

临床报道

中医辨证与西药对照治疗难治性再生障碍性贫血的疗效观察

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摘要 经过对经验处方的精心筛选,制定了对难治性再生障碍性贫血不同中医类型的最佳处方,并与康力龙治疗者作了开放型序贯试验,结果近期治愈 5 例/20 例,明显优于康力龙治疗组。

主题词 贫血,再生障碍性/中医药疗法 辨证论治

笔者自 1960~1990 年用中医药治疗难治性再生障碍性贫血,并用康力龙等药物治疗的病例配对进行序贯试验,观察近期和远期疗效。

1 临床资料

本组 40 例均符合第四届再生障碍性贫血(以下简称再障)会议诊断标准。中药治疗组病例均为经西药治疗 1 年无效或经服用康力龙而肝功受损不能继用者。

40 例中男女各 20 例,年龄 8~51 岁,病程 1 月~13 年,血红蛋白最低 17g/L,最高 88g/L,低于 40g/L 者 16 例;白细胞低于 $3 \times 10^9/L$ 者 12 例;血小板低于 $40 \times 10^9/L$ 者 32 例,最低为 $6 \times 10^9/L$,最高 $60 \times 10^9/L$ 。骨髓重度增生减低者 4 例,增生减低者 15 例,增生型再障 6 例。按 Camitta 提出的重型再障标准,属此型者 8 例。

40 例分为治疗组与对照组各 20 例,两组均为同时期、同性别、同年龄组,病情相似,病程相差不超过 3 个月者。两组具有可比性。

2 治疗方法

治疗组 20 例,采用中医辨证治疗。我们将本病归纳为阳虚证、阴虚证和阴阳两虚 3 个基

本类型。其中阳虚证分为阳虚、气虚、脾胃阳虚、心脾两虚、脾肾阳虚和肾阳虚六种证型;阴虚证分为阴虚、血虚、肺肾阴虚和肝肾阴虚四种证型;阴阳两虚中分为阴阳两虚、气血俱虚、肝脾虚损和肾阴阳两虚四种证型。将已往经验处方归类后通过图解,经矩阵分析,求最短距离等方法,筛选出各类型最佳疗效处方。常用药物有广牛角、生熟地、补骨脂、首乌、巴戟天、菟丝子、旱莲草、枸杞子、山萸肉、桑寄生、卷柏、黄芪、当归、人参、黄精、女贞子、桑椹子、阿胶、鹿角胶、龟板胶、龙眼肉、白术、金银花、黄芩、地榆、甘草、紫珠草等随证加减。治疗中男子宜治精,女子多治血,加以食补,严防感冒。

对照组 20 例,予康力龙 2~4mg,每日 3 次口服,连用 3 个月,无效时可换用一叶秋碱、土的宁、氯化钴及免疫抑制药等治疗。

两组病人,若血红蛋白低于 40g/L 时,均予间断输血。

3 治疗结果及分析

疗效标准采用 1987 年第四届再障会议拟定的标准。贫血、出血症状消失,血红蛋白男性 120g/L、女性 100g/L,白细胞达 $4 \times 10^9/L$,血小板达 $80 \times 10^9/L$ 以上,随访 1 年以上无复发者为基本治愈;贫血、出血症状消失,血红蛋白男性 120g/L、女性 100g/L,白细胞 $3.5 \times 10^9/L$ 左右,血小板有一定程度恢复,随访 3 个月病情稳定或继续进步者为缓解;贫血、出血明显好转,不输血,血红蛋白较治疗前 1 个月内常见值增长 30g/L 以上,维持 3 个月不降者为明显进步;经充分治疗,不能达到明显进步者为无效。

治疗组 20 例,近期疗效达基本治愈 5 例,

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缓解 3 例,明显进步 7 例,无效 5 例。对这些病例随访 9 年,基本治愈者无 1 例复发;缓解 3 例中,1 例达基本治愈,1 例复发,另 1 例仍处于缓解中;明显进步及无效者改用其他疗法,其中有 1 例死于脑出血。康力龙组 20 例,近期疗效达基本治愈 1 例,缓解 3 例,明显进步 4 例,无效 12 例。随访见缓解者中 2 例复发;明显进步和无效者改用其他治疗,其中死亡 5 例。

采用开放型序贯试验对两组疗效进行比较。经 3~32 月连续治疗,结果显示治疗组疗效明显优于对照组($P < 0.05$)。治疗组优于对照组记为 SF,治疗组差于对照组记为 FS,实测结果 SF:FS=5.6:1.0 值为 0.84,此结果显示 SF 是 FS 的 5.6 倍,显著超过 4 倍的界限,说明治疗组优于对照组。

4 讨 论

本文经近期和远期疗效观察,对难治性再障小样本(20 例)的治愈缓解率为 40%,若采用大样本观察,以 95%可信限作估计,其治愈缓解率为 19~64%,明显高于自发性缓解率(2.2

