

放环后月经失调 80 例施治

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摘要 本文报道放环后月经失调 80 例,以自拟方脾肾两补、养阴清热,佐以凉血止血之品治疗情况。

主题词 宫内避孕器/副作用 月经失调/中医药疗法 月经失调/病因学

自 1987 年 6 月至 1993 年 6 月,笔者在月经病专科门诊,拟脾肾两补、养阴清热之法,治疗置放节育环(IUD)引起的月经失调共 80 例,疗效满意,现报道如下。

1 临床资料

80 例患者均经 X 光透环,环位正常;B 超检查均未见占位病变;排除病理性阴道出血、子宫功能性出血及凝血机制障碍而引起出血。

80 例均系已婚育龄妇女,最小年龄 25 岁,最大年龄 38 岁,平均年龄 31 岁。放置节育环半年~1 年者 19 例,1⁺~2 年者 22 例,2⁺~3 年者 26 例,3 年以上者 13 例。其中放置尼龙环者 48 例,金属环者 32 例。

80 例患者中有经行量多,甚则如崩者;亦有初临 2~3 天量多而后淋漓不净,绵延达半月以上者,其总量亦较正常为多。80 例患者平均月经量约 120ml 左右,平均月经周期约 10 天左右。

2 治疗方法

本组病例症见月经量多或淋漓不净,色红或淡红,头晕,耳鸣,口干,腰酸乏力,纳呆便溏或便干溲赤,苔薄白质红,脉沉细或细数无力。辨属脾气不足,肾阴亏损,导致脾不统血,阴虚内热,迫血妄行,拟脾肾两补,养阴清热治其本,佐以凉血止血治其标。

自拟方:党参 15g,炙黄芪 30g,焦白术 12g,升麻 6g,生地 15g,炒白芍 12g,炙龟板

12g,川断 12g,阿胶 9g,炒知柏各 12g,地榆炭 12g,侧柏炭 12g,煅龙牡各 30g。气虚甚者加生晒参 3g,每日泡茶服;阴虚甚者加西洋参 3g,每日泡茶服,或上方加用炙鳖甲 12g,川石斛 30g,玉竹 12g,黄精 12g;内热重者可加焦山栀 9g,黄芩 12g,丹皮 12g,生赤芍 12g。

每次月经周期前 1 周即服上方,每日每剂煎服 2 次,连服 2 周。3 个月经周期为 1 疗程。

3 疗效分析

3.1 疗效标准:月经量明显减少,每次经量<80ml(约卫生巾 1 包/经期),经期<7 天,症状痊愈,评为显效;月经量减少(卫生巾用量 1.5 包/经期)或周期比服药前缩短,各种症状明显好转,评为有效;经量、经期、各种症状治疗后无好转,评为无效。

3.2 治疗结果:本组 80 例经治疗后,获显效 43 例(53.8%),有效 32 例(40.0%),无效 5 例(6.3%),总有效率为 93.8%。本组病例服药后,一般 2 个月即可见效,本组 1 个疗程获效 54 例,2 个疗程获效 21 例。

4 讨论

在置放节育环后产生的不良反应中以月经过多最为常见,置环后 3 个月内月经过多发病率最高,6 个月内一般能自然好转。因此,本组病例均在 6 个月以上,以排除自愈的可能。

安置 IUD 后月经过多或淋漓不净,祖国医学认为是胞宫气血壅滞,久而化热,迫血妄行;或损伤肾气,肾失固摄,冲任失调所致;或环伤脉络,瘀滞胞宫而致月经失调。继后循环复始,三者互为因果。再则,素体虚弱,产后或人流后气血亏损,放置节育环则更易扰动冲任,血脉瘀阻,新血不得归经,以致月经失调。笔者根据上述病因病机分析,用脾肾两补、养阴清热之法佐以凉血止血之品,并随症加减,获较好疗效,有利于在计划生育工作中做些研究。

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ABSTRACTS OF ORIGINAL ARTICLES

Experience on Treatment Based on Differentiation of Syndromes in Acute Rejection Reaction in Orthotopic Transplantation of Liver

Yu Shenshan, Chen Changwei, Xiao Guangsheng

The experience on a case of human allogeneic orthotopic transplantation of liver with acute rejection reaction treated with differentiation of syndrome was reported. The principles of clearing heat, eliminating dampness, detoxification and eliminating filth, soothing and dredging liver and bile, facilitating bile duct, immune depressing method was also used so that the primary rejection reaction was rapidly brought under control and reversed. Then phlegm and blood stasis were treated at the same time with facilitating the flowing of bile, so that the remained jaundice can be also cured and liver function recovered.

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Key Words: Liver/transplantation postoperative complications/ TCM therapy allotransplantation

(Original article on page 586)

Studies on Action of Anti-fibrosis of Liver by Recipes of Supporting Resistance and Eliminating Blood Stasis

Liu Cheng, Liu Ping, Hu Yiyang, et al.

Liver fibrosis induced by CCl₄ in rat models were prevented and treated by recipes of supporting resistance and eliminating blood stasis. Results showed that it decreased the HyP contents in rat's liver and the severity of fibrotic proliferation. For posthepatic cirrhosis, it decreased the HA and LM contents but no changes can be observed in control group.

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Key Words: Liver/pathology @ Recipe of Supporting Resistance and eliminating blood stasis

(Original article on page 602)

Irregular Menstruation After Intrauterine Ring Installation for Contraception

Xin Wenhua

Eighty such cases were reported. All the cases were treated by self-formulated recipes for nourishing the

spleen and kidney, replenishing Yin, clearing heat, supplemented by drugs for cooling blood and hemostasis.

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Key Words: Intrauterine contraceptive devices/side effect irregular menstruation/TCM therapy irregular menstruation/etiology

(Original article on page 612)

Infusion Granules of Meiheqi for Globus Hystericus.

Li Qingchun, Chang Guizhen, Li Min, et al.

The solution has an action of easing the chest, regulating Qi, dissipating phlegm, dispersing pathogenic nodules, harmonizing the stomach, depressing adverse rushing flow, facilitating the pharynx and stopping restlessness. 180 cases were treated with a total effective rate of 98.7%, while that of a control group treated with Xiaoyao Pills was 69.7%.

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Key Words: Globus hystericus/ TCM therapy @ Infusion Granules of Meiheqi

(Original article on page 613)

Study on Law of Distribution of Chronic Stomach-ache Syndrome

Zhang Guanghua, Zhang Lei, Weng Shuqin, et al.

The domestic regular standard for diagnosing stomach-ache was applied in 2315 cases, and observed systematically for their syndrome grouping. Results revealed that this is rather complex with only 28.8% revealing typical syndrome. Among the cases, syndromes of Qi-stagnation, debility including deficient cold, stagnant fire, damp-heat are more frequently seen, with the most frequent one encountered in Qi-stagnation. Sole and compound syndromes were mostly focussed in these 4 groups, suggesting most of the stomach-ache were of excess in nature.

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Key Words: stomachache/diagnosis Chronic diseases

(Original article on page 617)