

中西医结合治疗流行性肌张力障碍综合征 88 例

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摘要 流行性肌张力障碍综合征为神经内科急症之一,笔者采用中西医结合方法治疗 88 例,全部治愈。其主要方法为肌注或穴位注射或静滴氢溴酸东莨菪碱,同时口服自拟重剂葛根汤。

主题词 肌张力过强/中西医结合疗法 流行性肌张力障碍综合征

流行性肌张力障碍综合征为神经内科急症之一,由于现行医学院校内科教材及有关参考书籍多未载此病,其临床表现又较特殊,因而许多临床医生对该病认识不足,容易造成误诊,因此有探讨之必要。笔者自 1981 年 1 月~1992 年 12 月,运用本文所介绍方法治疗 88 例,效果满意,现报道如下。

1 临床资料

本组 88 例,其中男 42 例,女 46 例。年龄最小 1 岁,最大 40 岁以上。发病在 1~3 月份 56 例,4~6 月份 15 例,7~9 月份 6 例,10~12 月份 11 例。

本组患者的临床表现主要为:发病前驱症状为头痛、鼻塞、流涕、低热及轻度咳嗽等,有的可伴有头晕、嗜睡、全身酸楚或恶心、呕吐、食欲减退等其他表现。发病时,以多发性肌强直为特点,受累肌肉主要为舌、口轮匝肌、眼外肌、胸锁乳突肌,其次为上肢肌、腰腹肌,表现为颈向一侧歪斜,头向后仰,舌外伸或向后抽缩,流涎,眼球向一侧凝视或上翻。部分病例有视物不清、构音障碍及一侧上肢扭转。症状呈发作性,每次发作数分钟至数小时,轻者每日发作 1~2 次,重者发作十几次不等。发作时神志始终清醒,无尖叫,不吐白沫,但觉非常痛苦。

对 68 例进行了白细胞检查,除 8 例白细胞总数在 $11 \times 10^9/L \sim 11.5 \times 10^9/L$ 外,其余 60

例均在正常范围内,多数淋巴细胞略高于正常。22 例行腰穿检查,其中 8 例脑脊液细胞个数稍增多,其他 14 例均在正常范围。27 例行脑电图检查,19 例行颅脑 CT 检查,16 例行颈椎 X 线摄片检查,均无明显异常改变。

2 治疗方法与结果

对本组患者均采用中西医综合疗法。首先用氢溴酸东莨菪碱 0.3mg (小儿 0.006mg/kg/次)肌肉注射,一般在 30~60 分钟内控制发作,如效果不显,6 小时后可重复注射 1 次,或者用 0.6mg 加入 5% 葡萄糖液 500ml 中静滴,每日 1 次。此外应加强护理,适当补液,补充维生素,应用抗病毒药物,伴有发热者适当选用抗生素或酌用激素。

穴位注射:患者取侧卧位,选第 4、5 腰椎之间距椎旁 1.5 寸处(左右任选一侧)之大肠俞穴,皮肤常规消毒,用 2ml 或 5ml 注射器,选用 7 号针头,吸取东莨菪碱(用量同上述),进针约 2.5~3cm 至得气,回抽无血液,即可注射药物。大肠俞穴属足太阳膀胱经,在此处注射药物,可起到疏通经络、理气活血的作用,与单纯肌注或静注此药相比较,具有力专效捷、事半功倍之优点。东莨菪碱肌注、静注或穴位注射用药方法可选一种,不可同时应用。

可在应用上述方法的同时,服用重剂葛根汤:葛根 30g,白芍 30g,生甘草 15g,麻黄 10g,桂枝 10g,生姜 5 片,大枣 10 枚。汗出过多者去麻黄,血压偏高或有水肿者,甘草用量酌减。

88 例全部治愈,平均病程 2.8 天。本病预后良好,病愈后不遗留后遗症。

3 讨论与体会

流行性肌张力障碍综合征的病因目前尚不清楚。日本秋口一郎报道,口部运动障碍病例,可见于热性流感^[1]。国内有学者认为,此病难以用病毒直接感染解释,可能系病毒感染后

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其代谢产物引起变态反应,导致基底神经节中多巴胺能和胆碱能神经的平衡失调而发病。东莨菪碱能阻断中枢神经的M-胆碱能受体,使失调的多巴胺能和胆碱能神经的平衡关系恢复正常。其他的M受体阻滞剂,如阿托品、654-2(山莨菪碱)无效,可能与其不易透过血脑屏障或半衰期太短有关^[3~9]。

从中医角度分析,笔者认为本病属于《伤寒论》中的“项背强几几”和《金匱要略》的“刚痉”范畴。病由风寒之邪侵入太阳经脉,经气不舒,阻滞津液运行,筋脉失养所致。治宜疏风散寒、解肌祛邪、生津舒脉,方用葛根汤(内含芍药甘草汤),于原方加大葛根、白芍、甘草的剂量,故名重剂葛根汤。方中以桂枝、甘草、姜、枣调和营卫;麻黄发汗祛邪;以葛根为主药以用其“味甘辛凉能起阴气而升津液,滋筋脉而舒其牵引”(柯琴《伤寒附翼》)。据现代药理研究证实,葛根所含葛根黄酮有扩张血管和改善外周微循环的作用,所含葛根甙有明显镇痛止痉作用。白芍苦酸而温柔,能和营敛阴,缓急止痛。甘草甘缓通行,善走诸经,无处不到,可缓急养脉。芍、甘二

