

大黄、葶苈子加辨证治疗急性脑出血

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摘要 我们在中医辨证及综合治疗的基础上,比较了加用大黄、葶苈子与否对急性脑出血病人的临床疗效。结果显示,加大黄、葶苈子的治疗组疗效明显优于单纯辨证及综合治疗的对照组。

主题词 脑出血/中医药疗法 大黄/治疗应用 葶苈子/治疗应用

我们在中医辨证及综合治疗的基础上,加用大黄、葶苈子治疗急性脑出血48例,与不加用大黄、葶苈子治疗的对照组比较,明显提高了疗效,现报告如下。

1 临床资料

82例急性脑出血患者,经CT扫描检查确诊后,随机分为治疗组48例与对照组34例。

治疗组48例中,男性30例,女性18例;年龄40~76岁,平均57.6岁;病程在24小时以内者18例,2~7天者22例,7天以上者8例。临床呈现不同程度昏迷者24例,有脑膜刺激征者26例,肢体呈不同程度瘫痪者32例,有语言障碍者23例,头痛31例,恶心呕吐21例,大小便失禁21例,大便干结25例,发热12例。检查血压高于正常29例,视乳头渗出、出血或水肿者29例,有眼底动脉硬化改变者37例,血白细胞 $>10 \times 10^9/L$ 者21例,血糖 $>5.6\text{mmol/L}$ 者13例。经CT扫描显示,出血部位在壳核者28例,丘脑6例,脑叶8例,脑室2例,桥脑1例,小脑3例。中医诊断为中经络18例,其中辨证为肝阳暴亢6例,风痰瘀阻8例,阴虚风动1例,气虚血瘀3例;诊断为中脏腑30例,其中辨证属闭证28例,闭脱证2例。

对照组34例中,男性23例,女性11例;年龄42~73岁,平均59.2岁;病程在24小时以

内者10例,2~7天者16例,7天以上者8例。临床呈现不同程度昏迷者14例,有脑膜刺激征者17例,有不同程度肢体瘫痪者26例,有语言障碍19例,头痛21例,恶心呕吐9例,大小便失禁12例,大便干结8例,发热6例。检查血压高于正常者23例,视乳头渗出、出血或水肿者17例,有眼底动脉硬化改变者29例,血白细胞 $>10 \times 10^9/L$ 者7例,血糖 $>5.6\text{mmol/L}$ 者6例。经CT扫描显示,出血部位在壳核者22例,丘脑2例,脑叶8例,桥脑和小脑各1例。中医诊断为中经络20例,其中辨证为肝阳暴亢5例,风痰瘀阻10例,气虚血瘀5例;诊断为中脏腑14例,辨证均属闭证。

两组的一般情况,临床症状和检查结果均相近,具有可比性。

2 治疗方法

两组均采用中药辨证和综合治疗。

在中药的辨证治疗方面,中经络病例辨证为肝阳暴亢者治以平肝息风、重镇潜阳,药用夏枯草、龙牡、白芍、牛膝、钩藤、黄芩、泽泻、元参等;风痰瘀阻者治以化痰息风、活血通络,药用胆南星、半夏、竹茹、全瓜蒌、菊花、当归、丹参、川芎等;阴虚风动者治以养阴和血、柔肝息风,药用生地、山萸肉、当归、白芍、杜仲、牛膝、菊花、钩藤等;气虚血瘀者治以益气活血祛瘀,药用黄芪、川芎、赤芍、桃仁、地龙、丹参、当归等。在中脏腑例中,闭证治以醒脑开窍、清化热痰(或温化寒痰),药用石菖蒲、郁金、竹茹、黄芩、明矾、胆南星、半夏、川朴、白芷、桔梗、僵蚕、全蝎等;闭脱证治以开闭固脱,药用石菖蒲、郁金、枳实、人参、麦冬、附子、甘草等。治疗组病人在以上辨证用药基础上,每日以生大黄8~50g,葶苈子10~25g,加入中药处方中同时煎服。上述两药剂量主要依据大便情况酌情调整。我们的经验,病人以每天解2~3次稀便较为适宜。

