

加味参芪地黄汤对糖尿病肾病 尿蛋白含量的影响

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摘要 对辨证为肾虚血瘀型的糖尿病肾病患者 42 例采用自拟加味参芪地黄汤进行治疗,结果表明,治疗后各项症状均有明显改善,尿蛋白定性和定量与治疗前比较均具有显著性差异($P < 0.05$)。

主题词 糖尿病性肾病/中医药疗法 @ 参芪地黄汤

糖尿病肾病(DN)是糖尿病微血管并发症之一,据文献报道,糖尿病患者死于尿毒症患者约占 5~8%,引起了医学界对糖尿病肾病研究的重视,但目前尚无有效的防治方法。我科近年来采用加味参芪地黄汤治疗该病 42 例,取得了一定疗效,现报告如下。

1 一般资料

1.1 病例选择及分期:按照 WHO 诊断标准确诊为 I 型糖尿病,并达到糖尿病肾病诊断分期标准的 I、II 期患者,经治疗后症状、体征未缓解,且中医辨证为肾虚血瘀型者,作为治疗对象。

DN 分期标准:参照国内外分期方法,结合临床实际情况拟定。

I 期:早期 DN(即微量白蛋白尿期)。尿蛋白排出率(UAE)20~200 μ g/分,相当于 30~300mg/24h,并除外其他原因(如泌尿系感染、运动后、原发性高血压、心衰、酮症酸中毒等)。

II 期:临床 NA(即持续性蛋白尿期)。UAE > 200 μ g/分(常规尿蛋白定量 > 0.5g/24h,严重者 > 2.0g/24h)可伴轻度镜下血尿和少量管型。还并见糖尿病性视网膜病变及水肿。

中医肾虚血瘀型糖尿病定型标准:参照全

国第二届消渴病学术会议的分型标准:具备腰膝酸软、尿频尿多、头晕眼花、神疲乏力、肢麻肢痛、下肢浮肿、舌质暗淡或见瘀点、脉细涩,即可诊断肾虚血瘀型 DN。

1.2 病例资料:本组 42 例中住院 27 例,门诊 15 例。男性 20 例,女性 22 例。年龄 42~79 岁,平均 58.3 岁。病程 5~23 年,平均 8.6 年。口服降糖药者 33 例,注射胰岛素者 8 例,未服降糖药者 1 例;合并视网膜病变 34 例,冠心病 6 例,高血压 2 例;I 期患者 13 例,II 期患者 29 例。

2 治疗方法

观察病例继用口服降糖药或胰岛素,治疗前后作 24 小时尿蛋白定量、尿蛋白定性、血糖、肝肾功能检查。

内服加味参芪地黄汤。药物组成:生地 20g,山药 15g,山萸肉 12g,云苓 12g,泽泻 10g,丹皮 10g,生黄芪 30g,太子参 30g,丹参 30g,红花 10g,白茅根 30g,益母草 15g。随证加减:兼有脾虚湿困者加苍、白术各 12g,砂仁 10g;兼有燥热者加生石膏 30g,知母 12g,地骨皮 30g;伴有水肿者加车前子 20g,泽泻、云苓加量至 20~30g;伴有失眠者加夜交藤 30g,枣仁 15g,百合 12g;眼底有新鲜出血者去红花、丹参、益母草,加三七粉 2g(冲服),生地加量至 30g。

水煎,每日 1 剂,日分 2 次温服,1~2 个月为一疗程。

3 治疗结果

3.1 疗效标准:参照 1991 年全国第二届消渴病学术会议制定的 DN 疗效标准:(1)显效:症状、体征缓解,尿蛋白定量、定性均为阴性;(2)良效:症状、体征改善,尿蛋白定量定性较治疗前明显下降 > 40%;(3)无效:治疗后症状、体征改善及化验指标下降不明显者。

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3.2 治疗结果:根据上述疗效标准,本组 42 例经治疗后获显效 9 例,良效 28 例,无效 5 例,总有效率为 88.1%。治疗过程中未出现不良反应。

3.3 治疗后症状、体征改善情况:统计治疗前后 6 项明显症状改善情况,附表示,治疗后各症状的总有效率均达 85% 以上。

附表 治疗后各项症状的改善情况

症 状	例数	显效	良效	无效
腰酸膝软	42	23	16	3
尿频尿多	41	30	9	2
头晕眼花	37	14	18	5
神疲乏力	42	18	20	4
下肢浮肿	16	10	4	2
肢体麻木	42	15	21	6

3.4 治疗后尿蛋白含量的改变:治疗前尿蛋白定性示,本组 42 例中属于++++6 例,+++11 例,++9 例,+9 例,±7 例;治疗后分别为 2 例、3 例、4 例、12 例、9 例,转阴 12 例。治疗前后比较,经统计学处理有显著性差异($P<0.05$)。

本组治疗前尿蛋白 24 小时定量为 2.049

±1.992g(均值±标准差,下同),治疗后为 1.393±1.790g,表明治疗后尿蛋白明显下降,经统计学处理有显著性差异($P<0.05$)。

对其中 13 例 24 小时尿蛋白定量小于 0.5g 的糖尿病肾病患者进行观察,治疗前 24 小时尿蛋白定量为 0.286±0.148g,治疗后为 0.065±0.169g,尿蛋白平均下降 77.4%,经统计学处理有显著性差异($P<0.05$)。其中有 9 例患者尿蛋白完全转阴。

4 讨论

糖尿病肾病指与糖尿病代谢异常有关的肾小球硬化症,是威胁生命的严重并发症之一。古籍中有关“消渴”并发水肿的记载较早,如《圣济总录》指出:“消渴病久,肾气受伤,肾主水,肾气虚衰,气化失常,开阖不利,能为水肿。”

