

中药治疗小儿糖源性腹泻的疗效观察

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摘要 糖源性腹泻患儿 88 例用中药辨证治疗,分为湿热困脾、脾虚湿渍两型。结果痊愈率达 62.5%,总有效率达 92.1%。

主题词 腹泻/中医药疗法 碳水化合物/代谢 @糖源性腹泻

糖源性腹泻(Sugar induced diarrhea, SID)是指由于糖类(碳水化合物)消化或吸收不良以致糖在肠腔内积贮引起渗透压增高以及细菌发酵引起的腹泻。小儿 SID 多由哺乳期乳糖酶活力降低或/和肠炎后继发乳糖吸收不良所致。国内于 80 年代初 SID 引起学者重视,乳糖吸收不良在国内婴儿腹泻中占 60%左右,但因诊断糖吸收不良的技术开展不多,故有关 SID 的中药治疗未见报道。1992 年 6 月~1993 年 6 月间,我们采用王建奎等的改良 Rubner 法进行腹泻粪乳糖测定,对乳糖阳性的 88 例患儿用中医辨证施治治疗,取得一定的疗效,报告如下:

1 临床资料

本组 88 例中男 51 例,女 37 例,年龄 1~6 月 62 例,6 月~1 岁 24 例,1~2 岁 2 例。乳糖阳性($\geq$ ++)88 例。全部患儿为乳类喂养,其中母乳喂养 72 例,牛乳喂养 12 例,混合喂养 4 例。主要临床表现:粪便为水样稀便,带泡沫,呈酸臭味。大便常规:白细胞阴性或 $\leq$ 5 个/高倍视野,红细胞阴性,可见不同程度脂肪球。大便培养无异常。腹泻病程 5~14 天 42 例,15 天~4 月 46 例。入院前经用抗生素、助消化药均无明显疗效。

2 治疗方法

本组病例全部采用中医辨证分型治疗,中药水煎剂口服,每日 1 剂,治疗时间为 6 天以内。依证分为以下两型。

湿热困脾型:大便稀水,或有泡沫,或呈粘液,色黄酸臭,次频量多,肛周红赤,或伴发热,口渴,呕恶,溲黄,舌质红,苔黄或黄腻。治宜运脾清热化湿。药用苍术、车前子(包)各 6g,黄芩 3g,葛根、麦芽、扁豆各 9g。共治 40 例。

脾虚湿渍型:大便稀溏,或呈泡沫,或夹乳块,乳食减少,面色少华,久泻不愈,舌淡红,苔薄白或薄腻。治拟运脾温中化湿。药用炒苍术、炒白术各 6g,肉豆蔻 3g,麦芽、炒扁豆、煨葛根各 10g。共治 48 例。

3 治疗结果

大便次数及性状完全恢复正常,粪乳糖定性阴性,评为痊愈者 55 例,占 62.5%;大便次数及水分减少,粪乳糖 $\leq$ (+)评为好转者 26 例,占 29.6%;大便次数和性状无改变,粪乳糖 $\geq$ (++)评为无效者 7 例,占 7.9%;总有效率 92.1%。

4 讨论

SID 的治疗,国内尚缺乏资料,国外已有多种去乳糖奶粉、乳糖酶供临床使用。若滥用抗生素可抑制乳糖酶的活力,反而使病程迁延。故研究中药治疗本病是儿科临床的重要课题。

本病以母乳喂养和 1 岁以内小儿发病率最高,这可能由于母乳儿摄乳量较多,母乳糖含量(7g/dl)大大高于牛奶乳糖含量(4.8g/dl),且该年龄消化系统发育尚未健全,乳糖酶缺乏或减少,从而使患儿对母乳的耐受力差。这正是小儿脾气未健,其运不全为基本内容的脾常不足状态在本病的集中反映,并在该病发病中始终发挥主导作用。脾为湿土之脏,喜燥恶湿,得阳始运,遇湿则困,湿邪是本病的致病因子和病理产物。病初湿邪多从阳化,乳食积滞,火郁气阻也易酿为湿热,故湿热困脾是本病急性期的病理特点和基本证型。“脾阳不伤不泻”,“久泻必损脾阳”,泄泻经久,耗气伤阳,脾虚不能温运

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腐熟水谷,湿浊停留不化,清浊相混,升降失司,故脾虚湿渍是本病迁延难愈的病理特点。

