

中药及手法治疗膝关节骨性关节炎 121 例疗效分析

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摘要 辨证运用中药及手法治疗,配合外用药及功能锻炼,治疗 121 例,获优 39 例,良 46 例,可 21 例,劣 15 例,总有效率 87.6%。

主题词 骨关节炎/治疗 膝关节

膝关节骨性关节炎多见于中老年人,主要表现为膝痛、肿胀、功能障碍、畸形等,一般属中医痹证范畴。我们自 1988 年 1 月至 1990 年 7 月,应用中药辨证及手法治疗,配合外用药及功能锻炼,治疗本病获较好效果,现将资料完整的 121 例,报告如下。

1 临床资料

121 例中,男 40 例,女 81 例。年龄 36~83 岁,平均 54 岁,其中 50 岁以下者 92 例。72 例为双膝发病,体型肥胖者 65 例。所有病例均有膝部疼痛,表现为主动活动时、负重活动时、变换体位时或静止时疼痛,34 例有膝关节肿胀,其中关节积液 24 例,滑膜、软组织肿胀 10 例,明显功能障碍 22 例,膝关节畸形明显 16 例,多为膝内翻。X 线片显示有关节间隙狭窄,软骨下骨板硬化及骨赘形成。

2 治疗方法

根据本病临床症候,分为 7 种痹证进行辨证治疗,并施以手法,配合外用药及功能锻炼。

2.1 行痹:6 例。表现为膝痛游走不定,或轻或重,时起时彼,痛无定处,关节屈伸不利。舌苔薄白或腻,脉浮。治以疏风通络,舒筋散结,方用防风汤加玉屏风散:黄芪 50g,防风 15g,白术 15g,赤芍 12g,秦艽 12g,五加皮 15g,当归 12g,羌活 10g,牛膝 10g。水煎服,每日 1 剂。手法当仔细触摸寻找痛性筋结或索条,或疼痛激发点,

施以揉、按、推、捋、刮及摩擦等手法。

2.2 着痹:24 例。以肿胀为主,膝关节内有积液,肢体酸沉重着,肌肤麻木不仁,下肢活动不便,疼痛缠绵,钝痛为主。舌苔白腻,脉濡缓。治以利湿行水,消散通络,方用四妙散加味:苍术 10g,黄柏 10g,苡米 20g,牛膝 15g,白术 12g,茯苓 12g,泽泻 10g,萆薢 15g,夏枯草 15g,五加皮 15g,木瓜 15g,水煎服,每日 1 剂。手法以提拿、揉按肌肉,揉按髌下脂肪垫及滚压等法为主。

2.3 痛痹:26 例。膝痛日久,固着不移,痛有定处,疼痛较剧,得热痛减,遇寒加重,局部不红不热。舌苔白,脉弦紧。治当祛寒止痛,舒筋活络,方用仙桃丸合乌术散(《普济方》)加味:威灵仙 15g,五灵脂 15g,川乌 5g,苍术 10g,牛膝 10g,白术 10g,桂枝 10g,甘草 10g。水煎服,每日 1 剂。此方不宜久服,一般 1 周即效,不超过 2 周。手法以揉拿提捏放松肌肉和松髌 I 式、松髌 II 式及牵拉扳镇为主。

2.4 热痹:4 例。膝痛伴局部红肿灼热,得冷则舒,痛不可近,关节不能活动。舌苔黄燥、脉滑数。治以清热消肿止痛,方用白虎加苍术汤:石膏 30g,知母 12g,甘草 10g,苍术 10g,黄柏 10g,苡米 15g,牛膝 10g。暂不用手法,用黄柏、煅石膏等量为末,水调外敷。

2.5 瘀痹:13 例。有损伤史,疼痛剧烈,痛有定处,按之痛甚而拒按,不敢活动,或有关节交锁。舌质紫暗或深红,脉涩。治以活血化瘀,理气止痛,方用活络效灵丹(《衷中参西录》)加味:丹参 15g,当归 10g,乳香 10g,没药 10g,牛膝 10g,川芎 10g,桃仁 10g,红花 10g,秦艽 10g,羌活 10g,元胡 10g,五灵脂 10g,地龙 10g。水煎服,每日 1 剂。手法以松筋动节为主。有交锁者,当急者治其标,行手法解锁:固定股部下端,握踝牵引,边牵引、边旋转、边屈伸,同时摇晃推按。

