

# 辨证治疗脑萎缩 32 例疗效分析

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**摘要** 应用中医辨证论治方法治疗脑萎缩 32 例, 其中属精神障碍型 27 例, 痊愈 4 例, 显效 12 例, 有效 10 例; 属老年期痴呆 5 例, 显效 1 例, 有效 1 例。总有效率 87.5%。

**主题词** 脑疾病/中医药疗法 萎缩/中医药疗法

脑萎缩是一种慢性进行性疾病, 主要表现为记忆力减退、情绪不稳、思维能力减退, 注意力不能集中, 严重时发展为痴呆, 终致智力丧失为其临床特点。我院自 1988 年 1 月至 1991 年 5 月, 应用中药辨证治疗 32 例脑萎缩患者, 对改善其精神障碍收到良好效果, 现报告如下。

## 1 临床资料

32 例均为住院病人。其中男 20 例, 女 12 例; 年龄 48~89 岁; 病程由 1 个月至 3 年不等。32 例患者经头颅 CT 检查均显示为脑萎缩, 其中轻度脑萎缩 18 例, 重度脑萎缩(包括弥漫性脑萎缩)5 例, 其余 9 例报告只提示脑萎缩。本组病例兼有脑梗塞 6 例, 兼有冠心病 4 例, 兼有糖尿病 5 例。

本文采用美国心理学会精神障碍诊断统计手册中关于 DSM-III 痴呆标准和 Portera-Sanchez 等血管性痴呆计分法, 对 32 例患者进行鉴别诊断, 结果患老年性痴呆 2 例, 脑血管性痴呆 3 例, 其余 27 例患者有失眠、健忘、嗜睡、头晕耳鸣、情绪不稳, 甚至行动迟缓等智力下降的精神障碍表现, 病属精神障碍型。

## 2 治疗方法

经中医学辨证分为二型治疗。

痰瘀痹阻型: 共 13 例, 均属精神障碍型。证见失眠健忘, 心悸气短, 或嗜睡, 头晕, 情绪不稳, 语言迟缓, 表情呆钝, 不思饮食或痰多,

舌苔白腻, 舌上有瘀斑, 脉弦滑或沉细。治以益气活血、健脾化痰。药用寿星丸加减: 黄芪 30 g, 党参 15 g, 远志 10 g, 当归 10 g, 五味子 10 g, 石菖蒲 10 g, 赤芍药各 10 g, 茯苓 20 g, 天麻 15 g, 胆南星 10 g, 琥珀 3 g, 白术 10 g, 地龙 12 g, 陈皮 10 g, 生地 15 g, 穿山甲 10 g。水煎服, 每日一剂, 早晚分服。

肾虚瘀阻型: 共 19 例, 其中属精神障碍型 14 例, 痴呆症型 5 例。证见善忘, 甚则不识家人, 精神迟钝, 寡言少动, 形体衰惫, 神志恍惚, 头晕耳鸣, 腰膝痠软, 甚至语言不清, 语无伦次, 饮食起居不能自理, 兼有失语或半身不遂, 舌质暗淡或有瘀斑, 脉弦细或沉细。治以补肾健脑、活血行气。药用还少丹合通窍活血汤加减: 熟地 15 g, 龟板 15 g (先煎), 山萸 15 g, 桃仁 10 g, 红花 10 g, 丹参 15 g, 川芎 10 g, 菖蒲 10 g, 郁金 10 g, 赤芍 10 g, 黄精 20 g, 首乌 15 g, 枸杞子 15 g, 褚实子 15 g。水煎服, 每日一剂, 早晚分服。

## 3 治疗结果

本组 32 例, 疗程最短 25 天, 最长 4 个月。27 例精神障碍型脑萎缩, 治疗后精神症状全部消失, 评为痊愈者 4 例; 精神症状大部分消失, 评为显效者 12 例; 精神症状部分消失, 评为有效者 10 例; 精神症状无改善或恶化, 评为无效者 1 例。5 例老年期痴呆(老年性痴呆 2 例, 脑血管性痴呆 3 例)患者采用国际通行智力量表评分法评定疗效, 结果显效 1 例, 有效 1 例, 无效 3 例。本组 32 例的总有效率为 87.5%。

## 4 典型病例

梁××, 女, 68 岁, 干部, 入院日期 1991 年 2 月。患者因性格改变、记忆力减退逐渐加重, 病情发展到痴呆, 生活不能自理而入院。入院后患者表情淡漠, 不能自行回答问题, 不

