

保元降糖冲剂治疗糖尿病 35 例临床观察

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摘要 运用益气滋阴、清热生津、健脾补肾、活血化痰之冲剂,治疗糖尿病有较好的疗效,对糖尿病合并心血管病、神经病变、肾病等均有防治效果,血液流变学指标亦有明显改善。

主题词 糖尿病/中医药疗法 @ 保元降糖冲剂

根据赵冠英教授三十余年治疗糖尿病的经验,制定了以益气养阴、补肾活血为主的保元降糖冲剂,对 35 例糖尿病进行了系统的临床观察,取得较好的疗效,现总结如下。

1 临床资料

1.1 一般情况:本组 35 例患者根据 WHO 诊断标准均确诊为非胰岛素依赖型糖尿病。其中住院治疗 24 例,门诊治疗 11 例。男 19 例,女 16 例。年龄 40 岁以下 3 例,41~50 岁 6 例,51~60 岁 18 例,61 岁以上 8 例。病程 1 年以内 9 例,1~5 年 13 例,6~10 年 9 例,11~20 年 4 例,平均病程 6.2 年。

1.2 中医辨证:辨证分为两型。气阴两虚型 26 例(74.3%):证见疲乏无力,心悸气短,自汗盗汗,头晕耳鸣,口干烦热,大便偏干,舌红苔少,脉细数无力。阴阳两虚型 9 例(25.7%):证见面色苍白,发毛干枯,尿浑量多,头晕耳鸣,腰酸倦怠,畏寒肢冷,浮肿便溏,舌淡苔白,脉沉细无力。以上两型兼有血瘀者 24 例(68.6%),除上述症状外,还可见胸闷疼痛,头晕头痛,或肢体麻木疼痛,足趾紫暗,或两目昏花,语謇偏瘫,唇舌青紫或有瘀斑瘀点,脉涩不利或结代沉迟。

1.3 合并症情况:本组 35 例中合并冠心病 12 例,高脂血症 15 例,高血压 10 例,脑梗塞 2 例,周围神经病变 5 例,糖尿病肾病 3 例。

2 治疗及观察方法

对于病情较轻、空腹血糖 $<200\text{mg}\%$ 的患

者 19 例,首先中止原有的治疗,单服保元降糖冲剂(西洋参、葛根、枸杞子、三七等),每日 3 次,每次 1 袋(含生药 25g)。对于病情较重、空腹血糖 $\geq 200\text{mg}\%$ 的患者,在原服用药的基础上,加服保元降糖冲剂,每日 3 次,每次 1 袋,部分病例视病情于 1 个月内逐渐停用原来服用的药物。全部病例均以 30 天为一个疗程,观察 2 个疗程以上。

治疗前后每周记录 1 次症状、体征,每 2~4 周测空腹血糖、血脂及 24 小时尿糖定量。用药前后均测血尿便常规、肝肾功能,并做血液流变学、甲皱微循环、心电图、眼底等检查。

3 疗效分析

按照卫生部药政局 1988 年制定的疗效标准判定疗效。

3.1 治疗结果:35 例中获显效 8 例(22.9%),有效 22 例(62.9%),无效 5 例(14.3%),总有效率为 85.7%。单服保元降糖冲剂 19 例,有效 16 例;与其他降糖药合用 16 例,随病情好转停服西药 5 例,减少西药用量 50%以上 9 例,病情控制不满意,不同程度地加大西药用量 2 例。

本组气阴两虚型 26 例,治后获效 23 例,阴阳两虚型 9 例,获效 7 例,兼有血瘀证 24 例中获效 22 例,对有血瘀兼证者疗效良好。

35 例患者治疗后多饮、多尿、多食及体重减轻等症基本消失,其他主要症状亦有不同程度好转,尤以头晕乏力、胸闷气短、肢体麻木、多汗等改善明显。

3.2 血糖及尿糖变化情况:表 1 示 35 例患者治疗后空腹血糖及 24 小时尿糖定量均明显降低,治疗前后比较有非常显著性差异(P 均 <0.01)。

3.3 血脂变化情况:表 2 示 35 例患者治疗后胆固醇及甘油三酯均有明显下降,治疗前后比较有非常显著性差异(P 均 <0.01)。

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3.4 甲皱微循环变化情况:表3示35例患者治疗后甲皱微循环总积分值非常明显地下降($P<0.001$),管襻流态和周围状态治疗后均有明显下降($P<0.01$ 或 <0.001)。

