

四 诊 研 究

急性心肌梗塞的特殊舌象

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摘要 急性心肌梗塞(AMI)患者发病早期出现一种特殊的舌象改变,即在舌前部出现红色的椭圆形或三角形或长方形,平坦而不高出舌面,其上少苔,面积大约 $2\text{cm} \times 2.5\text{cm}$ 左右,较周围舌面干燥少津,边界分明,此种舌象在发病24小时内出现率高达43.48%。随着病程延长,出现率逐渐减少,该舌象对急性心肌梗塞早期诊断具有辅助价值。

主题词 心肌梗塞/诊断 舌诊 舌象

舌诊是祖国医学四诊的重要内容之一,为历代医家重视。祖国医学认为“心开窍于舌”“舌为心之苗”,因此舌与心有密切联系。鉴于急性心肌梗塞(AMI)舌象分布特点及其演变规律描述甚少,且AMI舌象特征性改变更是未见报道。为了挖掘发展祖国医学对AMI防治的宝贵经验,丰富临床舌诊内容,我们对AMI患者舌象进行了动态观察,发现AMI的患者舌象在发病早期有特征性改变。

1 临床资料

本组病例选择天津市第一中心医院CCU病房发病3天内入院的AMI患者74例,诊断符合1979年IS-FC/WHO制定的标准。其中死亡5例,存活69例。男性52例,女性22例。年龄38~77岁,平均63岁。梗塞部位以心室下壁、前壁为主。既往有高血压史者37例,糖尿病史者14例,脑梗塞史者4例,合并症以合并心律失常为主,共36例。

2 观察方法和结果

采用常规目测方法。患者住院期间每日晨起观察1次。并将结果记录在特制的表格中,对典型舌象变化采用天津市中医工程研究所研制的舌象摄影仪进行摄制。在AMI临床舌象观察中,我们发现部分患者在发病早期舌象出现一种特殊的典型变化,在舌前部出现红色的、椭圆形或三角形或长方形的,平坦而不高出舌面,面积大约 $2\text{cm} \times 2.5\text{cm}$ 左右,其上少苔,且较周围

舌面干燥少津,边界分明的一种舌象改变,我们称之为“剥斑”。

本组发病24小时内入院的46例患者中,剥斑出现率达43.48%(20例)。随着病程延长,出现率逐渐减少,72小时视察69例(5例死亡者除外),出现5例(7.25%),1周时69例中仅有2.9%(2例),2~4周时未见此舌象。各病程间相比,差异非常显著($P < 0.01$)。

剥斑只出现于AMI发病早期,以发病24小时内多见,其形态清晰可辨,具有典型特征。对AMI早期诊断有辅助意义。

3 讨论

AMI是临床常见的心血管急重症之一。祖国医学虽无此病名,但有关此病的记载散见于历代典籍之中,一般多在“真心痛”“胸痹”等病症中论述,并积累了丰富的辨证诊治经验,但对AMI患者舌象观察和描述记载甚少,为此我们进行了AMI患者舌象的系统观察,结果发现AMI发病最初,部分患者舌象可以出现典型的特征性改变,即剥斑,其表现在舌前部出现红色的、椭圆形或三角形等形态不一,平坦而不高出舌面,面积大约是 $2\text{cm} \times 2.5\text{cm}$,其上少苔,且较周围舌面干燥少津,边界分明,易于辨认的一种舌象改变。此种舌象只出现于AMI发病早期,且持续时间不等,短者数小时内即消失,长者可持续1周左右,大多持续2天左右即消失。出现这种典型舌象的患者多伴随梗塞后心绞痛,且疼痛剧烈,甚者大汗淋漓。

AMI这种典型舌象特征,尚未见文献报道,在其他疾病中尚未发现此种舌象特征且多出现于AMI早期,发病24小时内最为多见,高达43.48%。为AMI早期诊断提供了有价值的体征,具有辅助诊断意义。