药相合名芍药甘草汤,《现代汉方医学大观》云其“对横纹肌、平滑肌的挛急,不管中枢性的或未梢性的均有镇痛作用,对身体的挛急有效”。

笔者体会,若采用中西医结合治疗较之单纯用西药或中药,有缩短疗程,增强疗效,减轻病人痛苦,复发率低等优点。

此外,关于本病的命名,国内期刊报道中有称“感染性多发性肌痉挛综合征”、“流行性痉挛性斜颈”、“流行性肌张力障碍症状群”等^[3~6],称谓不同,但从其描述来看,基本属同一疾病,相信随着对本病的深入研讨,人们对其命名将更加妥贴及渐趋统一。

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神衰散治疗神经衰弱 100 例

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神衰散是笔者根据神经衰弱多数患者出现的头晕头痛、失眠多梦、记忆力减退、精神不易集中、情绪不宁等发病特点,精心研制而成的一张经验方。经过长期临床观察,取得了较为满意的疗效。

1 一般资料:本组病例符合下列条件:情绪易于波动或长期精神过度紧张;起病缓慢,精神不集中,头痛失眠,记忆力减退;病程持续3个月至半年以上者,对工作学习受到一定影响者。

本组100例中病程3~6个月32例,个月~1年以上者26例,1~3年25例,3~5年以上17例。年龄19~25岁26例,25~35岁44例,35~50岁19例,50岁以上11例。

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2 药物组成与制作方法:神衰散组成:西洋参60g(亦可用太子参代之),朱砂、琥珀各15g,薄荷、白蔻仁、蝉蜕各10g。先将西洋参(或太子参)、薄荷、白蔻仁、蝉蜕烘干,加工过筛成粉,然后与朱砂、琥珀混匀,再行加工为极细面而成。将上药分成20等份为包,早晚各服1包,温开水送服,重者中午饭后加服1包,严重失眠者,可用灯心草10g煎水送服,疗效更佳。

3 治疗效果:治疗后神经衰弱的主要症状消失,控制1年以上评为治愈者38例;治疗半年其主要症状明显改善评为好转者47例;连续服药3个月以上,其病情无明显变化者15例;总有效率85%。

4 体会:神衰散,其疗效较为显著。若偏于肾虚,而症见头晕耳鸣,失眠健忘者,可选配磁朱丸;心脾两虚者,加服归脾丸;肝郁月经不调者,配逍遥丸;食欲不振,再加香砂六君子丸调理。

ABSTRACTS OF ORIGINAL ARTICLES

Comparative Study on Clinical Manifestation and Its TCM Diagnosis of Chronic Hepatitis B and C.

Jin Shi, Chen Quanliang

Comparative analysis was made on 85 cases of hepatitis C and 37 cases of hepatitis B, all diagnosed by liver biopsy and virological indices. Results showed that cases in the hepatitis C group were older in age, more cases with a history of receiving transfusion and milder clinical symptoms. In diagnosis, more cases revealed stagnant blood blocking the collaterals, with less damp-heat in the interior, the Alb, T-cho1 were all lower, P-III-p was higher and few cases had GOT, GPT > 100u. It is recommended that the therapeutic principles should be clearing the liver, cooling blood, eliminating poisons hitting the aYing-blood level. To prevent relapse, emphasis should be laid on supporting the body to expel poison, activating the stagnant blood and harmonizing the collaterals.

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Key Words: Infection / TCM therapy hepatitis B / TCM therapy

(Original article on page 538)

A Study on Primary Thrombocytopenic Purpura Treated by Daimao (Hawksbill Turtle) Zidian Ning.

Zhan Zhaomin, Wang Zhiping, Chen Liyun, et al.

Daimao Zidian Ning yields definite therapeutic effect on this type of purpura, with a total effective rate of 87.5%. This recipe, with its ingredients, reveals distinct inhibition action on platelet antibody with its site of action located at the level of hematopoietic stem cell.

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Key words: Purpura, thrombocytopenic / TCM therapy @ Daimao Zidian Ning

(Original article on page 541)

Epidemic Myodystonia Syndrome Treated by Integrated Traditional and Western Medicine: Report of 88 Cases.

Wang Guanghui

As one of the emergent cases in neurological department, this ailment has been treated by the author by integrated method. 88 cases were all cured, the thera-

py applied included scopolamine hydrobromide for muscular injection, acupoint injection or intravenous injection, together with our own formulation Decoction of Radix Pueraria.

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Key Words: hypermyotone / therapy of integrated traditional and western medicine @ epidemic myodystonia syndrome

(Original article on page 544)

Correlated Analysis on Finger Vessel and Microcirculation of Nail Fold in Exogenous Fever in Children: analysis of 154 cases.

Zhang Xiangping, Xing Xianghui, Dong Xihua

The relationship of children's finger vessels and microcirculation of nail fold were observed by quantitative medical methods, the results revealed that, as the body temperature of the patient increased, the skin temperature dropped and the visibility of finger vessels with its color deepened. Meanwhile, correlated changes of microcirculation in nail fold also appeared, including decrease in opening capillary loop. Shortening of capillary loop exerted remarkable influence on the changes of finger vessels.

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Key Words: Exogenous fever / blood fever / blood nail of finger (toe) / blood supply

(Original article on page 551)

Experimental Study on Effect of Chen's Paste on Model of Chronic Purulent Myelitis.

Zhu Shengliang, Zhou Linkuan, Xu Nong, et al.

By applying Chen's paste topically to the model of chronic myelitis in rabbit's tibia, local swelling became detumescent, fistula healed, with marked decrease in dead space. The results were all superior to the control group. The mechanism may lie in the smooth drainage of pus, increase of phagocytosis and body immune function.

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Key Words: Myelitis / TCM therapy @ Chen's paste

(Original article on page 553)