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知自己姓名及家庭住址,小便不能自禁,时有头晕,两腿痿软无力,喜卧床,少活动,舌质暗淡有瘀斑,脉弦尺沉。脑CT显示脑萎缩。患者年老肾亏,脑髓不充,久病气血不调,瘀阻脉络而不能上荣脑髓而痴呆。治以补肾健脾、活血行气,方宗还少丹、通窍活血汤加减:熟地 15 g,龟板 15 g(先煎),枸杞子 15 g,山萸 15 g,巴戟天 15 g,桃仁 10 g,红花 10 g,丹参 15 g,川芎 10 g,菖蒲 15 g,郁金 15 g,赤芍 10 g,桑螵蛸 20 g,益智仁 10 g。水煎服,每日一剂,早晚分服。

服药 5 剂后,患者经人提醒能自解小便,已能回答简单问题如自己姓名及吃饭否。效不更方,患者服药 40 剂时,已能主动向大夫叙述病情,并向大夫表示谢意。服药 60 剂,患者吃饭、大小便经家人照顾已能自理。2 月后出院,将上药配成丸药常服,以巩固疗效。

## 身痛逐瘀汤加减治疗强直性脊柱炎

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在印会河教授指导下,我们采取通经活血、散风除湿之法,用身痛逐瘀汤加减治疗 2 例强直性脊柱炎患者,取得较满意疗效,介绍如下。

**例 1** 周×,男,31岁,病案号 269058。患者 10 余年前有受潮湿史,1973 年起感觉腰部疼痛,活动不利,1 年前颈部活动亦欠灵活,半年来疼痛加重,颈腰呈板硬感,翻身困难,生活不能自理,于 1985 年入院。查:腰部板硬僵直,前屈 20°,不能后仰及左右偏转,颈部活动明显受限,血沉 48 mm/h,类风湿因子(+),胸腰片显示为强直性脊柱炎,舌质暗苔白,脉沉弦。证属寒湿夹瘀,用身痛逐瘀汤加生薏仁 30 g,乌梢蛇 30 g,王不留行 10 g,鸡血藤 30 g,葛根 12 g,独活 20 g,苍术 10 g,柴胡 10 g,去当归、牛膝、香附、甘草。20 剂(配合理疗)后,颈腰疼痛明显减轻,血沉下降为 26 mm/h。服药 2 月余,腰前屈功能已达 75°左右,能翻身活动、生活可自理,出院。

**例 2** 刘×,男,32岁,病案号:303937。患者

## 5 讨论

笔者认为脑萎缩患者均有血瘀气滞证候。血瘀阻滞脉络,气血不能上荣脑髓,则可使元神失养,灵机混乱。采用活血行气药可以达到调理气血,改善脑的血流循环的目的。

32 例脑萎缩患者,辨证属痰瘀痹阻型 13 例,经治疗均有效果;属肾虚瘀阻型 19 例,经治疗有效 15 例。27 例脑萎缩精神障碍者,经治疗有效 26 例。老年期痴呆 5 例治疗后有效 2 例,且无 1 例痊愈,其与精神障碍型比较有显著性差异( $P < 0.01$ )。

32 例脑萎缩患者,其高发年龄多在 60 ~ 70 岁之间,其中 27 例脑萎缩只表现有精神障碍患者,平均年龄为 62.5 岁;5 例脑萎缩已发展到痴呆症患者,平均年龄为 72 岁。表明表现为痴呆症的发病年龄较呈精神障碍者明显增高。

于 1979 年受凉后感颈痛,活动受限,继之腰痛。198 年颈腰疼痛加重并固定,经多种中西药物治疗,效果不佳。1987 年 X 片诊断为强直性脊柱炎。1988 年入本院。查:脊柱强直,颈腰椎活动受限,左踝肿胀,脉沉紧细弦,舌质淡苔白。证属风寒湿痹,用身痛逐瘀汤加减:秦艽 10 g,独活 10 g,赤芍 30 g,鸡血藤 30 g,当归 30 g,川芎 10 g,桃仁 12 g,红花 10 g,生薏仁 30 g,草薢 15 g,黄柏 15 g,苍术 12 g,炮甲片 10 g,王不留行 10 g,醋灵脂 10 g,泽兰 15 g,制乳没各 6 g,乌梢蛇 30 g,地龙 10 g,稀莩草 15 g。配合气功、按摩治疗。20 剂后,腰骶疼痛基本消失。服 40 剂后颈腰活动基本自如,精神佳出院。

**体会** 《类证治裁·痹症》:“诸痹,良由营卫先虚,腠理不密,风寒湿乘虚内袭,正气为邪所阻,不能宣行,因而留滞,气血凝涩,久而成痹”。其主要病机为经络阻滞,气血运行不畅,不通则痛。清·王清任所制身痛逐瘀汤,系牛膝、地龙、川芎、灵脂、桃仁、红花、没药、当归通经逐瘀止痛,香附理气开郁,气行则血行;秦艽、羌活祛风胜湿,甘草调和诸药,共奏通经逐瘀、祛风除湿、理血止痛之功。