3.5 血液流变学各项指标变化情况:表4示35例患者治疗后血液流变学各项指标均有显著或非常显著的改善,治疗前后比较均有显著性差异($P<0.05$ 或 <0.01)。

3.6 对合并症的疗效分析:治疗前心电图异常12例,治疗后8例获得好转。ST-T段异常者10例,改善6例,其中4例恢复为正常心电图。治疗前血压偏高7例,治疗后血压均有不同程度地下降,其中4例降至正常,并减服降压药。合并周围神经病变19例,治疗后肢体麻木、疼痛、发凉等症状均有减轻,其中9例改善明显。治疗前合并视网膜病变5例,治疗后自觉视物较前好转,其余无变化。合并糖尿病肾病3例,治疗后临床症状均有所改善,其中2例血尿素氮、血肌酐及24小时尿蛋白定量均有下降。

表4 治疗前后血液流变学各项指标变化

	例数	全血粘度	血浆粘度	红细胞聚集指数	红细胞压积(%)	血沉(mm/h)
治疗前	35	5.20 ± 0.79	1.81 ± 0.029	1.50 ± 0.36	42.34 ± 0.87	28.9 ± 2.09
治疗后	35	$4.48 \pm 0.56^*$	$1.68 \pm 0.031^{**}$	$1.43 \pm 0.34^*$	$40.15 \pm 0.85^*$	$25.6 \pm 3.63^*$

与治疗前后比较, * $P<0.05$, ** $P<0.01$

4 讨论

许多研究资料表明,糖尿病的中医病理改变是气阴两虚导致肾虚血瘀。因此,临症治疗糖尿病及其合并症除了以滋阴清热、益气生津等常法外,还需要配以健脾补肾、活血化瘀之法并用,才能取得较好疗效。

保元降糖冲剂以西洋参益气滋阴,葛根清热生津,枸杞子补肾润肺益肝,三七活血祛瘀通脉等,诸药配伍,具有补元气、调阴阳、滋肾阳、降虚火、清肺胃、生津液、活血化瘀之功效。我们运用保元降糖冲剂治疗35例糖尿病,观察到本品能明显改善气阴两虚及阴阳两虚的主要症

表1 治疗前后空腹血糖及24小时尿糖变化

	例数	空腹血糖(mg%)	24小时尿糖定量(g)
治疗前	35	235.83 ± 9.74	51.14 ± 7.86
治疗后	35	$136.57 \pm 5.43^*$	$25.86 \pm 4.73^*$

注:表中数据为均值标准误,以下表同

* 治疗前比较 $P<0.001$

表2 治疗前后血脂变化

	例数	胆固醇(mg%)	甘油三酯(mg/g)
治疗前	35	228.51 ± 6.99	176.43 ± 7.98
治疗后	35	$177.31 \pm 4.61^*$	$138.43 \pm 6.38^*$

* 治疗前后比较 $P<0.001$

表3 治疗前后甲皱微循环加权积分值(分)比较

	例数	管襻形态	管襻流态	周围状态	总积分
治疗前	35	0.96 ± 0.23	1.14 ± 0.23	0.46 ± 0.13	2.55 ± 0.37
治疗后	35	0.47 ± 0.17	$0.46 \pm 0.11^*$	$0.14 \pm 0.05^{**}$	$1.07 \pm 0.27^{**}$

与治疗前后比较 * $P<0.01$, ** $P<0.001$

状,尤其对兼有血瘀证者效果更好。并且对糖尿病合并心血管病、神经病变、肾病以及视网膜病变均有较好的防治作用。

通过有关指标检测结果表明,保元降糖冲剂能有效地降低血糖、血脂,纠正血液流变性异常,较好地改善甲皱微循环。因此我们认为本品的作用机理可能是通过益气养阴,调理阴阳,活血化瘀的协同作用,提高机体的免疫机能,调整内分泌失调和代谢紊乱,推陈出新,安和五脏,使机体阴阳渐趋平衡,而达到调整糖代谢,促进血液流通,改善组织灌注,从而获得降糖、降脂和治疗糖尿病及其合并症的效果。

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ABSTRACTS OF ORIGINAL ARTICLES

Observation on Clinical Effect of Xinjikan (Easing Myocardium)

Yan Yanli Liu Xiufen Song Guoying, et al.