脾健不在补,贵在运,运转脾气,舒展脾阳,恢复脾运,俾脾气复健,而湿化气畅,故以运脾化湿为治疗大法。用苍术、麦芽为主药,苍术性味微苦,芳香悦胃,开郁宽中,醒脾助运,疏化水湿,正合脾之习性,旨在运脾以升清,祛湿以通阳,集运脾与化湿之功于一身,尤中本病之肯

綮;麦芽甘平,快脾开胃,下气和中,消食化积,药宜生用。湿热型加扁豆、葛根、黄芩、车前子以清热化湿,消食助运,分利治泻。脾虚型加炒扁豆、煨葛根、炒白术、肉豆蔻以健运脾土,升阳化湿,收敛止泻。验之临床,治愈率为62.5%,有效率为92.1%,充分说明了中药治疗小儿SID有独特的疗效,亦为中医治疗本病开创了一条新路。

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ABSTRACTS OF ORIGINAL ARTICLES

Postoperative Residuals and Relapsing of Primary Liver Carcinoma Treated by Chinese Drugs and Chinese Drugs Plus Chemotherapy

Lin Junhua, Xu Yiyu, Yu Erxin

One hundred and ten cases of postoperative residuals, relapsing and metastasis in primary liver carcinoma were treated by traditional drugs and traditional drug plus chemotherapy. The drugs were of strengthening spleen, regulating Qi, dispersing Liver, relieving stagnation, dissipating dampness, mediating the stomach and spleen, invigorating Qi and replenishing blood. Results revealed that the 1-year survival rate in 110 cases was $70.78 \pm 8.53\%$, 3-year survival rate was $33.82 \pm 9.25\%$, 5-year survival rate was $16 \pm 7.43\%$ (by list of life-span method). Among them, 4 cases have survived for over 10 years, indicating that the treating principles of supporting the body resistance and strengthening the spleen is significant in prolonging the survival rate of primary liver carcinoma after operation.

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Key Words: Liver Tumor/ method of integrated Chinese and western medicine Liver Tumor/surgical operation cancer metastasis

(Original article on page 220)

Severe Cases of Vomiting in Pregnancy Treated on the Basis of Differentiation of Syndrome Manifestations: Analysis of 115 Cases

Jiang Xiping, Wu Xianghong

The cases were differentiated into 4 types, viz. disharmony of liver-stomach, deficiency of spleen-stomach, inner obstruction of damp-phlegm, and deficiency of both Qi and Yin and treated on the basis of syndrome differentiation. For cases with severe vomiting, concentrated decoction of traditional drugs for steam inhalation was added. After 2-3 weeks therapy, 78 were cured, 30 were markedly effective, 7 effective, the total effective rate being 100%. The efficacy was the best in type of disharmony of liver-stomach, whereas the worst, in type of deficiency of both Qi and Yin.

Authors' Address: Guanganmen Hospital, Academy of TCM, Beijing, 100052

Key Words: Vomitus gravidarum/TCM therapy treatment based on differentiation of syndrome manifestations

(Original article on page 225)

Observation on Therapeutic Effect of Sugar Induced Diarrhea in Children Treated with Chinese Traditional Drugs

Hu Yibao, Yao Weiren, Wang Jianmin, et al.

Eighty-eight cases of sugar induced diarrhea in children were treated by TCM on the basis of differentiation of syndrome manifestation. Two types were differentiated, namely spleen jeopardized by damp-heat evils, deficient spleen immersed in dampness. Results showed that the cured rate was 62.5%, with a total effective rate of 92.1%.

Authors' Address: Peizhou Municipal Hospital of TCM, Jiangsu, 221300

Key Words: Diarrhea/TCM therapy carbohydrates/metabolism @ sugar induced diarrhea

(Original article on page 227)

Establishment of Animal Model of Deficiency of Lung—Qi "Syndrome" in Rats

Xu Xihong, Kong Fanzhi, Yu Xiaoxia, Zhang Jianmin, et al.

Rats were stimulated with exogenous wind, cold and SO₂, causing coughing, dyspnea, listlessness, and vulnerable to disease which are manifestations of deficiency of lung-Qi. Examination revealed that the cellular and humoral immunity in such animal models were decreased, the time of swimming with burden was shortened, the skin temperature, especially in the dorsal surface was lowered. Microstructural observation showed that defective lesions were extensively present in the trachea and bronchi. Bufei decoction was effective to relieve symptoms and syndromes of the rat.

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Key Words: Deficiency of Qi/Lung disorders (TCM) model of disease, animal

(Original article on page 230)