

中药治疗糖尿病性视网膜病变的临床观察

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摘要 应用中药治疗糖尿病性视网膜病变 74 例 144 眼,总有效率 89%。经临床观察,证明中药对糖尿病性视网膜病变有早期防治的作用,并对其病因病机作了进一步探讨。

主题词 糖尿病性视网膜病/中医药疗法

糖尿病患病率日趋增多,年龄逐年偏低,而糖尿病性视网膜病变约占糖尿病人数的 50% 以上。其病理改变为毛细血管细胞结构及渗透性的改变,毛细血管微动脉瘤及闭塞区形成等微循环结构及功能的紊乱。我们根据辨证施治原则,结合眼部临床表现,分为三个组五个证型,分别予以治疗,现报道如下:

1 临床资料

共观察糖尿病视网膜病变 74 例 144 眼,其中男 42 例,女 32 例。年龄 17~69 岁,平均 48.8 岁。病程 2~30 年不等。临床表现为视力下降,视野改变,眼底视网膜微动脉瘤,出血,硬性及软性渗出,新生毛细血管及增殖条索形成等不同程度的改变。

根据眼部的临床表现,将本组病例分为三组:Ⅰ组 20 例,视力 0.6 以上,视野基本正常,眼底可见视网膜微动脉瘤,小出血点或黄白色硬性渗出及出血斑等。Ⅱ组 38 例,视力 0.1~0.5,视野在 20°以上,眼底可见上述症状增加有灰白色软性渗出物。Ⅲ组 16 例,视力 0.1 以下,视野 5°,眼底视网膜可见新生毛细血管或并有玻璃体出血,纤维增殖及视网膜脱离等。

2 治疗方法

本组病例按上述分为三组,再辨证分为五型予以中药汤剂。治疗期间除胰岛素依赖型患者继续予以胰岛素治疗外,其余患者停用一切其他药物,但予以糖尿病饮食。

Ⅰ组辨证分为两型予以施治。气血两虚型:伴有少气懒言,乏力自汗,心悸失眠,眩晕,面色不华,尿频量多,唇舌色淡,脉细弱。治以补气养血为主,药用黄芪、人参、当归、川芎、熟地、茯苓、白术、炙甘草等。阴虚火旺型:伴有五心烦热,失眠多梦,盗汗,口干舌燥,烦渴多饮,尿频量多,舌红少津,脉细数。治以滋阴降火止渴,药用生地、藕汁、当归、山药、茯苓、泽泻、枳壳、地骨皮、黄芩、知母、五味子、黄柏等。

Ⅱ组辨证分为两型施治。肝肾阴虚型:伴有五心烦热,颧红盗汗,耳鸣胁痛,腰膝酸软,尿频量多,混浊如脂膏或尿甜,舌红少苔,脉细数。治以滋补肝肾,药用熟地、生芪、元参、苍术、山茱萸、山药、枸杞子、菊花、龟板、女贞子、葛根、黄柏等。脾肾阳虚型:伴有形寒肢冷,面色苍白,腰膝或少腹冷痛,小便频数,混浊如膏,饮一溲一,阳痿,舌淡苔白,脉细无力。治以温补脾肾,药用补骨脂、五味子、附子、肉桂、干姜、大枣、人参、白术、吴茱萸、肉豆蔻等。

Ⅲ组仅辨证分为一个证型治疗。痰热上扰型:伴有形体消瘦,多食易饥,大便秘结,舌苔黄燥,脉滑实。治以清热化痰,药用半夏、陈皮、黄芩、地骨皮、瓜蒌、橘红、南星、枳实、白术、苍术、沉香等。

3 疗效分析

3.1 疗效标准:痊愈:视力、视野正常,眼底微血管瘤、出血、渗出等特征基本消失;显效:视力提高 3 行以上,视野扩大 10~15°,出血完全或大部分吸收,渗出物大部分吸收;好转:视力提高 2 行,视野扩大 5~10°,出血及渗出物部分吸收;无效:治疗前后无明显变化。

3.2 效果及分析:附表示,本病三组患者经辨证治疗后,Ⅰ组疗效最好,总有效率为 100%,有 4 例获痊愈;Ⅱ组疗效次之,总有效率为 91.7%,但无痊愈者;Ⅲ组疗效较差,无痊愈显效

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者,好转率为71.9%。三组总有效率为89.6%。疗程为8个月至1年。

附表 三组治疗效果的比较

分组	总眼数	痊愈眼数(%)	显效眼数(%)	好转眼数(%)	无效眼数(%)
I组	40	4(10.0)	16(40.0)	20(50.0)	
II组	72		25(34.7)	41(56.9)	6(8.3)
III组	32			23(71.9)	9(28.1)
合计	144	4(2.8)	41(28.5)	84(58.3)	15(10.4)

4 体会

临床治疗过程中观察到,糖尿病性视网膜病变的病机主要是阴虚、燥热、气虚三者导致阴虚津液亏少,血行不畅瘀滞;阴虚生内热,煎熬营血,血液粘稠,瘀阻脉络,血失统摄而外溢;气不化阴,痰浊内生,聚集胶结,导致出血、渗出等眼底种种病变。若心气虚运血无力,血行缓慢瘀滞,则眼底可见微血管瘤。若阴虚生内热,虚火上炎、火热内扰、火郁脉络、热伤营血、气血逆乱则血不循经溢于脉外可出血、渗出。若肝肾阴虚,血脉不得充盈,鼓动无力,气虚运化无力,水

