

补肾中药治疗骨质疏松症临床观察

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摘要 本文以肾虚症状的积分及骨密度测定作为疗效判定指标,自拟补肾中药治疗骨质疏松症,取得较满意的效果,既可改善其临床症状,又能延缓骨质疏松的发展,并证明中医肾主骨、生髓理论的正确性。

主题词 骨质疏松/中医药疗法 补肾药/治疗应用

骨质疏松症因其发病率高,危害性大,越来越引起临床医生的重视。根据中医“肾主骨,生髓”的理论,我们应用补肾中药治疗骨质疏松症 58 例,经临床观察效果较为满意,现将观察结果报告如下:

1 临床资料

1.1 一般情况:明确诊断的原发性骨质疏松症 58 例。其中男性 21 例,女性 37 例。年龄最小 37 岁,最大 78 岁,平均 57 岁。并发有胸腰椎压缩性骨折病人 8 例,并发髋部骨折者 4 例。所有患者通过检查均排除了因甲状旁腺机能亢进、多发性骨髓瘤等疾病引起的继发性骨质疏松症。

1.2 诊断及辨证:骨质疏松症的诊断我们采用日本折茂肇氏的诊断方法^[1],其中骨质测定一项以 SD—241 Am 单光子骨密度分析仪对桡骨下 1/3 处骨质密度进行定量检查。肾虚证的诊断与辨证分型按《中医虚证辨证》参考标准^[2]进行。

全部患者于服药前及服药治疗 10~12 周后,根据肾虚症状的积分平均值和骨密度测定结果作治疗前后的对照。肾虚症状的计分方法如下:症状持续而严重者计 3 分;症状时轻时重或经常反复发作者计 2 分;症状轻微或偶尔出现为 1 分;无症状为 0 分。各症状计分相加,其总和即为该患者肾虚症状积分。骨质减少以桡骨下 1/3 处线密度低于同性别同年龄段正常

值低限每 0.05 或面密度低于同性别同年龄段正常值低限每 0.03 为 1 分计算(减低不足此量或超过此量者按相应比例计算)。

2 治法及疗效

2.1 治法:补肾中药采用川续断、龟板胶、桑寄生、山茱萸、紫河车、骨碎补、熟地黄、巴戟天、五味子,制成丸剂,每服 9 g,每日 3 次,连续服用 10~12 周。肾虚者单用本方即可;肾阴虚者加用山药、黄精、枸杞子;肾阳虚者加用仙茅、杜仲、炮附子等;肾阴阳两虚者加炮附子、鹿角胶、黄精、山药。

2.2 疗效:在本组 58 例骨质疏松患者中,辨证属肾虚 27 例,肾阴虚 19 例,肾阳虚 3 例,肾阴阳两虚 9 例。经补肾中药治疗后,肾虚症状均有明显缓解,症状积分明显降低,骨密度减少积分平均值亦略有下降,显示骨密度平均值略有回升,详见附表。

附表 肾虚症状积分、骨密度减少积分与辨证分型关系

证型	例数	肾虚症状积分	骨密度减少积分
肾 虚	27	10.37~4.22	3.68~2.96
		6.15±0.31*	0.72±0.21*
肾阴虚	19	10.47~3.84	4.37~3.47
		6.63±0.46*	0.90±0.17*
肾阳虚	3	10.68~4.33	4.00~3.33
		6.35±1.86	0.67±0.33
阴阳两虚	9	10.33~4.22	4.18~3.31
		6.11±1.03*	0.87±0.21*

表内数字上行为疗前均值~疗后均值,下行 为治疗前后的均差值±标准误。*治疗前后自身对照比较 $P<0.01$

3 讨论

中医认为“肾主骨,生髓”,“肾藏精,精生髓,髓养骨,骨生髓,聚髓为脑”。《素问》有“肾之合骨也”“肾藏骨髓之气也”的记载,说明骨与髓均为肾之所主。若肾精、肾气充足则骨骼化生有源,强健有力;若肾气不足,肾精亏

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虚则骨髓失充, 骨骼失养, 脆弱无力, 严重者“腰脊不举, 骨枯而髓减, 发为骨痿。”^[3]

