

慢性乙型肝炎 100 例中西药治疗的对比观察

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摘要 应用中医辨证论治方法治疗慢性乙型肝炎 50 例,并与西药治疗 50 例进行对照,结果治疗组 HBeAg 阴转率为 64%,抗 HBe 阳转率为 48%;对照组分别为 20%、10%。

主题词 乙型肝炎/中西医结合疗法 肝炎,慢性活动性/中西医结合疗法

乙型肝炎病毒复制的慢性肝炎绝大多数表现为肝肾阴虚兼脉络瘀阻型,因此我们制定柔肝健脾、滋肾搜邪的治则,配成中药复方肝复宁治疗 50 例,并与西药组 50 例进行了对比观察,现将观察结果报告如下。

1 临床资料

1.1 病例选择与诊断标准:本组 100 例乙型肝炎病毒(HBV)活动性复制的慢性肝炎患者均符合 1990 年 5 月全国病毒性肝炎会议制定的诊断标准,HBsAg、HBeAg 持续阳性 1 年以上,伴有血清谷丙转氨酶(ALT)持续或反复增高半年以上。全部病例均为男性住院病人,年龄 16~60 岁,病程 1~8 年。本组 100 例均属肝肾阴虚兼脉络瘀阻型,证见面色黧黑,腰酸耳鸣,腹胀便溏,衄血时作,舌质暗红,边有瘀斑,舌下静脉曲张,苔薄黄腻。两组在临床症状、检验指标等方面均有可比性。

1.2 治疗观察方法:100 例患者分为中药组、对照组各 50 例。中药组用肝复宁方(主药为生地、茯苓、白术、鳖甲、菟丝子、穿山甲、地鳖虫等)每日 1 剂;对照组用强力宁、肝炎灵、维生素等治疗。3 个月为 1 疗程,治疗 4 个疗程。

治疗期间每月记录临床症状、体征,检测 HBV 标志 HBsAg、抗-HBs、HBeAg、抗-HBe、抗-HBc-IgM、前 S₂ 蛋白(Pre-S₂)(上海

市医用化学研究所 ELISA 试剂),HBV-DNA (上海医科大学微生物教研组检测);ALT 每 2 周测定 1 次,每 1 疗程结束时,取同一标本,分别用上海市医用化学研究所试剂及 Abbott 试剂在上海市医用化学研究所及大华医院复测。

2 疗效分析

2.1 对临床症状的疗效:于第 1 个疗程结束后评定两组的临床症状疗效。凡症候明显改善或消失者评为显效,症候减轻者评为好转,症候无变化者评为无效。结果表明,中药组 50 例中获显效 15 例(30%)、好转 25 例(50%)、无效 10 例(20%),总有效率为 80%;对照组 50 例中获显效 5 例(10%)、好转 10 例(20%)、无效 35 例(70%),总有效率为 30%。两组疗效比较有非常显著性差异($P<0.01$)。临床观察发现中药组对腰酸耳鸣、舌边瘀斑、衄血时作等证候治疗效果较好,对其他证候的改善两组差别不大。

2.2 对 HBV 复制有关指标的改变:治疗前两组病例的 HBV-DNA、HBeAg、抗 HBc-IgM、Pre-S₂ 均为阳性。治疗 1 个疗程后 HBV-DNA 阴转率中药组为 40%,对照组为 8% (组间比较 $P<0.01$);HBeAg 阴转率中药组为 64%,对照组为 20% ($P<0.01$);抗 HBc-IgM 阴转率中药组为 50%,对照组为 16% ($P<0.01$);Pre-S₂ 阴转率中药组为 46%,对照组为 16% ($P<0.01$)。治疗前两组病例的抗-HBe 均为阴性,治疗 1 个疗程后的阳转率中药组为 48%,对照组为 10% ($P<0.01$)。检测结果表明,治疗 1 个疗程后各项指标的比较显然均以中药组为优。

2.3 对 ALT 复常率的变化:治疗前两组病例的 ALT 均不正常,中药组平均为 156U,对照组平均为 138U。中药组治疗 4 周、6 周、10 周和 12 周的 ALT 复常率分别为 20%、32%、70% 和 80%;对照组则分别为 10%、12%、40% 和

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40%。两组在治疗第6周时有显著性差异($P < 0.05$),在第10、12周时有非常显著性差异($P < 0.01$)。

2.4 肝复宁治疗慢性乙型肝炎的长期疗效:中药组50例经用肝复宁治疗4个疗程后,HBV-DNA、HBeAg、抗HBe-IgM和Pre-S₂阴转率分别为72%、80%、80%和70%。HBeAg阴转的40例平均于5.7周(中位数)时出现抗-HBe,治疗4个疗程后抗-HBe阳转35例,其阳转率为70%。说明肝复宁对HBV复制标志有良好影响。

3 讨论

慢性乙型肝炎属于祖国医学“胁痛”“黄疸”“虚劳”“积聚”等范畴,根据临床症状和病程转归,认为疾病的发生是由正气先虚,而后邪气侵入,病邪羁留日久,痰瘀互凝肝络,正气亏乏更甚,而呈虚实相兼之证。临床可见面色黧黑、腰酸耳鸣、腹胀便溏、胁痛衄血等一派肝郁脾虚、肾精亏损、脉络瘀阻的症状,因此制定柔肝健脾、滋肾搜邪的治则。经过几年来的临床筛选,将生地、茯苓、白术、鳖甲、菟丝子、穿山甲、地鳖虫等配成复方,名曰肝复宁。

