

糖尿病性皮肤病的中医治疗与保健

王 雪

摘要 中医对糖尿病皮肤瘙痒症主要从虚、风、湿热论治,对并发疔肿、痈疽则以清热解毒、扶正托毒治之。在糖尿病病人的保健与护理方面,注重以药入食、以食为药,调整病人的营养平衡;并开展运动疗法、药浴、气功、自我按摩等调整患者的内分泌功能,以降低血糖、改善血管—神经功能。

主题词 糖尿病/并发症 皮肤病/病因学 皮肤病/中医药疗法

糖尿病不仅是心脑血管疾病的重要危险因素,对肾、神经、眼亦构成严重威胁,而且会引发一些皮肤疾患。据统计资料表明,糖尿病患者病程中约有 30% 的患者发生皮肤损害,其原因主要是由于长期糖、脂肪、蛋白质代谢紊乱,使皮肤抗病能力低下,且皮肤含糖量增高,有利于细菌生长和繁殖,加之多尿造成皮肤慢性脱水,在神经和血管障碍的基础上导致糖尿病病人发生多种皮肤病变。本文应用中医辨证论治对糖尿病性皮肤病变的治疗及皮肤保健作一些探讨。

1 辨证与治疗

1.1 瘙痒症: 瘙痒症为一种反应性的皮肤疾患,可见全身瘙痒或局部瘙痒。患者皮肤干燥、搔痒,可见散在的小丘疹、抓痕、血痂等。严重的伴烦躁不安、失眠等症状。病人为了解痒,常借助各种器具等搔刮止痒,从而导致皮肤肥厚、苔癣样改变、色素沉着。由于剧痒影响睡眠,可发生神经过敏、易激动等神经衰弱症状,此类精神—神经因素的影响,往往会减弱临床上对糖尿病的治疗效果。本症多由血虚生风,脾虚受风所致。治疗以健脾、利湿、养血祛风为主,用胃苓汤加减。方药:茯苓皮 15g,苍术 10g,紫草 10g,当归 10g,生地 15g,首乌 10g,荆芥 6g,防风 6g,蝉衣 10g,僵蚕 10g,白附子 10g,刺蒺藜 10g,钩

藤 10g(后下),栀子 10g,黄芩 10g,蜈蚣 1 条。

临床上有—部分女性糖尿病病人是以阴部搔痒来就诊才发现有糖尿病。由于阴部剧痒,抓搔后可引起阴部血痂、血疹、渗出性糜烂或苔癣化改变。少数病人可有阴部皮肤粘膜干枯,大小阴唇萎缩,甚至发生外阴白斑病。本症多为本虚标实证,即本为阴津亏耗,标为湿热下注。临床上可兼见脘腹胀闷、倦怠纳减,心烦,口干口苦,小便短赤,大便干结,舌红苔腻,脉滑数或濡数。治疗以清热、利湿、疏肝、解毒为主,用龙胆泻肝汤或二妙丸加减。方药:龙胆草 10g,苍术 10g,柴胡 10g,当归尾 10g,栀子 10g,赤芍 10g,红花 6g,白鲜皮 15g,地肤子 15g,苦参 15g,丹皮 10g,生大黄 10g,竹叶 6g。

内服药治疗的同时,需结合外洗。外洗方:刺猬皮 10g,蛇床子 20g,野菊花 20g,苦参 20g,紫草 15g,紫花地丁 15g,百部 20g,地肤子 20g,威灵仙 20g。将外洗诸药装于布袋中,置于大药锅中用 2000~3000ml 水煮沸 20 分钟,熏洗或泡浴阴部,每日 2 次,每次 15 分钟。

1.2 疔肿、痈疽: 临床上,若糖尿病未能得到满意控制,易发生疔肿、痈疽,迁延难愈,冬季尤为明显。可发生在颈后部、头面部、臂、股部、腹部、背部等处。局部红肿疼痛,脓液恶臭,出脓不畅。

本病初起毒热鸱张,蕴结营卫,治宜清热凉血解毒。用五味消毒饮(经验方)。方药:银花 15g,连翘 15g,野菊花 15g,蒲公英 15g,紫花地丁 15g,紫背天葵 15g,赤芍 15g,丹皮 10g,生栀子 10g,半边莲 10g,制乳没各 6g,当归尾 10g,浙贝 10g,白芷 10g,天花粉 15g,生甘草 6g。

若病程迁延日久,气血两亏,毒滞难化,局部疮形平塌,根盘软漫,疮色紫暗无光泽,脓成迟缓,脓液清稀,腐肉难脱,不易生肌收口,兼见面色萎黄或苍白,精神萎靡,少气乏力,食少便

* 北京市同仁医院中医科,北京市崇文门内大街 2 号(100730)

