

开心智糖衣片治疗中学生智力障碍 综合症的临床研究

艾鸿涛¹ 罗普树² 司元林³

摘要 部分中学生心理“应激状态延续”越过了所能承受的极限,导致脑功能轻度的紊乱,以致造成脏腑功能的失调。根据生物—心理—社会医学模式,我们把该病命名为“中学生智力障碍综合征”。经392例的临床研究表明,开心智糖衣片总有效率达到93.8%,而且没有毒副作用。

主题词 应激,心理学/中医药疗法 ② 智力障碍综合征 ③ 开心智糖衣片

中学生智力障碍综合征,是当代中学生常见的心理性疾病,该病区别于《病态心理学》中的智力障碍^[1],更不同于反应性抑郁症^[2]和强迫性神经症^[3],而与祖国医学“脑髓说”^[4]中论述相似。近年来的研究表明,该病的病因是由于大脑受到相关事件或情感上的不良刺激,脑功能出现了轻度紊乱,心理应激力下降,造成脏腑功能失调。患者虽无器质性的病变,但有心身上的病态痛苦。随着社会的发展,中学生在学业上的竞争日益激化,与此相应的生活节律也日益加快,其心身发育方面的要求与意志、兴趣、学习动机、情绪、气质等矛盾也日益增多,部分中学生的认知能力和自制能力不能抵御来自外环境的某种刺激,直接挫伤了自尊心,使智力发展的内驱力下降,并表现出一系列的体征和心理指征,用中国修订的韦克斯勒儿童智力量表测验^[5],“IQ”值小于90或处于临界状态。我们根据生物—心理—社会医学模式,把该病名为“中学生智力障碍综合征”。

我们从1984年开始,系统地整理了祖国医

学有关“脑为元神之府”的理论和“脾益则智长”的宝贵经验,结合国内外的一些先进的检测和实验方法,于1988年7月~1989年6月,用开心智糖衣片和中枢兴奋药脑复康分别治疗中学生智力障碍综合征共392例,现报告如下:

1 临床资料

开心智糖衣片治疗组(简称治疗组)258例,男142例,女116例。“脑复康”治疗组134例,男78例,女56例。两组最小年龄12岁,最大年龄17岁,平均年龄14.5岁。两组病程从3个月内至1年以上,平均病程10.7个月。治疗组中初一、初二、初三、高一学生分别为62例、79例、63例、54例,对照组分别为29例、48例、39例、18例。治疗组经中医辨证,属心血虚44例,脾气虚弱139例,心脾两虚52例,肝肾阴虚23例。

2 诊断标准

体征:(1)心悸(2)怔忡(3)健忘(4)失眠多梦(5)头眩口干(6)头痛而晕(7)面色少华(8)食少倦怠(9)遗精(女性月经不调或白带多)(10)舌质淡红、苔薄白(11)脉细无力。必须具有6项以上体征。

心理指征:(1)情绪消沉(2)忧心忡忡(3)自卑自欺(4)注意力涣散(5)厌恶教师或父母(6)逃学或出走(7)有性行为(8)自择药服(9)有轻生意念。必须具有5种以上指征。

诱发电位脑电图检测,N1波均高。

做脑生化检验,脑特种蛋白质S-100和14-3-2值均低。

中国修订的韦克斯勒儿童智力量表(WISC-R)测试,IQ值小于90或处于临界。

本组病例均符合以上诊断标准。

3 治疗方法

1 河南省许昌市人民医院,许昌市健康路(461000)

2 中国人民解放军空军北京医院

3 河南省周口地区制药厂

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本片由人参、黄芪、葛根、升麻、芍药、黄柏、龙眼肉、石菖蒲等十数味中药组成，制成糖衣片，每片含有效成份0.5g。一次口服3~4片，一日3次。脑复康 每片含乙酰胺吡咯烷酮0.4g，一次口服1~2片，一日3次。