湿上泛故渗出。若脾肾阳虚,脾失运化,水湿漫溢,上泛故水肿。根据上述病因病机分别选用补气养血、滋阴降火、滋补肝肾、温补脾肾和清热化痰五个治疗方,并可随证加减。如早期出血,可加桃仁、红花、泽兰等活血祛瘀及麝香、冰片等芳香走窜之药。如血热妄行致出血者,常用地榆、小蓟、茜草根、侧柏叶等凉血止血药。若新鲜出血未成瘀者可用仙鹤草、白及、藕节等止血药。若出血已成瘀且反复出血者,常用三七、蒲黄、血竭等药。若渗出较多者常用茯苓、猪苓、泽泻、滑石、薏苡仁等利水渗湿之药。若增殖期病变突出者可活血化瘀、软坚散结为主,待血吸收后,当以扶助正气、益气养阴、滋补肝肾为主。

通过口服中药汤剂后,使部分视网膜、玻璃体前出血吸收,严重毛细血管损害伴小动脉受累所致软性渗出物及血管渗漏的硬性渗出物有不同程度吸收。从而证明了中药可以改善眼底视网膜微循环功能,促使糖尿病性视网膜病变视功能部分或全部恢复。

金盏医院诚聘名医

金盏医院是北京市朝阳区卫生局所属的全民所有制医院,是卫生局医疗体制改革、开展医疗市场的试点单位。该院门诊部位于北京市工人体育场东侧,有楼房30余间和X光、B超、化验等辅助设施。住院部有楼房70余间,病床80张,电、暖等各种设施齐全。医院另有较强工作能力的新闻及广告设计人员。院长为原北京军区总医院主治医师,原国家医药管理局干部、风湿病专家石玉山先生。

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ABSTRACTS OF ORIGINAL ARTICLES

Impact of Injection of Radix Salviae Miltiorrhizae on the Prognosis of Acute Myocardial Infarction

Wang Shouyi, Dai Ruihong, Fan Weihu

In 1350 cases of AMI admitted in 10 major hospitals in Shanghai during 1985—1989, it has been proved the mortality rate decreased almost 33% due to pumping failure in 388 cases of male patient. However, no obvious effect was revealed in female victims.

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Key Words: Myocardial infarction/TCM therapy Injection of Radix Salviae Miltiorrhizae/therapeutic application prognosis

(Original article on page 29)

Trigeminal Neuralgia Treated by Kemiantong (Antifacial Pain) Powder Snuffling

Li Pengtao, Wang Xinyue, Yuan Jun, et al.

By snuffling kemiantong through the impaired side nostril, 62 cases of primary trigeminal neuralgia were treated with another 42 cases randomly grouped for control. Results showed the total effective rate for the treating group was 91.9%. It's especially effective for the involved II, IV branches of the nerve, the rate being 100%. When compared with the 26.2% total effective rate of the control group treated by Shuanliao Houfeng Powder as placebo, the difference was significant. The pain threshold of the innervated area was also raised at the same time.

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Key Words: Trigeminal nerve pain/TCM therapy snuffling @ Kemiantong Powder

(Original article on page 35)

Diabetic Retinopathy Treated by Chinese Materia Medica

Liu Jing

Altogether 74 cases with 144 eyes were treated with a total effective rate of 89%. It was proved clinically that Chinese traditional drugs yields early prevention and therapeutic actions on diabetic retinopathy. Explorations were also made on its pathogenicity and mechanism.

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Key words: Diabetic retinopathy/TCM therapy

(Original article on page 38)

Anti-Endometrial Antibodies Treated by Yikangning

Huang Qiuchao, Huang Yufeng, Wu Jianguo, et al.

84 cases of female sterility with positive serum EmAb were treated with Yikangning, a Chinese traditional compound. Results revealed that 15 cases with endometriosis had their EmAb turned negative. 2 of them were conceived. 65 cases of 69 with idiopathic sterility revealed negative serum EmAb with 2 of them became pregnant. 8 of them had delivery of normal foetus. 87.5% of the cases had clinical symptoms ameliorated.

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Key Words: endometriosis/TCM therapy @ Yikangning

(Original article on page 40)

Diagnostic Significance of TCM Tongue Diagnosis in Contrast with Enteroscopic Exam in Lower GI Tract Diseases

Dai Weizheng, Dai Haoliang, Zhang Jianwei, et al.

From the data of lingual picture and fibroptic colonoscopy in 235 cases of lower GI tract diseases, it was demonstrated that the structural ratio of lingual fur, changes in tongue proper and enteroscopic diagnosis revealed marked difference ($P < 0.05$, $P < 0.01$). In all the groups, most cases had yellow fur, amounting to 79% in the inflammatory group. The tongue proper were mostly darkish red, bluish purple. For cases of cancer, it was greenish purple, revealing marked difference ($P < 0.01$) when compared with the normal group, demonstrating that TCM tongue diagnosis was very significant in enteroscopic diagnosis.

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Key Words: Tongue diagnosis Diseases of GI tract/diagnosis colonoscopy

(Original article on page 43)