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塘、舌淡，脉细数无力。治宜补血益气，扶正托毒。方用黄芪六一汤加减。方药：黄芪 30g，党参 15g，白术 15g，当归 10g，熟地 15g，赤白芍各 12g，川芎 10g，银花 15g，白芷 10g，桔梗 10g，皂刺 10g，鸡血藤 15g，连翘 15g，砂仁 6g，甘草 6g。

目前，对糖尿病病人足部感染的防治工作，也得到临床医师的足够重视。据报载，美国所有住院糖尿病病人中，有 20%，是因为足部感染及其他并发症而住院。糖尿病患者因足部感染而截肢者，占有非外伤性截肢的 25%~50%。糖尿病病人足部感染多属气血亏虚，经络不利，湿热蕴结。治疗常以利湿清热、活血祛风法，用三妙丸加减。方药：苍术 10g，黄柏 10g，牛膝 15g，草薢 15g，白鲜皮 15g，地肤子 15g，生苡仁 20g，木通 5g，当归尾 10g，赤芍 12g，鬼箭羽 15g，防风 6g，苦参 15g，全蝎 5g，滑石 10g，丹皮 10g。本方头煎、二煎口服，第 3 煎汁可外洗、泡脚足部。

2 保健与护理

2.1 饮食：饮食方面除一般治疗的饮食调理外，尚应注意禁烟戒酒，忌食辛辣厚味。提倡吃粗粮和高纤维膳食，如玉米、燕麦、荞麦，可以补充微量元素如钙、锌，有利于控制糖尿病。适量进食含钙高的食品如牛奶，可纠正其钙、磷代谢紊乱。许多食品性甘寒凉润，对糖尿病有一定的治疗作用，如银耳、百合、白果、梨、荸荠甘寒润肺；山药、莲子、核桃仁、扁豆等健脾补肾降糖；绿豆清热利湿解毒；丝瓜、冬瓜、枸杞子、马齿

苋、芹菜、茭白清热泻火滋阴。猪皮含丰富的胶原蛋白，对糖尿病合并皮肤病变者尤为有益，经常服用以猪皮、枸杞、山药煲汤，可补益精血，滋养肌肤。

2.2 皮肤：注意皮肤的清洁，避免搔抓，以防皮肤破溃感染。要经常淋浴更衣，水温要适度，不要太烫，使用刺激性小的中性浴皂，不要用搓澡巾揉搓皮肤。穿着内衣以质薄柔软，宽松平贴为宜。每晚睡前用温热水（约 45℃）泡双足 15~20 分钟，选穿宽松保暖透气性好的软底鞋，柔软的棉线袜，保持足部的干燥，预防霉菌、真菌的感染。对患有脚癣的病人要积极治疗，告诫病人不要为图一时解痒，用手抓破足部皮肤导致化脓性细菌感染。皮肤干燥者可适当搽用一些含油性护肤用品（最好不含香精），如硅霜、参黄霜等。另外，矿泉浴、糠浴、淀粉浴（将谷糠或淀粉装在布袋内，加水煮沸 30 分钟趁热熏洗或泡浴，也可持袋擦洗患处）也有很好的滋养皮肤、减缓皮肤老化的作用。

2.3 情志：祖国医学十分重视情志因素在糖尿病病因及治疗中的作用。《灵枢·五变篇》云：“思虑伤脾，脾不能为胃行其津液，而为消渴。”现代医学更加重视糖尿病病人的心身治疗，糖尿病病人要正确认识自身疾病，消除紧张心理，树立信心，保持乐观豁达的态度。另外，还应在医师的指导下进行运动疗法、气功疗法、自我按摩等等，不但有助于调整内分泌、降低血糖、保持正常的体重，而且可以改善血管、神经功能，减轻和预防并发症。

全国首届中医血疗学术研讨会征文通知

由中国人体健康科技促进会、中国中医研究院科技合作中心主办，定于 1996 年 6 月在北京召开“全国首届中医血疗学术研讨会”，并编印出版《全国首届中医血疗学术研讨会论文集》。中医血疗是中医药理论和临床经验为基础，并运用有效的方药与低能量 He-Ne 激光血管内照射相结合，产生明显增效作用的一种新型治疗方法。它给予心血管病、脑血管病、肿瘤、糖尿病合并血管病、脉管炎、痴呆、脑瘫、癫痫等难治病症患者带来了希望。

一、征文内容：1. 中医血疗概念、沿革、科研思维方法等基础理论研究。2. 中医血疗的作用机理如对血液流变学的改变，对免疫系统的调节等方面的研究。3. 中医血疗临床应用研究，如对神经系统疾病、心血管疾病、感染性疾病、糖尿病、泌尿系统疾患、肿瘤、老年痴呆等治疗，包括分型治疗，引经用药，治疗频率、治疗效果等方面。4. He-Ne 激光血管内照射有效参数（包括剂量、频率、时间、部位）的临床和（或）实验研究。

