

中医药治疗银屑病 226 例临床观察

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摘要 运用民间验方“天地虫方”与“天地龙膏”内外合治;运用乙亚胺与去炎松尿素膏内外合治作对照。两组均治疗观察3个疗程进行对比评定。结果:治疗组治愈率为41.6%,总有效率为88.9%;对照组治愈率为35.3%,总有效率为72.9%。两组经统计学处理,有显著性差异($P<0.01$)。治疗组的治愈天数、远期疗效等亦优于对照组。

主题词 牛皮癣/中医药疗法

笔者自1984年以来,以中医理论为指导,运用民间验方,治疗寻常型银屑病患者226例,并设85例运用西药治疗作对照观察,取得满意疗效,现报道如下:

1 临床资料

本文311例寻常型银屑病患者,均为我院1984年10月至1990年12月间门诊病人,符合临床诊断。其中男性167例,女性144例。年龄最小为11岁,最大为78岁,其中20~45岁248例,占79.7%。病程4个月~37年,其中1年以内116例,2~7年104例,8~14年68例,15年以上23例。冬季发病、夏季自愈者164例,冬重夏轻者144例,终年无变化者3例。已接受过中西药治疗存在明显副作用或停撤反跳现象者128例,单纯接受过西药治疗者145例,中药治疗者38例。属进行期208例,静止期103例。

2 治疗方法

311例寻常型银屑病患者,按就诊次序随机分为中医治疗组(以下简称治疗组)和乙亚胺治疗组(以下简称对照组),两组性别、年龄、病程、病情、病型等分布情况基本均衡,并经统计学处理,无显著性差异,具有可比性。

治疗组226例内服“天地虫方”。方由白僵

蚕15g,地鳖虫10g,乌梢蛇10g,鸡血藤15g,枸杞子15g,凌霄花10g,细生地15g,狼毒1.5g,生乌梅20g,黄精15g组成。每日1剂,水煎分3次服完,15日为一疗程。

辨证加减:皮损基底鲜红或暗红,痒甚,大便干,小便黄,舌质红,苔黄厚,脉弦数,属血热风燥者,原方加紫草、白鲜皮、玄参等;病程较久,皮肤干燥,皮疹色淡,面色㿠白,舌淡少苔,脉沉细属血虚风燥者,原方加当归、制首乌、丹参等;皮损多呈斑块状或肥厚,基底暗红,鳞屑附着较紧,舌质紫暗,脉细涩属血瘀风燥者,原方中加红花、莪术、苏木等。

外用“天地龙膏”。配方:守宫15g,地龙15g,黄升丹10g,轻粉5g,白及10g,蟾酥2g,冰片3g,鸡蛋6~8只等10味药组成。制法:将鸡蛋一端打破,去蛋白留蛋黄,把前药分装入鸡蛋内搅匀,微火焙干后,连同鸡蛋研成细末(过100目筛),以牛胆汁调成膏状,存放1周后外搽患处,每日3次。搽时,患者每日浸浴1次,每次20~30分钟,温度40℃左右。

对照组(85例):内服乙亚胺,每片0.1g,每次2片,每日2次,连服15日为一疗程。外用去炎松尿素膏,日3次,其余要求均同治疗组。

接受以上疗法的患者,一律停用其他任何治疗,并每1个疗程后进行血常规检查,血白细胞总数下降到4000/mm³以下者,停药治疗。

3 治疗结果

3.1 疗效标准:临床痊愈:皮损全部消退或仅留少量不明显的点状损害;好转:皮损消退50%以上,自觉症状消失;无效:经3个疗程治疗后,皮损及自觉症状均无明显改善,或有继续发展增多者,或有用药后产生毒副作用,血白细胞总数下降到4000/mm³以下而停药者。

3.2 近期疗效:治疗组226例中,获临床痊愈94例(41.6%),好转107例(47.3%),无效25

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例(11.1%),总有效率为88.9%;对照组85例中,获临床痊愈30例(35.3%),好转32例(37.6%),无效23例(27.1%),总有效率为72.9%。经统计学处理,治疗组和对照组的疗效效果具有显著性差异($P<0.01$)。

治疗组有效病例疗效出现最快者为7天,15天皮损消退,平均治疗时间31.5天;对照组有效病例疗效出现最快者为9天,平均治疗时间38.5天。

3.3 远期疗效:对两组部分痊愈病例,在每年11月份进行连续2次随访观察。其远期疗效标准,仍参照本文疗效标准评定。治疗组随访89例,复发19例,复发率为21.3%,其中治愈后1年内复发者12例,2年内复发者7例;对照组随访23例,复发21例,复发率为91.3%,其中治愈后1年内复发19例,2年内复发者2例。由此可见,两组远期疗效治疗组显著优于对照组($P<0.01$)。

3.4 副作用:对照组85例,服药期间血白细胞降至 $4000/\text{mm}^3$ 以下者7例(8.2%),停药后均回升;治疗组治疗期间无1例发现有血白细胞降低者。两组各抽查25例做肝、肾功能检查,均为正常。

4 讨论

关于寻常型银屑病的病因病机,至今尚未明确,中医一般认为血热、风燥客于肌肤为本病之基本病因病机。但从本文观察的311例患者中,竟然有308例冬病夏愈或冬重复轻。笔者认为当与患者先天肾精亏损,阴寒毒邪侵肤有着