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2.6 郁痹:10例。痰湿阻滞于肌腠之间,关节周围软组织增生,滑膜肿胀,常伴关节积液,按之如揉面感或觉硬韧粗涩,膝痛绵绵,肿胀日久,酸软无力,不耐行站。舌苔白腻,脉滑。治以祛痰散结,行水利湿,方用白芥子散(《证治准绳》)加减:白芥子 10g,桂枝 10g,木香 10g,没药 10g,葶苈子 10g,泽兰 15g,防己 15g,泽泻 10g。水煎服,每日 1 剂。手法以揉压、按拿、推捋、松筋为主。配合外用薰洗药:伸筋草、透骨草、五加皮、威灵仙、木瓜、牛膝各 15g,水煎薰洗。

2.7 虚痹:可分为肝气不足和肝肾两亏施治。

肝气不足:22例。肌肉痿弱,膝软无力,行走不稳,疼痛绵绵不休,久站久行及上下楼痛甚,不负重则疼痛减轻,舌质红苔薄,脉弦细。治以补肝益气,养阴生津,强筋健膝,方用白芍甘草汤加味:白芍 18g,甘草 15g,赤芍 10g,牛膝 10g,山萸肉 15g,菟丝子 15g,木瓜 15g,五加皮 15g。每日 1 剂,水煎服。手法以揉、按、揉、拿、摩擦为主,改善血液循环,增强肌肉力量,同时指导患者作增强股四头肌力量练习;主动抬高伸膝负重伸膝直腿抬高运动。

肝肾两亏:16例。膝痛无力,关节变形,或有膝内翻,或髌骨外移。舌苔淡白或质红苔少,脉沉弱或细数。予健步虎潜丸,早晚各服 1 丸。同时嘱其间断使用支具,如护膝、矫形鞋垫或手杖等。畸形明显者施以手术治疗。

用药多数为 2~3 周,不超过 1 个月。手法每隔 1 天 1 次,7 次为 1 疗程,休息 3~5 天,再作第 2 疗程。一般治疗 1 个疗程,少数为 2 个疗程。随访时间平均为 10 个月(2~19 个月)。

3 疗效分析

3.1 疗效评定标准:在治疗前后对每个患者按附表中疼痛、活动范围、步行能力、肿胀、畸形 5 项,每项症状表现及病情轻重分别予以计分。按附表计分标准,治疗后总分达 85 分以上,或提高 25 分以上为优;总分达 70 分以上,或提高 15 分以上为良;总分为 55 分以上,或提高不足 15 分为可;总分低于 55 分,或未见提高者为劣。

3.2 治疗结果:经治疗后,本组 121 例中获优 39 例(32.2%),良 46 例(38.0%),可 21 例(17.4%),劣 15 例(12.4%),优良率为 68.6%,总有效率为 87.6%。评为劣 15 例中畸形严重,辨证为肝肾两亏之虚痹 12 例,另 3 例为损伤后瘀痹。15 例中 12 例转手术治疗,证实为半月板严重破裂 2 例,关节内游离体 1 例,膝内翻 6 例,严重髌骨关节炎 3 例,术后效果良好。

附表 临床表现计分标准

症状或体征	程度	临床表现	计分
疼痛	不痛	不痛或偶有不适	30
	轻痛	微痛或劳累后疼痛	25
	中度痛	疼痛能忍受,但干扰情绪	15
	重痛	需服止痛药,休息亦不减轻	5
	剧痛	疼痛难忍,无法控制	0
活动范围	正常	伸展 120°以上	20
	轻度受限	伸展 90~119°,能上下楼	15
	中度受限	伸展 60~89°,上下楼痛	10
	重度受限	伸展 30~59°,手扶上下	5
	近乎丧失	伸展 0~29°,需用支具	0
行走能力	正常	可快步行走	20
	轻度障碍	能行 500~1000 步	15
	中度障碍	步行 500 步以内	10
	重度障碍	仅能室内走动	5
	步行不能	不能行走	0
肿胀	正常	不肿	15
	轻度	略肿,诱发试验(+)	10
	中度	平髌,浮髌试验(+)	5
	重度	高出髌骨,张力大	0
畸形	正常	无畸形	15
	轻度	膝内翻 10°以内	10
	中度	膝内翻 10~20°	5
	重度	膝内翻大于 20°	0

