤维化^[2]。根据《方案》,HA、Ⅲ型胶原前肽(P-ⅢP)、Ⅳ-C、LN 等项检测可以反映胶原合成状态,因此本研究以此为观察指标。

以大定风珠来治疗肝纤维化是取其滋阴潜阳之功,我们认为,肝纤维化的主要病机是阴虚阳亢。虽前贤论述臌胀责之阳虚者多而涉及阴虚者少,但亦不乏其人,如明·赵献可就在《医贯》中提及有阴虚之臌胀,并倡导以六味地黄汤加麦冬、五味子大剂投治。中医肝病学家关幼波亦认为肝肾阴虚、阴虚血热、脾肾阳虚是肝硬化常见的三种证候,支持了阴虚贯穿慢性肝病、肝纤维化、肝硬化全程的观点;广东岑鹤龄提出慢性肝炎

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附表 两组患者治疗前后肝纤维化指标比较 ($\mu\text{g/L}$, $\bar{x} \pm s$)

组别		例数	HA	PC-Ⅲ	Ⅳ-C	LN
治疗组	治疗前	30	417.7±87.3	169.4±47.6	118.5±44.8	166.2±42.4
	治疗后	30	245.9±75.7**△	118.6±37.5**	79.6±42.1**	124.8±39.3**
对照组	治疗前	26	409.7±90.8	165.6±51.1	116.7±42.8	171.2±43.9
	治疗后	26	348.3±81.2*	154.2±56.7	108.8±47.9	155.3±67.6

与本组治疗前比较, * $P < 0.05$, ** $P < 0.01$; 与对照组治疗后比较, $\Delta P < 0.01$

病位在肝,其基本的病因、病理为肝的阴阳失调,具体表现为阴虚阳亢,肝脏体阴而用阳,病态时多为阳气有余,阴血不足,由于肝阴不能制约肝阳,才使肝阳亢盛起来,所以慢性肝炎的病因、病理的主要矛盾还在于阴虚、肝阴的虚损^[1]。当时对肝纤维化尚未正确认识,但我们知道肝纤维化过程存在于慢性肝炎的发展过程中,所以慢性肝炎的中医病机实际上也部分反映了肝纤维化的中医病机。本研究结果显示,大定风珠治疗慢性乙肝患者可使血清肝纤维化指标明显下降。肝纤维化是一种肝内弥漫性细胞外基质(ECM)过度沉积的病理过程,经活化、增殖的肝星状细胞(HSC)是产生 ECM 的主要细胞。由于肝纤维化的形成既取决于 ECM 的形成、沉着,又取决于纤维降解程度。所以研究者既要注重胶原降解代谢,又要注重通过抑制肝星状细胞活化、增殖、基质蛋白合成与促进肝星状细胞凋亡、基质蛋白降解等环节以达到抗肝纤维化。

我们认为大定风珠有可能通过促使胶原降解代谢,更可能通过抑制 HSC 的增殖起作用,因为血清肝纤维化指标主要反映的是胶原合成状态。近来在肝纤维化自发逆转时观察到 HSC 凋亡,有认为活化的 HSC 增殖、生长停滞及凋亡之间的失衡是肝纤维化的细胞生物学基础^[2],这正与中医的阴阳失调学说不谋而合,阴虚阳亢则 HSC 活化增殖,阴阳调和则 HSC 生长停滞甚至凋亡。另外由于慢性炎症是肝纤维化发生、发展的重要因素,炎症因子和炎症过程中细胞因子生

成失常是导致 ECM 生成增加、降解减少的主要原因,肝纤维化的减轻往往和炎症改善同步,故滋阴潜阳法也可能通过抗炎症间接起抗纤维化作用。现代药理实验并未能证实大定风珠中的单药如鳖甲、龟甲、阿胶、牡蛎、地黄、白芍、麦冬、火麻仁、鸡子黄、五味子、甘草等的抗纤维化作用,但中药的奥妙在于复方,例如其中鳖甲为君的鳖甲软肝片^[3]、抗肝纤方^[4]、三甲益肝冲剂^[5]等均经实验证实具抗肝纤维化作用,故有人将鳖甲、龟甲列为治疗慢性肝炎肝纤维化的 5 种中药之中^[2]。大定风珠中的阿胶、鸡子黄的作用也不可忽视,古代中医十分重视中药的调剂,如米酒、牛乳、梗米、甘蔗汁、阿胶、鸡子黄等,内涵十分深刻,有待研究。本研究结果提示,除了活血化瘀方法外,中医还有其方法或方药抗肝纤维化,滋阴潜阳的大定风珠是其中之一。