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# ABSTRACTS OF ORIGINAL ARTICLES

## **On the Nature of "Induced Disease and Generating Disease" Based on *Moxibustion Canon of Eleven Channels of Yin-Yang***

**Zhao jingsheng**

By comparing Ling Shu (Miraculous Pivot) with medical silk scrolls from Mawangdui, it was found that the manifestations of "induced disease" and "generating disease" in the Chapter on Channels, Miraculous Pivot are not syndrome classifications, rather, it is a different form of description on channel manifestations derived from different medical monographs; and is, intrinsically, the different approaches on the diseases underlying corresponding channels interpreted by ancient physicians.

**Author's Address:** Nanjing College of TCM, 210029, Nanjing

**Key Words:** Channels, Canon of Miraculous Pivot

*(Original article on page 8)*

## **Study on the Law of Application of Laryngological Insufflation Agents in the Qing Dynasty**

**Xia Jinping**

Through the study on 35 most commonly used insufflation remedies from 14 monographs on laryngology in the Qing Dynasty, the frequency of application of the agents are, in order of decrease, borneal, borax, indigo, Sedimentation from human urine, alum, catechu, mirabilite, re-algar, musk, peppermint, coptis root, phellodendron bark, niter, glycyrrhiza. Among them, pungent drugs amount to 42.9%; cold drugs, 54.3%. For channel tropism, 40% belongs to the Lung and Stomach channels, 45.7% of them possess heat clearing action; 54.3% with antitoxic action.

**Author's Add.:** Wenzhou Hospital of Integrated Medicine, Wenzhou, Zhejiang, 325003, China

**Key Words:** Diseases of the larynx/TCM therapy

*(Original article on page 11)*

## **Analysis on the Treatment of Brain Atrophy Based on Syndrome Differentiation: Report of 32 Cases**

**Lei Huimin Di Lunian**

Of the 32 cases, 27 were of psychosema type, in which 4 were markedly effective, 10 effective; 5 cases were of senile dementia type, in which 1 case was markedly effective, another 1 effective, the total effective rate being 87%.

**Author's Add:** Heping District Hospital, Tianjin, 300201, China

**Key Words:** Brain Diseases/TCM therapy Atrophy /TCM therapy

*(Original article on page 34)*

## **Immuno-sterility Treated with Gu Yin (Consolidating-Yin)Decoction and Its Effect on Hu-**

## **moral Immunity**

**Chen Xiaoping Chen Danping Dong Guihong**

60 cases of immuno-sterility were treated with Consolidating-Yin Decoction and compared with 25 cases treated with western drugs as control. Results revealed that in the treating group, 19 cases were cured, 32 ameliorated, 9 ineffective; for the controlled group, the figures were 6,8,11 respectively. The influence on IgA, IgG was also significant in the treating group.

**Authors' Add:** Qingyun Hospital, Zhabei District, Shanghai, 200071, China

**Key words:** Sterility, female/TCM therapy Immune Disease/Blood @ Consolidating-Yin Decoction

*(Original article on page 36)*

## **Analysis on the Lingual Pictures of 255 Cases of Perforation of the Stomach and Duodenum**

**Zhang Yongfeng Li Naimin Liu Guilan Zhang Hong Wang Shuying Lin Xiaodong Meng Jun**

Analysis on the cases demonstrated that the changes in their tongues possess some characteristics and changing regularity. As compared with the related ailments, indices of the proper and coating of the tongue presented very significant differences. thus, the application of lingual picture in the diagnosis of perforation of the stomach and duodenum becomes feasible.

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**Key Words:** Rupture of the Stomach/diagnosis diseases of the Duodenum/diagnosis Diagnosis of the tongue

*(Original article on page 42)*

## **Comparative Study on the Mechanism of Formation of Pulse Manifestations in Patients of Coronary Heart Disease and Hematopathy**

**Chen Suyun Lin Yuanchang Xuan Wenlan Xie Zhibin Xu Junjie Liu Yili Meng Qingdai Chen Yuxiao Cui Zhiying Lu Zhiping Wang Yunxiang Sun Qili Li Youyang Wang Shengbo**

Most of the CHD patients reveal string pulse, mainly due to damage of heart function, lowering of arterial compliance and increase of total peripheral resistance. The common pulse in patients of blood diseases reveal frequent, tiny, string and slippery characteristic, mostly due to the increase of compensatory pumping action of the heart, shortening of ejection time of the left heart, with better vessel compliance and hemorheology, low total peripheral resistance.

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**Key Words:** Coronary Heart Disease/pathophysiology Hematopathy/pathophysiology pulse manifestations

*(Original article on page 44)*