Results showed that its action was satisfactory. The clinical effects of all three kinds of disease were better than that of the control group, especially on the improvement of deficiency of blood and Qi ($P < 0.005$). Pharmacodynamical experiments on Xinjikan demonstrated that the remedy yields certain protective and therapeutic action on experimental rat models of cobalt myocardial disease. By acute and chronic toxicity experiments, it was proved that this remedy is safe and reliable, yielding no toxic effect of any kind.

Authors' address: Hebei College of TCM, Shijiazhuang Hebei 050091

Key words: Xinjikan / therapeutic effect / Xinjikan / pharmacology

(Original article on page 537)

Observation on diabetes mellitus treated by Baoyuan Jiangtang (Protecting — Primordium Lowering — Sugar) powder. Report of 35 Cases

Zhao Guanying Zhang Jing

Bying using the powder with the actions of invigorating Qi, nourishing Yin, clearing heat, generating fluid, strengthening the spleen, replenishing the kidney, activating blood circulation, eliminating blood stasis for the treatment of diabetes mellitus, rather good results were acquired. It is also effective in the prevention and treatment of complications of diabetes, including cardiovascular disease, nervous lesions, nephrosis. Marked improvements on the hemorheological indexes were also revealed.

Authors' address: General Hospital of PLA, Beijing 100853

Key words: diabetes mellitus /TCM therapy

(Original article on page 540)

Fifty cases of malignant hydrothorax treated by local application of traditional drugs

Zhang Yasheng

The results of treatment by topical application of traditional drugs for malignant hydrothorax showed that 10 out of the 50 cases had total absorption of fluid, 21 cases had partial absorption. It also revealed rather good

effect on the amelioration of clinical symptoms and the survival quality of the patients.

Author's address: Affiliated Yueyang Hospital, Shanghai college of TCM Shanghai 200031

Key words: traditional drugs /tumor/complications / malignant hydrothorax/TCM therapy

(Original article on page 545)

Chronic active B — hepatitis treated by activating — blood eliminating — wind principle

Zhang Changfa Zhang Shenlin Chen Xinguo, et al.

Seventy cases of intermittent, chronic, active B — hepatitis were treated by the principle of activating — blood and eliminating — wind. The total effective rate was 95.7%. A control group of 65 cases were treated by the principle of strengthening the spleen, clearing heat, and dissipating dampness with a total effective rate of 78.5% ($P < 0.05$). For experimental group, the results of clearance of anti — LSP, LMA, anti — nucleo — antibody, rheumatoid factors, HBsAg, anti — HBcIgM, HBV — DNA and appearance of positive rate of anti — HBe were all better than that of the control group ($P < 0.001$).

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Key words: B — hepatitis /TCM therapy hepatitis, chronic active/TCM therapy

(Original article on page 547)

Senile cortical cataract treated by ZYM eye — drops

Liu Xuemin Dong Xichun Shen Shiji, et al.

Observations were made on 182 cases (346 eyes) of senile cortical cataract treated by ZYM eye — drops made of traditional drugs. Results showed that ZYM eye — drops possesses the action of improving vision, alleviating the turbidity of the lens and the clarity of fundus. By comparing the results with that yielded by control group treated with catalin the short — term effect revealed no significant difference, while its long — term effect and improving the clarity of lens were better than the control group.

Authors' address: Tianjin Municipal Hospital of TCM, Tianjin, 300140.

Key words: Cataract/TCM therapy @ ZYM eye drop

(Original article on page 553)