4 讨论

中医对痹证认识由来已久,历代医家均认为风寒湿邪致痹,或郁而化热为热痹。膝痛一般属痹证范畴,其发病率高,症状多样,风寒湿热痹不能概括,笔者依据多年临床观察提出瘀痹、郁痹、虚痹(分肝气不足和肝肾两亏)等。从本人临床观察来看,7 类痹证中以虚痹、着痹、痛痹为多见,治疗当辨证用药,分别予以白芍甘草汤加味,健步虎潜丸、四妙散加味和仙桃丸合乌术散配合手法治疗,可以取得较好效果,但虚痹中肝肾两亏者效果差。

ABSTRACTS OF ORIGINAL ARTICLES

Clinical Observation on 116 Cases of Gonococcal Arthritis Treated by Acupuncture—Moxibustion

Wang Kan

Comprehensive therapy, including garlic — partition moxibustion, bloodletting—cupping and aspiration for dydrarthrosis with acupuncture — moxibustion as the main measure. Points selected include Dazhui, Quchi, Zusanli and points related to the affected joints on the basis of channel theory. Of the 116 cases, 74 were cured, 17 markedly effective, 11 ameliorated, 18 ineffective, the total effective rate being 94.5 %.

Authors' Add: Shandan County Hospital of TCM, Shandan Gansu, 734100

Key Words: arthritis/microbiology arthritis/acu — moxibustion therapy *Neisseriae Gonorrhoeae*

(Original article on page 728)

Observation on Senile Primary Thrombocytopenic Purpura Treated by Method of Tonifying Kidney and Activating Blood—stasis

Zhou Yongming, Xue Zhizhong, Huang Songling, et al.

Twenty—two cases were treated with 5 cases markedly effective, 9 cases fairly effective, 6 cases improved, 2 cases ineffective. The efficacy was stable, with no untoward reactions upon follow — up exam. All the immunologic indexes and marrow megakaryocytes were markedly improved.

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Key Words: Thrombocytopenic purpura/TCM therapy Kidney tonification (TCM)/blood activation

(Original article on page 730)

Clinical and Experimental Studies on the Anti—toxic and Side—effect of Sisheng Decoction in Radiotherapy

Ling Chungquan, Chen Lianqi, Chen Zhe, et al.

Cases of nasopharyngeal carcinoma receiving radiotherapy were treated by Sisheng Decoction which yielded marked antagonistic actions against the decrease of WBC and platelets. Thus, 97.4% of the cases were able to successfully receive the whole course of

radiotherapy. Animal experiment showed that the actions of the Decoction was realized by regulating the contents of β -endorphine in the blood.

Authors' Add: First Affiliated Hospital, First Military Medical University, PLA, Shanghai, 200433

Key Words: Radiotherapy/side effect leucopenia/TCM therapy @ Sisheng Decoction

(Original article on page 733)

Observation on Sterility due to Chronic Prostatitis and Epididymitis Treated by Self — formulated Qingjing Decoction: Report of 103 Cases

Zhou Anfang

Studies on sterility due to abnormal seminal fluid as a result of chronic prostatitis and epididymitis in 103 cases were treated by self — formulated Qingjing Decoction with a cured rate of 77.7%, among whom 42 cases were pregnant, the rate of pregnancy being 40.8% and the total effective rate, 90.3%. Clinical observation revealed that the Decoction was capable of eliminating WBC and pus cell in the semen, liquefying the seminal fluid, increasing the rate of motility of the sperm and decreasing the rate of deformed sperm.

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Key Words: Sterility, male/TCM therapy prostatitis/TCM therapy Epididymitis/TCM therapy

(Original article on page 737)

Analysis on 121 Cases of Osteo — arthritis of Knee Joints Treated by Manipulation plus Traditional Drugs

Wu Linsheng, Jin Yanli

By using Chinese materia medica on the basis of differentiation by Zheng and manipulation therapy, together with topical application of medicines and functional exercise, we obtained a total effective rate of 87.6% in which 39 were excellent; 46, good; 21, fair; 15, ineffective.

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Key Words: Osteoarthritis/treatment knee joint

(Original article on page 742)