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ABSTRACTS FROM ORIGINAL ARTICLES

Clinical observation on 161 cases of piriformis syndrome treated with triple puncture combined with white tiger shaking head method

Wu Qi

Purpose: To approach the effects of the acupuncture manipulation method on clinical therapeutic effects. **Methods:** 161 cases of piriformis syndrome were randomized into manipulation group with 80 cases and routine acupuncture group with 81 cases, and their therapeutic effects were investigated. **Results:** In the manipulation group, 61 cases (76.25%) were cured, 13 cases (16.25%) improved, and 6 cases (7.5%) were ineffective, the effective rate being 92.5%; and in the routine acupuncture group, 46 cases (56.79%) were cured, 17 cases (20.99%) improved, 18 cases (22.22%) were ineffective, and the effective rate being 77.78% with a significant difference between the two groups ($P < 0.01$). **Conclusion:** Triple puncture combined with white tiger shaking head method has a better therapeutic effect for piriformis syndrome.

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Key words: Piriformis syndrome /acup-mox ther

(Original article on page 506)

Clinical study on 202 Cases of RA treated with the method for activating blood circulation and clearing away heat

Wang Zhenqing

Purpose: To study on treatment of rheumatoid arthritis (RA) with combination of internal and external therapies. **Methods:** 322 cases of RA were randomly divided into two groups with single blind method, and they were treated respectively by the method for activating blood circulation and clearing away heat, and Fenbid and Lei Gong Teng for 6 weeks. Clinical symptoms and laboratory indexes were investigated before and after treatment. **Results:** Of 202 cases in the treatment group, 124 cases (61.38%) were markedly effective, 56 cases (27.72%) were effective, 22 cases (10.89%) were ineffective, the total effective rate being 89.10%; of 120 cases in the control group, 59 cases (49.16%) were markedly effective, 31 cases (25.83%) effective, 30 cases (25.00%) ineffective, the total effective rate being 75.00% with the treatment group being superior to the control group ($P < 0.05$). **Conclusion:** The method for activating blood circulation and clearing away heat has definite therapeutic effect on RA.

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Key words: Arthritis, rheumatoid/TCM ther activating blood circulation and clearing away heat

(Original article on page 511)

Clinical observation on 30 cases of fibrosis of liver treated with Da Ding Feng Zhu

Li Weilin, Wang Caidang, Zhang Junli

Purpose: To study on clinical effect of Da Ding Feng Zhu on fibrosis of liver. **Methods:** 56 cases of chronic fibrosis of liver were randomly divided into treatment group (30 cases) and control group (26 cases). They were treated by Da Ding Feng Zhu and colchicine, respectively. Serum hyaluronic acid (HA), type III procollagen (PC-III), type IV collagen (IV-C) and laminin (LN) levels were determined and analysed before treatment and after treatment for 3 months. **Results:** HA, PC-III, IV-C and LN levels after treatment decreased significantly as compared with those before treatment ($P < 0.01$), and in the control group, only HA decreased significantly ($P < 0.05$). There was a significant difference between the two groups in PC-III, IV-C levels ($P < 0.05$), and a very significant difference in HA ($P < 0.01$). **Conclusion:** Da Ding Feng Zhu can decrease the serum indexes of fibrosis of liver, having the action of anti-liver fibrosis.

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Key words: Fibrosis of liver/TCM ther Da Ding Feng Zhu/treatment application

(Original article on page 520)

Clinical observation on 38 cases of pregnancy loss with positive anti-cardiac phospholipid antibody treated with the method for activating blood circulation and removing blood stasis

Li Qiong, Lin Youwu, Lai Huihong, et al.

Purpose: To observe effects of Chinese medical herbs for pregnancy loss with anti-cardiac phospholipid antibody (ACA). **Methods:** 63 cases of positive ACA were randomly divided into the Chinese drug group (38 cases) treated by tonifying kidney and strengthening spleen, combined with activating blood circulation and removing blood stasis methods, and control group (25 cases) by vitamin C, E and folic acid. **Results:** After 3-6 months, 31 cases had the antibody turned into negative in the Chinese drug group, and 17 in the control group, with a very significant difference ($P < 0.01$). It is suggested that the Chinese drug has a better turning negative action for the patient. **Conclusion:** Obstruction of blood stasis in the Uterine Collaterals is possibly one of TCM pathogenesis and pathological causes for abortion and habitual abortion.

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Key words: Cardiac phospholipids/metabolism pregnancy complications/TCM ther activating blood circulation to remove blood stasis

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