临床发现该病 I、II 期多属脾肾气阴两虚夹瘀型,并常见于中老年糖尿病肾病患者。本病之瘀血是在脾肾气阴两虚的基础上发展而成的,提示阴虚、气虚是血瘀形成的主要基础,肾气阴两虚与瘀血内结使本病迁延不愈。根据上述认识,拟定了加味参芪地黄汤,以治肾为主,重视活血化瘀。

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中药当归拈痛汤内服,蒙医煇药外敷,治疗滑膜炎 35 例,取得较满意的效果,现报告如下。

1 一般资料

35 例中,男 21 例,女 14 例。年龄最小 15 岁,最大 62 岁。20~45 岁占 64%。发病时间:最短者 2 天,最长者 3 年。发病部位:肘关节 5 例,膝关节 30 例。其中 28 例均经滑膜囊内穿刺抽液,注入醋酸氢化考的松 1ml 后,加压包扎治疗,效果不理想,再来求治的。

2 治疗方法

内服:当归拈痛汤:当归 15g,羌活 10g,防己 10g,升麻 10g,猪苓 10g,泽泻 10g,茵陈 10g,黄芩 10g,葛根

15g,白术 10g,苍术 10g,苦参 10g,知母 10g,甘草 10g。上肢加桂枝,下肢加牛膝 10~15g。水煎服。每日 1 剂,早晚各服 1 次。

外敷:煇药:红花 15g,骆驼蓬 25g,一枝蒿 20g,草河车 15g,小茴 10g,干姜 10g。研成粗面,加入冰片 10g,硼砂 10g,混合后装入纱布袋,放置在肘、膝关节等处,白酒加热后浇于药袋上,稍加混合,上面加热水袋外敷加温,每次 1~2 小时,每天 1 次。有消肿止痛、活血化瘀的作用。

3 治疗效果

痊愈:症状完全消失、关节活动正常,1 个月无复发者 26 例;临床痊愈:症状基本消失,关节仍有酸困感觉者 7 例;显效:肿胀消退明显,浮髌(-),有轻度疼痛,可以行走者 2 例。

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ABSTRACTS OF ORIGINAL ARTICLES

Impact of Shenqi Dihuang (Radix Ginseng, Radix Astragalus seu Hedysari, Radix Rehmanniae) Decoction with Additions on Content of Albumin in Diabetic Nephrosis.

Chen Yan, Wei Lanxiang, Ma Maozhi, et al.

Forty — two cases of diabetic nephrosis of deficient — kidney and stagnant — blood type were treated with self — formulated Shenqi Dihuang Decoction. Results showed all the symptoms were markedly mitigated after treatment and the urine albumin, both quantitative and qualitative, were significantly different ($P < 0.05$) as compared with the pre — treatment results.

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Key Words: diabetic nephrosis/TCM therapy @ Shenqi Dihuang Decoction

(Original article on page 347)

Analysis on Effect of Male Sterility Treated by Combined Use of Acupuncture and Medication: Analysis of 297 Cases.

Zheng Zongchang

297 cases of male sterility were treated with acupuncture and antlerinjection to acupoints. 142 cases (47.87%) were cured; 81 cases (27.27%), markedly effective; 53 cases (17.85%), effective; 21 cases (7.27%), ineffective. The total effective rate was satisfactory.

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Key Words: sterility, male/acupoint therapy combined use of acupuncture and medication

(Original article on page 349)

Clinical and Experimental Studies on Treatment of Basilar Artery Type Cervical Spondylopathy with Jingzhuishu Granules.

Liu Li

The total effective rate was 94.94%. There were marked mitigation in the index of hemorheology and nail fold microcirculation, lowering of extreme acceleration of blood flowing in the basilar and internal carotid arteries. The remedy yielded marked dilatation of in vitro carotid artery segment. It also inhibited the constrictive action of noradrenalin on blood vessel.

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Key words: vertebral osteophyte/TCM therapy @ cervical spondylopathy @ Jingzhuishu granule

(Original article on page 351)

Relationship Between Syndrome — typing and Activity of C₃b Receptor of Peripheral Erythrocytic Cell — membrane in Nephritic Patient of Systemic Lupus Erythematosus (SLE — GN).

Li Junbiao, Mo Delin

By adopting the E — C₃bR applied in foreign countries as an index for C₃b activity of erythrocytic cell — membrane, we observed the relationship between TCM syndrome typing and E — C₃bR in SLE — GN. Results were as follows: E — C₃bR in 4 syndrome types were all lower than normal person ($P < 0.01$) in the order of normal person > Yang deficiency of spleen — kidney group > Yin deficiency of liver — kidney group > accumulated dampness and exuberant heat group. The last two types were often seen in active stage of the illness, amounting to 78.57% and 66.67% respectively; while the other 2 types, in stable stage, amounting to 63.64% and 71.43%. The E — C₃bR was lower than normal person in both stages, especially at the active stage ($P < 0.01$).

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Key Words: Nephritis in Lupus Erythematosus/blood receptor, complement 3B/metabolism.

(Original article on page 356)

Impact of Xianling Xiangfeng Liquor on Intercourse Capacity of Rats and Mice of Yang Deficiency.

Cao Yongxiao, Yan Houquan, Yang Yuan, et al.

This Liquor can elevate the body temperature of mice model of Yang deficiency, increase its activities, prolong its swimming endurance in low temperature, markedly shortens the latent period of capturing female rats by male rats, increase the frequency of its capturing movements and rate of capture and rate of ejaculation.

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Key Words: Yang deficiency/TCM therapy intercourse/drug action @ Xianling Xiangfeng Liquor

(Original article on page 359)