

脏 腑 研 究

从肾病临床检测探讨中医肾的功能概念

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摘要 中医辨证肾虚为主的159例各类肾病患者,用现代医学测试手段探讨了中医肾开窍于耳、肾主水、肾主骨、肾生髓、其华在发等功能概念,为诊治肾脏疾病提供了有利的基础。

主题词 肾疾病/病理生理学 肾(中医)/生理学

为了进一步明确中医肾的功能概念,我们在临床对肾脏病患者用现代医学方法进行了多方面的测定,从肾开窍于耳、肾主水、肾主骨、肾生髓、其华在发等五个方面进行探讨,现报告如下。

1 观察对象

共观察了住院患者159例,西医诊断包括有慢性肾炎、肾病综合征、狼疮性肾炎、紫癜性肾炎以及糖尿病肾病等多种肾脏疾病。从中医辨证,本组病例属肾阳虚者64例,肾阴虚者34例,阴阳俱虚者36例,虚实夹杂者25例。

2 对中医肾的功能的临床检测

2.1 肾开窍于耳,《灵枢·脉度》曰:“肾气通于耳,肾和则能闻五音矣”。意为肾的功能如果好,听力就正常,否则会出现耳鸣、耳聋等症状。现代医学认为,肾脏病时水肿、低蛋白血症等因素会导致感音装置的循环不良,肾功能不全时的毒物积聚会影响内淋巴及听毛细胞的功能。肾脏疾病患者中医辨证多有肾的证候,尤其是慢性肾炎,其病机以肾虚为主,虚实夹杂。因此对有中医肾证候的肾脏病患者的听力测定是判断肾与耳关系的一项指标。据此我们采用日本产51A-T72N纯音测听计对51例不同肾脏病患者进行了常规测听检查。

本组病例中男34例,女17例;诊断为肾病综合征24例,肾功能不全14例,慢性肾炎5例,急性肾炎4例,紫癜性肾炎1例,狼疮性肾炎3例;按中医辨

证属肾阳虚24例,肾阴虚13例,阴阳俱虚7例,虚实夹杂7例。结果示,双耳听力障碍30例(58.8%),单耳听力障碍13例(25.5%),听力障碍发生率为84.3%。其中高频听力障碍41耳,低频听力障碍23耳,平坦型听力障碍9耳。本组患者听力受损程度不同,且绝大多数为青年患者,可以排除年龄因素及其他引起耳聋的因素。

2.2 肾主水:机体内水液的调节排泄,与肾气的开阖作用关系密切,这方面的实例甚多,无需赘述。

2.3 肾主骨:《素问·五脏生成篇》曰:“肾之合骨也”。意即骨的生长发育坚实与否与肾有密切关系。长期患肾脏病或肾功能不良患者,可以出现骨质疏松、肾性骨病,已为人所熟知。我们对58例不同肾脏疾病患者,采用GMY-I型骨密度仪进行骨密度测定。

58例中,男35例,女23例;诊断为慢性肾炎33例,狼疮性肾炎5例,肾病综合征4例,慢性肾盂肾炎6例,糖尿病肾病3例,隐匿型肾炎、紫癜性肾炎、高血压肾病各2例,肾结核1例;按中医辨证属肾阳虚25例,肾阴虚13例,阴阳俱虚8例,虚实夹杂12例。根据肾功能及服药情况分为四组即肾功能正常组、肾功能正常服用激素组、氮质血症组及尿毒症组。为消除年龄对骨密度的影响,采用协方差方法作统计处理。结果示,肾功能正常组19例,骨密度为 $0.693 \pm 0.036 \text{ G/cm}^2$,其中骨密度减低者7例(36.8%);肾功能正常服用激素组19例,骨密度为 $0.616 \pm 0.083 \text{ G/cm}^2$,骨密度减低者17例(89.5%);氮质血症组11例,骨密度为 $0.657 \pm 0.036 \text{ G/cm}^2$,11例(100%)骨密度均减低;尿毒症组9例,骨密度为 $0.602 \pm 0.086 \text{ G/cm}^2$,9例(100%)骨密度均减低。肾功能正常的两组共计38例,其中24例(63.1%)骨密度降低;肾功能减退的两组共20例,全有骨密度减低。说明骨密度减低程度与肾功能状况平行。肾功能正常两组中,骨密度降低者服激素组多于未服激素组者,可能与激素促使骨质脱钙有关。58例均同时做了血清钙测定,肾功能正常组骨密度与血钙之间呈正相关($P < 0.001$);

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收稿日期:1991-02-07;修回日期:1991-09-25