AMI患者出现此种舌象的机理尚不清楚,我们推测分析,舌为心之苗,舌与心同为肌性器官,舌内血管丰富,血液供应充沛,舌前少苔覆盖,蕈状乳头变化异常灵敏。AMI由于冠状动脉突然闭塞,心泵功能减弱,部分心肌坏死,各种酶类物质释放入血,这些变化往往通过血液循环影响全身。舌为外露脏腑,心脏这种病理变化反映于舌,即可能出现剥斑,其确切机理有待于今后探讨。

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ABSTRACTS OF ORIGINAL ARTICLES

Ovarian cyst treated by Pill of Ramulus Cinnamoni and Poria with additives.

Wang Huilan

This Pill was selected on the basis of the treating principles of bloodactivation, stasis elimination, phlegm dissipation and lump—removal, concerted with Pill of Rhei and Eupolyphaga sinensis. A total of 300 cases were treated for 3 successive months. Of them, 255 were cured, 30 alleviated, 15 ineffective, the total effective rate being 95%.

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Key Words: Pill of Ramulus Cinnamomi and Poria/therapeutic action ovarian cyst/TCM therapy

(Original article on page 355)

Clinical study on prevention and treatment of postmenopausal osteoporosis with Chinese bone—protection mixture.

Chen Darong, Tang Xianzhu, Zheng Kunyu, et al.

This mixture yielded the actions of lowering urine calcium (Ca^{++}), urine HYP, Ca^{++}/Cr , HYP/Cr in primary postmenopausal osteoporosis, regulating the level of estradiol (E_2). It also prevented the bone from further damage, stimulated osteogenesis and increased the quantity of bone tissue. It was effective for amelioration of symptoms in kidney deficiency, with an effective rate of 98% in which 80% were markedly effective. It was superior to the control group of neo—estradiol and without side—effect

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Key Words: Osteoporosis/prevention and control menopause @ Bone—protection mixture

(Original article on page 359)

Investigation on simple obesity treated with Xiao—bu Slimming Tablet.

Li Chunsheng, Wang Wenchun, Chen Kai, et al.

121 cases of simple obesity were treated with self—formulated Xiao—bu Slimming Tablet, with Fangfeng Tongsheng Powder and Yuejiancao oil pill as control. Results showed that the therapeutic effect, body weight index of Slimming tablet were all remarkable and superior to the control one. It not only reduced body weight and fat tissue deposits in the body, re—

versed the triglyceride level in the blood towards normal, but also improved the scoring of obesity relevant symptoms. Drug administration didn't affect patients' appetite and activities, though the bowels revealed a little bit frequent.

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Key words: obesity/TCM therapy

(Original article on page 362)

Special tongue picture in acute myocardial infarction.

Gao Xiumei, Zhang Boli, Xu Zongpei, et al.

In the early stage of AMI, there are special manifestations on the tongue, including red oval or triangular or rectangular area 2.5 cm in size at the same level as the tongue surface on which few fur can be observed, appeared dry and sharply demarcated. About 43.48% of the cases showed this picture 24 hours after onset. As the disorder proceeds, the incidence of the picture decreases. This manifestation is helpful to its early diagnosis.

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Key Words: Myocardial infarction/diagnosis diagnosis of the tongue lingual picture

(Original article on page 365)

Observation on Renin—angiotensin—aldosterone system (RAAS) in patients of Yin—deficiency of heart.

Qu Songbai, Zhang Xiaoping

The functional condition of RAAS in 33 cases of Yin—deficiency of the heart with different cardiac disorders were observed. It was found that the activity of RAAS in such patients were increased, demonstrating high level of these 3 hormones as compared with normal cases ($P < 0.05$ or $P < 0.01$). This suggests that such patients present marked functional disturbance of neuro—humoral regulation. The rule of activity changes of RAAS in Yin—deficiency of the heart is similar to that of Qi—deficiency of the heart, though the pathological factors influencing them might be different.

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Key Words: Yin—deficiency of the heart/blood Angiotensins/blood Aldosterone/blood

(Original article on page 366)