4 疗效分析

4.1 疗效标准：分如下四级。

痊愈：体征和心理指征消失或基本消失，诱发电位脑电图恢复正常，脑生化检验脑特种蛋白质明显升高，IQ值提高到100以上。

显效：体征和心理指征有明显改善，诱发电位脑电图大致正常，脑生化检验脑特种蛋白质接近正常值，IQ值在原基数上提高10以上。

好转：体征和心理指征部分改善，诱发电位脑电图有所改善，脑生化检验脑特种蛋白质低于正常值，IQ值在原基数上提高5以上。

无效：各项检查均无变化。

4.2 治疗结果：附表示，治疗组总有效率为93.8%，对照组为86.6%，经统计学处理，两组疗效有显著性差异($P < 0.05$)。

分 组	例 数	痊 愈 (%)	显 效 (%)	好 转 (%)	无 效 (%)
治疗组	258	139(53.9)	62(24.0)	41(15.9)	16(6.2)
对照组	134	57(42.5)	36(26.9)	23(17.2)	18(13.4)

5 讨论

本文所讨论的中学生智力障碍综合征，仅是从中医内科临床辨证论病，借用生物一心

理—社会医学模式作了初步的研究。结果表明，中学生智力障碍综合征的主要病因可以归纳为两个方面：一是外界环境的恶性刺激，多以神经系统的功能紊乱为主要见证；二是内环境的功能失调，多以消化系统和内分泌系统的功能紊乱为主要见证。

李东垣《脾胃论》对类似证候作了如下分析：“善治斯疾者，惟在调和脾胃。使心无凝滞，或生欢欣，或逢喜事，或天气暄和，居温和之处，或食滋味，或眼前见欲爱事，则慧然如无病矣。盖胃中元气得舒伸故也。”

开心智糖衣片取参、芪之甘温升浮于内，使阳气发散，而运行气血，通利九窍；取葛根、升麻轻扬，升发于阳明，引脾胃中的元气而上行，以固后天之本；取芍药、黄柏苦寒以泻火，敛阴而和血，兼补肾水；取龙眼肉、石菖蒲宁心神以开脑窍。全方由10多味地道中草药组成，结构严谨，疗效专一，共起升阳益气，调和脾胃，养血安神，开心强智的作用。经临床观察没有发现开心智糖衣片有类似脑复康口干、食欲减退或其他副作用。

6 参考文献

- 1 张伯源. 变态心理学. 第1版. 北京科技出版社, 1986. 155.
- 2 同1, 237.
- 3 同1, 220.
- 4 陕西省中医研究所. 医林改错评注. 第1版. 人民卫生出版社, 1976. 48.
- 5 宋维真. 心理测验. 第2版. 科技出版社, 1988. 110—113.

本刊征稿启事

“专题笔谈”栏从1991年第10期开始刊登临床用药经验以来，受到广大读者的好评，为继续办好本栏目，拟分期分批征求稿件，欢迎广大作者、读者踊跃投稿。请在以下药物中(蝉衣、细辛、三七、白及、芒硝、水蛭、皂荚、蒲黄、吴茱萸、乌药)任选一二味，介绍运用体会。要有别于教科书，为家传师授，或本人在实践中摸索出来的经验，以及老药新用，发前人所未发。撰写时每一味药成为独立的一篇，以便于分门归类。来稿择优选用，不退稿。收稿截止日期1992年10月底。来稿请注明“中药征稿”。

征 订 启 事

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ABSTRACTS OF ORIGINAL ARTICLES

Clinical Investigation on the Vascular Complications in Diabetes Mellitus Treated with Jiangtang Tongmai (Sugar-lowering and Vessel-dredging) Capsule

Lin Lan, Zhang Hongen, Gao Qijian, et al.

The capsule possesses the properties of benefiting Qi, nourishing Yin and activating blood circulation and eliminating stasis. It improves fat metabolism, stimulates function of pancreatic islets, lowers blood glucose as well as alleviates clinical symptoms, with satisfactory results on vascular complications. Improvements also include left myocardial anoxia, left heart function, cerebral blood circulation, dilatation of arteries in lower limbs, with anticoagulation and thrombolytic effect. It also reveals certain effect on diabetic nephropathy and early diabetic retinosis.