其余三组虽然骨密度降低者血清钙亦减低, 但无相关性($P>0.05$)。58例中有27例做了X线检查, 仅2例有改变, 说明骨密度的改变早于X线变化。

2.4 肾生髓:祖国医学中的“髓”, 系指骨髓和脑髓。《素问》中有“肾生髓”“肾不生则髓不能满”“肾者水脏也, 今水不能胜火则骨枯而髓虚”, 均说明肾与髓间关系密切。现代医学认为, 肾功能不全时, 促红因子的缺乏和毒物的积聚, 均可抑制骨髓而出现继发性红细胞系统再生障碍。据此我们对18例慢性肾功能不全患者做了血红蛋白检测和末梢血涂片以及骨髓涂片的观察。

18例中有氮质血症6例, 尿毒症12例。所有病例均有不同程度的贫血, 血红蛋白平均值为 65.5g/L ~ 87g/L 。表1示, 在贫血状态下, 18例的幼红细胞在骨髓有核细胞比例(%)中并无增高, 且较正常为低, 尤以尿毒症病人的降低更为明显。中幼红细胞在氮质血症组和尿毒症组分别为6.25%和4.46%, 后者有统计学意义($P<0.001$)。18例中骨髓增生明显活跃者

仅2例, 增生低下1例。粒细胞与红细胞比例因红细胞降低而比值平均增至5:1。其他非造血细胞如浆细胞、网状细胞则高于正常。末梢血涂片中衰老的红细胞高于正常, 可见到泪滴状、钝锯齿形、棘形以及碎片等, 在氮质血症组和尿毒症组分别为18.4%和38.8%(正常应 $<5\%$)。从以上观察结果证实, “肾不生则髓不满”的理论是有一定的临床依据的。

表1 肾功能不全患者骨髓中部分细胞计数(%)情况

细胞类别	正常值 (%)	氮质血症6例 (%)	尿毒症12例 (%)
早幼红细胞	0.92 ± 0.41	0.75 ± 0.11	0.58 ± 0.15
中幼红细胞	7.41 ± 1.91	6.25 ± 1.13	4.46 ± 0.18
晚幼红细胞	10.75 ± 2.36	13.25 ± 7.38	9.00 ± 1.17
浆细胞	0.71 ± 0.42	3.33 ± 1.25	1.88 ± 0.41
网状细胞	0.16 ± 0.21	0.50 ± 0.31	1.25 ± 0.33

注: (1) 表内数字为均值±标准差; (2) 正常值系《诊断学》所载我国成年人的正常值

表2 肾功能状态不同患者的头发微量元素含量($\mu\text{g/g}$)测定情况

分 组	例 数	Zn	Cu	Fe	Ca	Ni	Mn
正常人(男)		185 ± 47	7.51 ± 2.20	12.30 ± 4.40	902 ± 418	0.45 ± 0.23	2.86 ± 1.56
正常人(女)		177 ± 29	7.68 ± 11.20	14.60 ± 8.50	842 ± 325	0.59 ± 0.76	6.20 ± 3.90
肾功正常组	15	106 ± 57	5.87 ± 5.81	7.31 ± 4.42	479 ± 362	0.19 ± 0.40	1.77 ± 2.67
氮质血症组	9	147 ± 33	5.00 ± 7.00	8.00 ± 5.41	627 ± 275	0.17 ± 0.46	4.30 ± 2.57
尿毒症组	8	107 ± 20	5.34 ± 5.17	6.14 ± 6.35	477 ± 323	0.23 ± 0.45	2.35 ± 2.84

2.5 其华在发

《素问》曰: “肾者……其华在发”“肾之合骨也, 其荣发也”。意即肾气盛的人毛发茂密光泽, 肾气衰的人毛发易脱落, 枯槁无泽。临床上也常见到多数肾脏病患者表现为脱发无泽。据此, 我们按肾功能损害程度将32例不同肾脏病患者分为肾功能正常、氮质血症和尿毒症三组, 分别对其头发中锌、铜、铁、钙、镍、锰等六种微量元素的含量进行测定。

经中医辨证, 32例中属肾阳虚15例, 肾阴虚8例, 阴阳俱虚9例。表2结果表明, 90%患者有1~3项微量元素的减低。其减低程度与减低项目多少与肾功能状态有密切的关系。

3 体会

综上所述, 虽然祖国医学中“肾”的概念与现代医学中肾脏的概念并不等同, 祖国医学中的“肾”比现代医学中的肾脏包括的范围要广, 但其有关肾的功能的基本理论“肾开窍于耳, 肾主水, 肾主骨, 肾生髓, 其

华在发”等方面, 可以通过现代医学的检查手段, 予以证实或部分地予以证实。这样就为中西医结合诊断治疗肾脏疾病提供了有利的基础。同时也说明了远在没有任何先进的检查手段的若干年之前, 我们的祖先根据他们的临床经验, 以及聪明智慧, 总结出了一套切合实际的有关“肾”的功能的理论, 这确实是非常可贵而引以自豪的遗产, 我们更应积极地发扬光大。

本 刊 启 事

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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 *Neiyi* (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 osteodensity 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)