以前曾用鸭乙型肝炎模型对肝复宁进行血清病毒和肝脏病理的对照研究,结果证实该药是有效的乙肝病毒抑制剂(与临床疗效相一致),该药对DHBV阳性鸭的肝脏病变有治疗效果,能改善肝功能,使肝细胞得到不同程度的修复^[1]。

慢性乙型肝炎患者由于HBV的生物特性和机体免疫调节失常,从而引起机体不能有效地清除病毒并造成自身免疫的病理反应,使慢性肝损害成为持续性和进行性^[2]。用药物恢复

机体的免疫调节功能,抑制病毒的复制是治疗的关键。一般认为在HBeAg转阴,而抗HBe产生前,因有复制型HBV-DNA的肝细胞被免疫活性细胞清除,而有可能发生一次慢性肝炎的急性加剧,2/3病例会引起ALT升高,个别甚至发展成慢性重症肝炎。据台湾廖运范等发现有65%的病例会引起ALT升高^[3]。本组40例HBeAg转阴患者中,仅有12例(30%)出现轻~中度一过性的ALT升高,而且机体反应良好,显然低于国外的报道。我们根据“五脏相关”理论,肝复宁选用生地、鳖甲、菟丝子立足于滋养肝肾以培精血之源,重用茯苓、白术等调理中州以顾后天之本,参以穿山甲、地鳖虫等搜剔络脉以冀气血调达,这对保护肝细胞以减少免疫损伤有一定的作用。

应引起注意的是,中药组有10例(20%)患者经过1年的治疗,HBeAg持续阳性,其中3例同时感染丙型肝炎(抗HCV阳性),其母系均为乙肝患者或无症状携带者,可能在围产期或新生儿期有感染史。40例HBeAg转阴患者中,有5例(12.5%)迟迟不能产生抗-HBe,ALT波动;而在抗-HBe阳转的35例中,有4例(11%)HBV-DNA持续显示阳性,ALT不稳定,病情屡见反复。今后拟继续随访上述患者,探索进一步有效的治疗方案。

4 参考文献

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金 盞 医 院 分 部 诚 聘 名 医

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ABSTRACTS OF ORIGINAL ARTICLES

Comparative Study on 100 Cases of Chronic Hepatitis B Treated with Chinese Traditional and Western Drugs

Zhang Jing, Kuang Yunshan, Rong Yaqiu, et al.

Fifty Cases of chronic B—hepatitis were treated with TCM based on differentiation of syndromes and compared with a control group of 50 cases treated with western remedies. Results showed that for the treating group, the rate of negative return of HBeAg was 64%, and the rate of positive return of HBe was 48%, while that of the control group were 20% and 10% respectively.

Authors'Address: Dahua Hospital, Shanghai, 200031

Key Words: Hepatitis B/treatment of integrated traditional Chinese with western medicine

(Original article on page 409)

Preliminary Exploration on Treating Gallbladder for Viral Hepatitis. Clinical Observation on 60 Cases.

Shen Qiming, Jia Wentao, Fan Jinhua, et al.

The viewpoint of treating gallbladder and combined treatment of liver and gallbladder for liver disease is proposed and the therapeutic project of intravenous drip of Mixture of Radix Bupleuri plus Radix Salviae Miltiorrhizae is formulated. Sixty cases of chronic hepatitis of damp—heat of liver—gallbladder with blockage of collaterals by stagnant blood were thus treated. Results revealed the relief of jaundice, decrease of enzyme and inhibition of viral replication in treating group are all better than the western drug control group.

Authors'Address: Hospital for Infections Disease, Tangshan 063020

Key Words: Hepatitis, viral, human/TCM therapy

(Original article on page 411)

Effect of Massotherapy on the In Vivo Free Radicals Metabolism in Prolapse of Intervertebral Disc and Cervical Spondylopathy.

Li Zongmin, Liu Jingwei, Wu Yinhua, et al.

The endogenous free radical clearing agent SOD and blood CAT in the blood and urine of 2 groups of prolapse of intervertebral disc and cervical spondylopathy were all lower than that of the healthy control group, while the —SH reflecting the metabolic disturbance of free radical was higher. After massotherapy, blood SOD, CAT were increased, while LPO, —SH in urine

were all decreased, demonstrating that there is a distinct parallel relationship existing in the changes of these enzyme in blood and urine.

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Key Words: Displacement of intervertebral disc/massotherapy osteophytosis, vertebral/massotherapy free radicals

(Original article on page 416)

Observation on the Effect of Zhitong (analgesic) Solution on Dilatation of Uterus in Artificial Abortion.

Lian Fang, Liu Jingjun, Zhang Xiyun, et al.

Two hundred cases of early pregnant women to receive artificial abortion were randomly divided into 4 groups, viz. analgesic solution, dicaine, normal saline, and blank control groups of which the action on dilatation of uterus and of mitigating the comprehensive reactions to artificial abortion were observed. Results revealed that the analgesic solution and dicaine groups had better effect on dilatation of uterus and ameliorating the reactions of artificial abortion, analgesic solution was especially good at mitigating the comprehensive reactions to artificial abortion than the dicaine group.

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Key Words: abortion, artificial cervix/drug action

(Original article on page 419)

Clinical Observation on Enuresis Treated by Yi'niaoting (Stopping Enuresis).

Yu Jingmao, Zhou Suzhen, Wang Guangli

Prospective observation was made on 64 cases of infantile enuresis. Among them, 42 received Yi'niaoting capsule the other 22 cases were administered Niao Duo Ling tablet. Results: for the treating group the total effective rate was 80.95%, marked effective rate 61.95%, while that for the control group were 50.00% and 31.82% respectively. There was significant difference between the 2 groups ($P < 0.01$).

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Key Words: Enuresis/TCM therapy @ Yi'niaoting

(Original article on page 421)