现代医学对肾的研究表明, 肾虚者有下丘脑—垂体—性腺轴功能的减退^[4,5], 性激素水平下降, 进而可引起成骨功能下降, 使单位体积内骨组织含量减少, 发生骨质疏松。而某些补肾中药可抑制或纠正下丘脑—垂体—性腺轴功能减退的发生, 减缓衰老过程^[4,6]。可见骨质疏松症与中医肾虚是相吻合的。

鉴于我国目前对骨质疏松症的诊断标准还没有统一认定, 我们采用第一届全国代谢性骨病和骨密度测量方法与临床学术会议(1989年)上推荐的日本折茂肇氏的诊断标准, 其中骨密度减低的定量检查部位为桡骨下 1/3 处。桡骨是人体前臂外侧无负重作用的长管骨, 其下 1/3 处皮质骨、松质骨因不受负重、行走、卧床等因素的影响, 局部骨密度较为恒定, 能够反映全身骨代谢与骨质密度改变情况。以 SD—241 Am 骨矿分析仪对此部位检测, 定量准确, 便于对比观察, 且操作简单, 是一个理想的骨质疏松症诊断与疗效评定的观察指标。

关于本病的治疗, 目前一般采用性激素、活性维生素D治疗以及补钙、降钙素、氟化物等疗法。但或因长期应用易引起严重并发症, 或因大量使用有明显副作用, 或因价格昂贵难

以普及, 或因疗效不确切、剂量难以掌握等问题均非本病治疗的理想药物。

以补肾中药治疗骨质疏松症结果显示, 肾虚症状明显改善, 骨密度定量测定亦有所升高。说明本方中药有良好的抑制骨丧失作用, 对骨质疏松症有一定的治疗意义, 并可改善临床症状, 延缓骨质疏松症的发展。方中川断、巴戟天、桑寄生温阳益肾, 壮骨强筋; 熟地、紫河车、龟板胶、山茱萸益肾精, 补阴血, 健肾填髓; 骨碎补、五味子固精增髓, 壮肾健骨。上药合用, 共奏补肾益精、壮骨增髓之效。作为中医药治疗的一种方法, 有临床应用价值。通过本组的疗效观察, 更进一步证实中医肾主骨、生髓这一理论及其指导下应用补肾中药对骨质疏松症的治疗作用、预防作用及临床应用意义。

4 参考文献

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隔姜灸列缺穴治小儿遗尿 10 例

王 延 凡*

小儿遗尿是临床常见病, 笔者临床采用隔姜灸列缺穴治疗该病效果较佳, 兹将10例报告于下。

1 临床资料

本组 10 例均为门诊病例, 男 7 例, 女 3 例; 年龄最小 4 岁, 最大 12 岁, 平均年龄 6.5 岁; 病程最短 3 个月, 最长 4 年, 1 年以内 5 例, 1 年以上 5 例。

2 治疗方法

采用隔姜灸列缺, 以皮肤感到灼热但能忍受为度。每日 1 次, 每次双侧列缺各灸 30 分钟, 5 次为一疗程。

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3 疗效标准及结果

疗效标准: 灸治后夜间不再遗尿, 随访一年无复发为治愈; 灸治后退尿显减, 观察半年以上偶有遗尿为有效; 灸治 3 个疗程, 遗尿不能控制为无效。

疗效分析: 本组治愈 9 例, 有效 1 例, 无无效者。

4 病例介绍

漆××, 男, 12 岁, 1988 年 12 月 10 日初诊。4 年前患肾炎, 经治半年而愈。后即夜睡遗尿, 几经治疗, 仍二至五夜遗尿一次。诊见面白少华, 神气虚怯, 舌淡红, 苔薄白, 脉右寸弱。以上法连灸两个疗程, 遗尿消失。随访 2 年未复发。

ABSTRACTS OF ORIGINAL ARTICLES

Clinical Observation on Vaginal Bleeding During Pregnancy, Habitual Abortion and Threatened Abortion Treated by the Methods of Activating Blood Circulation and Eliminating Blood Stasis: Report of 41 Cases

Jiang Jian

All the cases fell into the category of blood stasis in 4 types, i. e. Qi-deficiency, Qi-stasis, cold congelation and heat deposition and were treated with the methods of activating blood circulation and eliminating blood stasis. Results showed that 34 cases were effective, with an effective rate of 82.9%. There was no significant difference between threatened abortion and habitual abortion of all syndrome types. The hemorrheological indices and serum HCG level were all improved in different degrees. 28 follow-up cases revealed normal delivery. Their new born babies showed no difference when compared with normal ones.