~10.7%)的上限,且经序贯试验,显示其疗效优于康力龙等药物。基本治愈者平均起效时间为 92 天左右,平均治愈时间为 678 天左右。

近年来,国内不少研究证实人参、黄芪、党参、太子参等具有调节造血的功能,这些药物对 CFU-F 的增殖有促进作用,另一些补血药如红参、当归、菟丝子、巴戟天、仙灵脾、鹿茸的合剂,对 CFU-GM 有明显的刺激作用,其效应相当于丙酸睾酮。本文基本治愈 5 例中,有 2 例于治疗前后进行体外造血干细胞培养,其中治疗前 CFU-C 分别为 0 及 $3.6/10^5$ 骨髓有核细胞,正常对照为 $15.3/10^5$ 。在体外用病人的淋巴细胞加正常骨髓细胞,实测值/预计值为 96%,用正常骨髓细胞加病人血清,实测值 18,实测值/正常人为 119%,贴壁细胞生长良好。体外实验提示此 2 例均属原发性干细胞损伤,分别经治疗 2 年和 2 年 3 个月而达到基本治愈,随访 9 年,已恢复工作。愈后复查见 CFU-C 接近正常对照,说明中医药对造血干细胞损伤有促进其修复的作用。

中医电脑疾病检测诊断系统学习培训班招生

自去年广告刊出后,很多来人来函寻问有关中医电脑疾病检测诊断系统事宜,由于来信较多,恕不一一答复。为了更好推广本系统,现开办学习培训班。

中医电脑疾病检测诊断系统(肿瘤——常见病探诊系统)将传统的中医经络理论、脏象理论及人工视诊等与现代医学的解剖、生理、病理及细胞生物电等效电路理论完美融合,利用计算机综合分析逻辑判断,自动做出几十种常见病与十几种肿瘤的诊断结果并给出治疗和进一步诊断建议。

该系统用探测笔采集穴位生物电,通过信号转换模块实现科学的数量化;利用 286 计算机进行多因素、多参数、多理论地分析判断,自动得出诊断结果;检测状态用高清晰度全彩色显示器多菜单提示、多窗口观察;24 针打印机自动打印疾病诊断报告;系统软件为一套中医电脑疾病检测诊断系统软件(包括专家系统、探诊系统、数据系统、病例管理系统等)。培训班旨在学习交流和推广该系统并为用户服务。聘请北京中医学院、中国中医研究院教授主讲,课后学员上机实习操作。同时备有少量现货,从优供应学员。学费、资料费及实习费 200 元。安排住宿及回程车票,费用自理。

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ABSTRACTS OF ORIGINAL ARTICLES

Observation on the Therapeutic Effect of Refractory Aplastic Anemia Treated by Differentiation of Symptom in Contrast to Western Medicaments

Chen Bo Gu Deyuan

Through careful selection of empirical recipes, the best ones were selected and the TCM type of manifestations of refractory aplastic anemia were worked out. Open sequential tests were made with Stanazolol. Results showed the short term cured effect were 5/20 cases, demonstrating that the empirical treatment was far superior to Stanazolol.

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Key Words: Anemia, aplastic / TCM therapy Treatment based on Differentiation of Symptom

(Original article on page 225)

50 Cases of Apoplexy Complicated with Pseudo-Bulbar Paralysis

Xia Yongchao Li Yanyi Han Yan, et al.

The self-formulated modified "Blood-activating and Qi-benefitting Decoction of Fructus Citri Sarcodactylis" with heavy dose of Radix Angelica Sinensis was applied for the treatment of 50 cases of apoplexy complicated with pseudo-Bulbar paralysis. The total effective rate of dysathria was 98% with a 58% above marked effect rate, while the total effective rate for choking and coughing was 98%, with a 94% above markedly effective rate.

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Key Words: Apoplexy (TCM) / complications Paralysis, medullar / TCM therapy

(Original article on page 227)

Observation on the Therapeutic Effect of Chronic Idiopathic Thrombocytopenic Purpura: Report of 64 Cases

Wang Weizhong

The cases were randomly divided into 2 groups, each 32 cases. The results were: for the Chinese drug group, 13 cases were markedly effective, 15 cases with rather good effect, 2 cases improved, 2 cases ineffective. For the control group, the figures were 5, 13, 11,

3 respectively. The total effective rate was similar for the 2 groups, but the markedly effective rate for the former is higher than the latter ($P < 0.05$), while the improvement of the experimental indices were also better in the former group.

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Key Words: Purpura, thrombocytopenic / TCM therapy
(Original article on page 229)

Observation on the Constitution of Damp-phlegm Type of Simple Obesity Improved with Qingjian (Nimble) Capsule

Qiao Yanfang Wang Qi

Formulated with pure Chinese materia medica in compound form, Qingjian capsule possesses the actions of dispersing damp-phlegm, activating Qi, eliminating stasis, dissipating fat to lose weight, resulting in the improvement of physical constitution of damp-phlegm nature in simple obesity. Through 40 cases of simple obesity with damp-phlegm constitution, the effective rate for losing weight is 75%. It also lowers blood lipids, improves the apoprotein, and decreases subcutaneous fats.

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Key Words: Obese / TCM therapy @ Damp-phlegm physical constitution @ Qingjian capsule

(Original article page 232)

48 Cases of Infantile Acute Renal Failure Treated by Enema of Rhei Mixture

Liu Guangcai Yang Shuqing Liu Lianhua, et al.

Retention enema with Rhei mixture was applied for the treatment of acute renal failure in 48 cases. After 7 days of therapy, the total effective rate was 85.4%. A control group of 34 cases were treated with non-dialysis western method with a total effective rate of 73.6%. The result of the test group is obviously superior to the control group. ($P < 0.01$)

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Key Word: Renal failure, acute / TCM therapy Medication, rectal / @ Rhei mixture

(Original article on page 237)