二、征文要求：1. 论文字数在 4000 字以内为佳，并附 400 字以内摘要，文稿须以 20×20 字稿纸抄清。2. 论文后注明作者的姓名、单位、职务职称、通信地址、邮政编码、联系电话。3. 征文截止日期为 1996 年 3 月 28 日（以邮戳为准）。

来稿请寄：北京市东直门内大街北新仓 18 号中国中医研究院“全国首届中医血疗学术研讨会”会务组，邮政编码：100700。

ABSTRACTS OF ORIGINAL ARTICLES

Clinical Observation on Chronic Obstructive Pulmonary Emphysema of Yang—Deficiency of Spleen—kidney Type Treated by "Jianzhuang" No 1.

Wu Yingen, Zhang Huiyong, Wang Hongchang.

The capsule Jianzhuang No 1 was applied for treating 68 cases of such cases, with 20 cases of the same disorder treated with aminophylline and cephalithin as control. Results demonstrated that Jianzhang No 1 markedly lowered the residual volume, residual volume/total pulmonary capacity, and pulmonary arterial pressure, the clinical total effective rate being excelled that of the controlled group.

Authors' Address: Longhua Hospital Affiliated to Shanghai University of TCM, Shanghai 200032

Key Words: Pulmonary emphysema/TCM therapy Yang—deficiency of spleen—kidney/TCM therapy @ Jianzhuang No 1

(Original article on page 731)

Health Care and TCM Treatment of Diabetic Dermatitis.

Wang Xue

For diabetic skin itching, TCM treats it as a disorder of deficiency, evil wind and damp—heat. For complications with carbuncles, boils and furunculosis, it should be treated by heat—clearing, toxicity eliminating and expelling, resistance supporting methods. For nursing and care for diabetics dietotherapy, regulating diets for keeping functional balance are emphasized. In addition, sport therapy, medicinal bathing, Qigong, selfmassage for regulating the patient's endocrine, lowering blood glucose, improving vascular neural functions are also encouraged.

Author's Address: Department of TCM, Tongren Hospital, Beijing 100730

Key Words: Diabetes mellitus/complications dermatosis/etiology dermatosis/TCM therapy

(Original article on page 734)

Therapeutic Analysis on 75 Cases of Sjogren's Syndrome Treated by TCM.

Zhao Lijuan, Huang Yiyu, Chen Ying, et al.

A markedly effective rate of 37.3% and total effective rate of 80% were obtained in a series of 75 cases of dryness syndrome by TCM. During the investigation, analysis of saliva was performed before and after the

treatment with a result showing that Na⁺ in patients' saliva was higher than normal and it lowered after treatment. The above changes were correlated with the improvement of other physical and chemical indexes, indicating the objective reliability of TCM for treatment of Sjogren syndrome.

Authors' Address: Beijing University of TCM, Beijing 100029

Key Words: Sjogren syndrome/TCM therapy

(Original article on page 736)

Long—term Follow—up and Short—term Effect of Infantile Nephrosis Syndrome Treated by Integrated Chinese and Western Medicine.

Yang Wenyi, Shang Lili, Qiu Yunfeng

Altogether 118 cases were treated in our series with another 52 cases treated by western medicine as control. For the integrated medicine group, the rate of total remission was 76.9% after 8 weeks of treatment that of the controlled group, 76.9%. 92 out of the remission cases revealed a long—term effect when followed up for 4—14 years. The relapsing rate of the integrated medicine group was 27.7%, that of the controlled group, 51.8%. The difference between the 2 groups was significant ($P < 0.05$).

Authors' Address: Affiliated Hospital, Anhui College of TCM, Hefei, Anhui 230031

Key Words: Nephrosis syndrome/Treatment of Integrated Chinese and Western Medicine

(Original article on page 738)

Studies on Lingual Picture. Cytology of Lingual Coat in Schizophrenia.

Chen Wei, Ren Wanwen, Su Xueqian, et al.

47 cases were studied with another 25 cases of normal people as control. Results showed that in normal person, the epidermal cells of the tongue were mainly pre—keratinized cells, where as in schizophrenia patients, the cells were all hyperkeratinized ones. The patients' mental condition were improved, their lingual pictures were gradually turned normal.

Authors' Address: Seventh People's Hospital of Hangzhou, Hangzhou, Zhejiang 310013

Key Words: Schizophrenia/diagnosis tongue diagnosis tongue/cytology

(Original article on page 741)