Authors' address: Guanganmen Hospital, Beijing 100053, Beijing

Key words: Abortion, threatened/TCM therapy. Blood stasis/TCM therapy. Activating blood circulation and eliminating blood stasis.

(Original article on page 30)

Ectopic Endometrium Treated with the Methods of Activating Blood Circulation and Catharsis

Wang Dazeng Wang Zuqian Yu Chaoqin

48 cases of ectopic endometrium were treated with *Nei-yi* (ectopic endometrium) No. 2 pills composed of fresh *Radix Rhei*, *Carapax Trionycis*, powdered *Semen Persicae*. The effective rate for ameliorating, after 3 months of treatment, menorrhagia, pain during coitus, anal bearing pain, myoma of uterus, ovarian cyst, tubercles with pelvic cavity showed very high effective rate, with the rate of pregnancy for sterility reaching as high as 26.67%. After treatment, the levels of plasma PGF₁, PGE₂ markedly dropped, and that of 6-ketone-PGF₁ α , β -Ep, HYP all markedly elevated.

Authors' address: Longhua Hospital, Shanghai College of TCM, Shanghai 200032, PR China

Key words: Ectopic endometrium/TCM therapy. Tumor of uterus/TCM therapy. Activating blood circulation and eliminating blood stasis.

(Original article on page 33)

Osteoporosis Treated with Chinese Kidney Nourishing Medicaments

Liang Li Jiang Zhengyu Liu Zhonghou, et al.

By applying the scoring method of symptoms of kidney deficiency and estimation of osteoporosis as indices for judging the therapeutic efficacy, we have proposed the medicaments of nourishing kidney for the treatment of osteoporosis with rather satisfactory results. These medicaments not only ameliorates clinical symptoms, but also delays the developing process of osteo-

porosis and proves the traditional theory of "kidney nourishing the marrow" to be correct.

Authors' address: Sino-Japanese Friendship Hospital, Beijing 100029, China

Key words: Osteoporosis/TCM therapy. Kidney Nourishing Medicament/therapeutic application.

(Original article on page 38)

Comprehensive Treatment of Vitiligo with *Kebailing* (Vitiligo Subduing Agent): Report of 1350 cases

Xue Changlian

The 1350 cases were treated with *Kebailing* with 2 random groups treated with *Bailing* Tablet and *Minbailing* as control. Results revealed that the cured rate of *Kebailing* was 36.53%, the total effective rate being 95.67%, with very significant difference as compared with the results of the controlled groups ($P < 0.01$).

Author's address: No. 401 Hospital of PLA, Qingdao, Shandong Province, 266000, China

Key words: Vitiligo/TCM therapy

@ *Kebailing* comprehensive treatment

(Original article on page 40)

Kidney Function in TCM Interpreted on the Basis of Laboratory Examination in Nephropathy

Wang Jingxian Gong Li Li Zhenzhen, et al.

135 cases of various kidney diseases, diagnosed as kidney deficiency in TCM, were examined with modern scientific measures for the traditional theory that "kidney opens its orifice at the ear", "the hairs reflect the essence of the kidney", thus providing a firm basis for the diagnosis and treatment of kidney diseases.

Authors' address: Department of Internal Medicine, First Affiliated Hospital of Inner Mongolia Medical College, Hohhot, 010050, China

Key words: Kidney disease/pathophysiology. Kidney (TCM)/physiology

(Original article on page 45)

Some Important Problems in the Treatment Based on Differential Diagnosis of Syndromes in Hepatitis

Chen Lihua

The following problems were investigated clinically: the features of treatment based on differential diagnosis of syndromes in hepatitis, treatment based on differential diagnosis of syndromes and based on type grouping, differentiation of primary and secondary symptoms in hepatitis, several syndromes of liver (gallbladder) spleen (stomach) and the problem of so-called "no syndromes to be diagnosed".

Author's address: Xiyuan Hospital, China Academy of TCM, Beijing, 100091, China

Key words: Hepatitis, viral, man/TCM therapy. Treatment based on differential diagnosis of syndromes.

(Original article on page 51)