

血液透析配合延肾汤治疗慢性肾功能衰竭 189 例

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摘要 189例慢性肾功能衰竭随机分两组,治疗组99例,应用延肾汤配合血液透析治疗,对照组90例单纯行血液透析治疗。结果表明:治疗组总有效率为92.9%,对照组总有效率为60%,治疗组明显优于对照组。
主题词 肾功能衰竭,慢性/治疗 @ 血液透析 @ 延肾汤

1 临床资料

1989年5月至1993年8月间住院确诊慢性肾功能衰竭(以下简称慢性肾衰)患者189例,其中男119例,女70例。平均年龄 40.36 ± 14.33 岁。其原发病中慢性肾炎117例(61.9%),慢性肾盂肾炎19例(10.05%),高血压肾动脉硬化10例(5.29%),肾结核9例(4.76%),糖尿病肾病7例(3.70%),结缔组织病5例(2.65%),先天性多囊肾5例(2.65%),肾肿瘤4例(2.12%),肾结石3例(1.59%),紫癜性肾炎2例(1.06%),其他8例(4.23%)。

2 治疗方法

189例慢性肾衰患者随机分为治疗组和对照组。治疗组99例,除行血液透析治疗外配合口服延肾汤,每日1剂,煎至800ml,分两次服,早晚各服400ml。方药组成:大黄12g,丹参30g,金银花20g,鱼腥草30g,车前草30g,鲜白茅根30g,川萆薢20g,甘草5g。气虚者加人参、黄芪、怀山药、云茯苓;血虚者加当归、熟地、首乌;阴虚者加山萸肉、枸杞子、黄精、桑椹子、女贞子、麦冬等;阳虚者加肉桂、熟附子、仙灵脾等。对照组90例单纯行血液透析治疗。两组均以半个月为一疗程,连续治疗2个疗程后休息3~5天,共行6~10个疗程不等。

3 疗效分析

3.1 疗效评定标准:显效:自觉症状消失或显

著减轻,生化检查正常或基本正常,酸中毒纠正,并发症好转或消失;好转:临床症状减轻或显著减轻,生化检查接近正常值,尿素氮下降20%以上,并发症好转或改善;无效:临床症状不减轻,生化检查与治疗前无明显变化,并发症无明显好转。

3.2 治疗结果:经治疗后治疗组99例中获显效55例(55.6%),好转37例(37.4%),无效7例(7.1%);对照组90例中获显效23例(25.6%),好转31例(34.4%),无效36例(40.0%)。经统计学处理,治疗组疗效明显优于对照组($P < 0.01$)。经3年随访,治疗组99例中无效的7例,死亡4例,死亡率4.0%;对照组90例中无效36例,死亡28例,死亡率31.1%。治疗组死亡率非常明显低于对照组($P < 0.01$)。

4 讨论

我们筛选延肾汤于临床治疗99例病人,其疗效显著,使肌酐水平稳定,尿素氮(BUN)水平下降,肾组织高代谢水平降低,血浆蛋白水平稳定在正常范围。本方中大黄通腑泻浊,金银花、鱼腥草清热解毒,车前草、鲜茅根清热利湿化浊,丹参活血化瘀,川萆薢分清利浊。治疗后其临床症状改善,疗效肯定,这很可能是其延缓慢性肾衰进展的机理之一。

延肾汤能有效地延缓慢性肾衰的进展,这一作用明显优于单纯血液透析疗法。其近期疗效突出表现在尿素氮水平及BUN/Scr比值的降低,肾衰发展速度明显减缓,临床症状改善等方面。其远期疗效亦较好,患者在长期服药过程中,其一般状况及生活质量均较对照组病人明显提高,这一点在本病的长期治疗中显然具有重要价值。

由此,血液透析加服延肾汤的联合治疗方案(有时配合饮食疗法)是我们目前治疗慢性肾衰较为理想的治疗方法。

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ABSTRACTS OF ORIGINAL ARTICLES

My Personal Opinion on the Method of Antipyresis by Drugs of Sweet and Warm Nature.

Cui Wencheng

In responding to febrile syndrome of Qi—deficiency and exuberant poisoning due to exogenous causes. Li Dongyuan of the Jin Dynasty proposed the method of antipyretic method with drugs of sweet and warm nature, embodying the treating principle of supporting body resistance and anti—poisoning. Thus, he established the principles of invigorating the interior, ascending the Yang—principle and reducing fire by formulating a series of celebrated recipes including Decoction of Invigorating Qi and Nourishing Interior, Decoction of Bloodtonic with Radix Angelica Sinensis, demonstrating the treating principle varied on the concrete condition of body—pathogen conflict, warning the use of attacking methods in febrile disease regardless of whatever the conditions.

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Key Words: Drugs of Sweet—warm nature antipyresis (heat clearing) @ antipyresis with drugs of sweet—warm nature

(Original article on page 460)

Comparative Observation on Chronic Atrophic Gastritis Complicated with Atypical Hyperplasia and Intestinalization Treated by the Method of Lump—softening and Mass—Dissipating.

Wang Wenzhong, Chen Daquan, Zhao Junhong, et al.

During this therapy, both clinical symptoms and pathology in gastroscopic exams were all improved. The results were better than the control group treated with western drugs. Experiments revealed that this therapy yielded an action of treating and preventing the pathological changes of atypical hyperplasia of gastric mucous membrane induced by carcinogenic chemical agents.

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Key Words: Gastritis, chronic/TCM therapy Lump—softening and mass—dissipating mucous membrane of stomach/pathology

(Original article on page 477)

Superior Vena Caval Syndrome (SVCS).

He Yonghe

All the cases were treated with the major principles of eliminating phlegm, removing blood stasis, dispersing lung to facilitate water excretion, supporting body resistance for anti—cancer purpose. Eleven cases were markedly ameliorated in symptoms and signs, 4 of them subsided. Except 1 case, the remaining 17 cases had an average survival period of 116.4 days, with a 62 days mid—survival rate.

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Key Words: Tumor of lung/complications Vena cava, Superior Syndrome

(Original article on page 479)

Chronic Renal Failure Treated by Hemodialysis Coordinated with Yanshen Decoction.

Li Yuying, Ren Xiufen, Yang Guiying

Results showed that the total effective rate for the treating and control groups were 92.9% and 60% respectively, demonstrating that the former is superior to the latter.

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Key Words: Renal failure, chronic/therapy Dialysis

(Original article on page 483)

Textual Research on Bian Que's Writings.

Cao Dongyi, Guo Shuanggeng, Wang Zhenrui, et al.

The authors advocate that Bian Que lived in the end of Spring—Autumn Period. Although personal writing first appeared in the Warring States, there were medical officials in all the States, the achievements of whom were examined by their the authority based on their own original records. Moreover, Chang Sangjun, Bian Que's tutor, "left all his secret books on recipes to Bian Que". Hence, the likelihood of appearance of medical monographs in Bian Que's age is very high. His discussions on morbid pulse and normal pulse were also inherited and developed.

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Key Words: Bian Que Textual Research Literatures of TCM

(Original article on page 496)

Eighteen Cases of Lung Carcinoma Complicated with