Author's Address: Guanganmen Hospital, China Academy of TCM, Beijing 100053, PRC

Key Words: Diabetic angionosis/TCM therapies/Jiangtang Tongmai (Sugar lowering and Vessel-dredging) Capsule

(Original article on page 26)

Clinical Study on Intellectual Disturbance Syndrome in Middle School Students Treated With Kaixinzhi Sugar-coated Tablet

Ai Hongtao, Luo Pushu, Si Yuanlin

In some of the middle school students, the "continuity of stress condition" surpasses their tolerant limit, resulting in mild dysfunction of the brain and functional disturbances of the viscera. We have named the disorder as "Intellectual Disturbance Syndrome in Middle School Student" (IDS) on the basis of Biological-psychosocial medical model. Through investigation of 392 cases, it was shown that Kaixinzhi Sugar-coated tablet revealed a total effective rate of 93.8% with no side or toxic effects.

Author's Address: Xuchang Municipal Hospital, Henan Province, Henan, 461000, PRC

Key Words: Psychology/TCM therapy, Intellectual Disturbance Syndrome, Kaixinzhi Sugar-coated tablet

(Original article on page 31)

The Anti-relapsing Effect of Chinese Medicine on Peptic Ulcer

Tian Haihe

68 cases of peptic ulcer treated by TCM were followed-up for 2-4 years after healing. Results showed a low rate of relapse. The mechanism of the preventive therapeutic measures was analyzed on the basis of pathogenesis and relapsing process. A brief analysis of relevant problems on relapse of peptic ulcer was also given.

Author's Address: Dongzhimen Hospital, Beijing College of TCM, Beijing 100700, PRC

Key Words: Peptic Ulcer/Preventive control, Relapse, Chinese Herbs/Therapeutic application

(Original article on page 33)

Senile Constipation Treated with Shenshen(Ba-

dix Ginseng and Fructus Mori) Bolus
Zhang Sijia, Chang Yueping, Wang Ning, et al.

400 cases of senile constipation were treated by Shenshen Bolus, a self-formulated remedy of Qi-benefitting, Yin-nourishing, blood-benefitting and blood-activating nature with a total effective rate of 98.0%. Experiments showed that as compared with Maren (Fructus Cannabis) Bolus, Shenshen Bolus not only possesses better cathartic action and lowers the tension of intestine in vitro, but also strengthens the function of the kidney. It reveals no side effects even in long-term administration.

Author's Address: Hospital of Nanjing Airforce PLA, Nanjing, Jiangsu Province, 210002 PRC
Key Words: Constipation/TCM therapy, The aged, Shenshen Bolus

(Original article on page 36)

A Comparative Observation on Relationship Between Biopsy of Gastric Mucosa and TCM Typing of Atrophic Gastritis

Ren Hongyi, Niu Lingdi, Lu Guanghua, et al.

300 cases of atrophic gastritis were typed into 3 groups according to TCM principle, viz. Qi-deficiency of the Spleen-Stomach, Yang-deficiency of the Spleen-Stomach and Yin-deficiency of the Spleen-Stomach. Biopsy specimens were examined pathologically and detection of Helicobacter pylori performed for comparison. Results showed that in the Yin-deficiency type, the severity of lesion in the gastric mucosa and its type of lesion, severity of atrophy of mucosal glands, infiltration of interstitial inflammatory cells were most serious, while for the detection of Helicobacter pylori, it made no difference among all the three types.

Author's Address: Henan College of TCM, Zhengzhou, Henan 450003, PRC

Key Words: Gastritis, atrophic/pathology, Gastric mucosa/ pathology, Typing on the basis of syndrome differentiation

(Original article on page 41)

The Impact of Artemisia Scopariae on Hereditary Injury Induced by Aflatoxin B₁

Hong Zhenfeng, Ye Tingxiang, Chen Shaohua, et al.

It was observed that the per mil rate of micronuclei of marrow cells in mice induced by AFB₁ decreased with the increasing dosage of Artemisia Scopariae. While A. Scopariae revealed dosage-effect relation in the percentage of CA (chromatin abnormalities) induced by AFB₁ and the inhibition effect on SCE (sister chromatin exchange) per cell.

Author's Address: Fujian College of TCM, Fuzhou, Fujian 350003, PRC

Key Words: Artemisia scopariae/pharmacology, Chromatin abnormality/action of drug, Aflatoxin B₁

(Original article on page 44)