密切相关。肾之元阴元阳能对肌肤起着滋润、温煦作用。肾亏则皮肤腠理失固,气血失和,阴阳失调。前人有“气血得寒则凝,得温则行”之说,故至冬阴寒凛冽时,阴寒毒邪侵肤,腠理气血凝滞,脉络受阻,血行不畅,寒闭热伏,阳气不得升发外达,蕴久化热,出现一派血热、血虚、风燥、血瘀之证,此乃本病之起病病机。因此,概而言之,引起银屑病之因,在外当推阴寒毒邪内侵,为病之标;在内则责之肾精亏损,属病之本也。血热、血虚、血瘀、风燥,只是上述二因所致病机的不同阶段而已。

关于本病之治疗,当今中西医学者依其表皮细胞过度增殖之故,常常选用抗肿瘤类药物图治,但经临床实践表明,用药后往往治愈率颇低,复发率偏高,副作用较大等不足。鉴此,笔者选用了民间验方“天地虫方”、“天地龙膏”内外同治本病。该二方原对顽癣疥癬、癰疹瘙痒等皮肤病其效甚捷。1934年笔者在保持原方的基础上,略加增减,投治于本病进行临床观察,取得良效。天地虫方中僵蚕辛寒,疏泄风热,活血散瘀;细生地、凌霄花凉血祛风,养阴生津;枸杞子补肾益精,平补阴阳;狼毒辛平,消肿破积;乌梢蛇甘平,祛风通络,为治诸风顽痹、风瘙癰疹、疥癬生癰之佳品。外用天地龙膏以散结消肿,祛风活络,攻毒止痒,润肌生肤。综析二方,共奏清热凉血、补肾益精、润肤消鳞、活血清斑、祛风止痒之效。随证加减,药切病机,故能取得佳效。然而,由于本病之具体病机尚未明晰,因此,天地虫方和天地龙膏的疗效机制尚待进一步探讨。

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ABSTRACTS OF ORIGINAL ARTICLES

Delayed Encephalopathy due to CO Poisoning Treated with Kangchiling: Report of 80 Cases.

Li Guiqiu, Liu Yalin, Xu Zhanmin

In TCM, delayed encephalopathy as a result of CO poisoning falls under the category of injuries of liver—kidney—semen—blood, blockade of pericardium by filthy phlegm and stagnant blood. Since Kangchiling is a remedy capable of nourishing liver—kidney, replenishing semen—blood, activating circulation and eliminating stasis, expelling phlegm and resurrecting, it is effective for the above ailment. In this series of 80 cases, 78 were markedly effective, 2 effective, the rate of marked effectiveness being 97.5%.

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Key Words: CO poisoning/complications dementia/TCM therapy

(Original article on page 95)

Effect of Chinese Medicaments on Changes of Biliary Prostacycline and Thrombin in Acute Cholangitis.

Zhuang Zangen, Wang Qunwei, Miao Xiongying

Through oral administration of Yinchen Dandao Decoction in man and rabbit, the effect on 6—keto—PGF_{1 α} and TXB₂, the stable metabolite of biliary prostacycline and thrombin, were examined, and its effect on biliary prostacycline and thrombin was explored. The results were: in acute cholangitis, 6—keto—PGF_{1 α} and TXB₂ were markedly increased with ratio of them lowerd. After administering the Decoction, both are markedly decreased and the ratio increased.

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Key Words: Cholecystitis/metabolism prostacycline/metabolism thrombin A₂/metabolism

(Original article on page 97)

Psoriasis Treated by TCM: Observation of 226 Cases.

Sun Buyun

The cases were divided into two groups, one treated with "tian di chong fang" and "tian di long gao" for internal and topical administration respectively; the other group was treated with ethylimine and triamci-

nolone carbamide ointment, also for respective internal and topical administration, as control. Both received 3 therapeutic courses. Results showed that, for the treatment group, the cured rate was 41.6%, with a total effective rate of 88.9%; for the controled group, the results were 35.3% and 72.9% respectively. Statistical difference was significant ($P < 0.01$). The days needed for cure and long—term efficacy were all better in the treatment group.

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Key Words: psoriasis/TCM therapy

(Original article on page 99)

Application of Cytological CT Technique in Anti—tumor Research in TCM Pharmacology.

Xie Jinyu, Zhang Lixia, Liu Mingfu, et al.

By applying advanced technique such as cytological CT the action of 926, a Chinese drug, on ascitis cervical cancer cells was observed. Results revealed that it destroys the DNA and RNA of cancer cell, prevent it from synthesis of nucleic acid and cellular proliferation. These has upgraded the experimental research to a new level.

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Key Words: Anti—tumor agents/pharmacology tumor cell, cultivated/drug action Tomography, X—ray Computerized

(Original article on page 103)

Anticoagulation and Anoxia—Tolerant Actions of Guanxinke.

Liu Deqiang, Zhao Guoxin

Studies showed that Guanxinke markedly prolongs the coagulation time, prothrombin time, shortens the euglobulin lysis time, increases the activity of fibrinolysin and animal's potential of tolerating anoxia. These suggest that Guanxinks is an promising agent for coronary heart disease.

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Key Words: ready—made TCM drugs/pharmacology anoxia/TCM therapy anticoagulant/pharmacology

(Original article on page 105)