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每天服中药 1 剂。能口服者每次服 200ml, 日服 2 次; 不能口服者给予鼻饲, 每次 100ml, 每日 4 次。

在综合治疗方面, 两组病例均给予足够的热量, 维持水和电解质、酸碱平衡。有感染征象者及时加大抗菌素用量或联合应用抗菌素。适当给予脱水、利尿剂, 一般每次采用 20% 甘露醇 100~250ml、50% 葡萄糖 60~100ml 或速尿 40~60mg 静脉推注或快速滴注, 2~8 小时一次, 连用 3~7 天。酌情使用安络血、止血敏、云南白药等止血剂以及吸氧、吸痰等, 并酌情使用镇静剂以控制血压。

3 治疗结果

按照 1986 年全国中医内科学会制定的疗效标准(见《中国医药学报》1986 年第 2 期 56 页), 积分达 24 分以上者(满分 28 分)为基本痊愈, 积分增加 10 分或 10 分以上者为显效, 积分增加 1~9 分者为有效, 积分增加不足 4 分者为无效, 积分减少或死亡为恶化。按以上疗效标准评定, 治疗结果见附表。

附表 两组疗效比较

组别	总例数	基本痊愈例(%)	显效例(%)	有效例(%)	恶化死亡例(%)
治疗组	48	17(35.4)	13(27.1)	12(25.0)	6(12.5)
对照组	34	7(20.6)	4(11.8)	10(29.4)	13(38.2)

治疗组 48 例, 平均疗程 51 天, 基本痊愈率为 35.4%, 总有效率为 87.5%; 对照组 34 例, 平均疗程 67 天, 基本痊愈率为 20.6%, 总有效

率为 61.8%。两组疗效相比较显然以治疗组为高($P < 0.05$)。

4 讨论

急性脑出血属中医中风病范畴。我们认为, 气血逆乱于上, 痰瘀蕴结胃腑是急性脑出血主要病机。大黄有“推陈出新”“通腑降浊”“止血化瘀”“泻脾胃阴分血闭”等多种功能, 它与“行气祛痰, 泻肺利水”的葶苈子相配伍, 使“通腑降浊”之力更专, “行气祛痰”效果更著。葶苈子有“泻肺经阳分气闭”之功能, 与大黄同用, 一泻阴分血闭, 一泻阳分气闭。两药相配, 阴阳气血同治, 使气血得以下行, 痰瘀得以化除, 从而达到开窍醒脑、神明自复的目的。这种通腑泻下、行气化痰散瘀的釜底抽薪办法, 与西医脱水利尿以降低颅内压、消除脑水肿、改善微循环, 具有相辅相成的作用。

据文献报道, 急性脑出血单用西药抢救, 其死亡率 30~70%; 中西医结合抢救的死亡率 20~40%, 主要死于急性期。本文对照组的恶化死亡率为 38.2%, 与文献报道接近; 治疗组的恶化死亡率为 12.5%, 比文献和对照组均低。

急性脑出血病人发病多以标实急症为主, 脱证多由实闭演变而成。在运用大黄、葶苈子治疗时, 不宜过多强调正虚, 标证不除随时都可危及病人生命, 恐失去治疗时机, 延误病情。因为采用了综合疗法, 如输液、维持水电解质和酸碱平衡、给予足够能量等措施, 可防止“过泄伤阳”“下多亡阴”等副作用和年迈体虚不能“下”的禁忌。

不育与不孕症研习班招生

男性不育与女性不孕是男、妇科疾病谱中的两个重点病种。据统计, 约有 10% 的已婚夫妇患有此病。此外, 在计划生育、提高人口质量的国策下, 优生问题已成为医学界的一个重要课题。为提高不育与不孕症的临床治疗水平和已婚夫妇的优生机率, 中国中医药学会外科学会和中医药管理杂志联合举办 93 年度不育与不孕症研习班。请北京著名男、妇科专家讲授防治不育、不孕以及优生的中西医知识和最新研究进展。特通知如下:

1 举办时间: 1993 年 5 月, 为期 1 周。2 授课内容: (1) 男性不育与女性不孕的理论探讨; (2) 不育与不孕的防治概况及研究进展; (3) 优生知识; (4) 著名中西医专家的临床经验。3 招生对象: 各级医院及计划生育部门的医务工作者、个体医生。4 学费及报名办法: 学费 150 元, 发给结业证书。预交报名费 20 元。寄北京海淀区中医院(双榆树西里)徐健收; 邮编 100087, 报名截止日期为 1993 年 4 月 10 日。

ABSTRACTS OF ORIGINAL ARTICLES

Observation on Goiter Treated with Topical-Xiaoying (Goiter—removing) Plaster

Wang Liqin.

The total effective rate of Xiaoying Plaster applied topically for dissipating or reducing the size of the mass was 84.34% while that of the control group was 42.9%. Animal experiment also revealed that local application of this plaster alone can markedly reduce the thyroid mass, restoring the diffuse proliferation of thyroid tissue to normal. The antigoiner effect is similar to that of oral administration of thyroid tablet.

Key Words: Thyroid goiter/TCM therapy Topical application of traditional drug

@ antigoiner plaster

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Acute Cerebral Hemorrhage Treated With Radix et Rhizoma Rhei Semen Lepidii seu Descurainiae Plus

Zhang Boxun, Cao Guiyuan, Wei Pengpeng

On the basis of treatment based on TCM differentiation of symptoms and signs and comprehensive therapy, comparison of the results obtained from the treatments with and without Radix et Rhizoma Rhei, Semen Lepidii seu Descurainiae were made in the treatment of acute cerebral hemorrhage. Results revealed that the tested group with the two agents was far superior to that treated with differentiation of symptoms and signs alone and the control group of comprehensive therapy alike.

Key Words: Cerebral hemorrhage/TCM therapy Radix et Rhizoma Rhei/application for treatment Semen Lepidii seu Descurainiae/application for treatment

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Study on the Elimination of Mental Fatigue with Sheyi'nao (Benefitting Shooter's Brain) No. 1 in Shooting Athlete

Peng Huirong, Zhao Guorui, Zhang Changjiu

Comprehensive observation were made on indices of mental fatigue, including EEG, blood pressure, heart rate before, during and after administration in 31 athletes of the National Shooting Training Team, divided

into Sheyi'nao No. 1 and placebo groups. Results showed that for the tested group, the function of EEG waves and visual sight were markedly improved. It also adjusted the blood pressure biphasically, improved sleep, appetite and emotion.

Key Words: Fatigue, mental/TCM therapy Sport medicine

@Sheyi'nao No. 1

Authors Address: Beijing Shooting Field, State Commission of Sports

Clinical study on Kidney—deficient Sterility Treated by Combination of Medicaments and Moxibustion

Zhang Hong

46 cases of female sterility with dysfunction of ovaries were treated by comprehensive treatment of oral administration of "Yulin" Powder and medicated—moxibustion at Shenque point. Results revealed that the rate of pregnancy was 47.8%, with a marked effective rate of 76.1%. It is superior to traditional drug treatment ($p < 0.05$). The blood—flowing graph of the pelvic cavity demonstrated that medicated—moxibustion of Shenque point was capable of increasing blood flow to the cavity and improving its blood circulation ($p < 0.01$).

Key Words: Sterility, female/acupuncture—moxibustion therapy Spleen deficiency/acupuncture—moxibustion

@ medicated moxibustion

Analysis of Gastroscopy and Clinical Diagnosis of Diseases of the Stomach in Children.

Yan Huimin, Chen Zhaoding, Li Suting, et al.

The gastric mucosa of 200 cases of children patients were divided gastroscopically into 4 types, and clinically into 5 types. The two groups shared some common points although there were some differences. It is of vital importance to combine the whole with the parts for differential for upgrading the clinical therapeutic efficacy.

Key Words: Disease of the Stomach/ diagnosis Gastroscopy

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