

中医中药治疗干燥综合征 75 例疗效分析

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摘要 中医辨证分型治疗干燥综合征 75 例,取得显效率 37.3%,总有效率 80% 的良好疗效。治疗前后还进行了唾液分析,结果表明治疗前本组患唾液中 Na^+ 较正常人组为高,治疗后明显下降,且与其他理化指标的好转有明显相关性,这证明中医治疗干燥综合征的疗效客观可靠。

主题词 Sjogren 综合征/中医药疗法

干燥综合征(Sicca Syndrome,简称 SS)是以淋巴细胞浸润外分泌腺体为主的自身免疫性疾病。该病症状繁多,病因不明,治疗困难,目前对本病疗效判定研究很少。1988 年以来,我们对中医中药治疗的 75 例 SS 病人进行治疗前后唾液分析实验,证明中医中药对 SS 病人治疗是有效的,唾液分析可以做为判定 SS 疗效的客观、重要依据。

1 临床资料

本组病人共 75 例,其中女性 73 例,男性 2 例。年龄 30 岁以下 5 例,30+~50 岁 39 例,50+ 岁以上 31 例。病程 5 年以下 26 例,5+~10 年 27 例,10 年以上 22 例。

本组 75 例病人均符合国际上通用的对干燥综合征诊断标准(日本厚生省,SS 病调查班 1977)。有原因不明的干燥症状。原因不明的干燥性角膜结膜炎泪液分泌(滤纸条)试验 10mm 以下/5 分钟,角膜荧光染色试验阳性;泪腺和唾液腺组织特征性组织异常(唇腺活检在腺小叶导管周围看到 50 个以上单核细胞浸润,而且在同 1 个小叶内至少看到 1 处以上);唾液腺管造影有特异性异常所见(腮腺造影在腺内看到弥漫性直径 1mm 以上大小不同的点状、斑状阴影)。以上 3 项具备其中 1 项以上时即可确诊为干燥综合征。

根据以上标准,本组病人治疗前的检查结果为:

角膜荧光染色:角膜着色为阳性,根据着色面积及范围不同,我们分成重度着色、中度着色和轻度着色。本组重度 42 只眼,着色呈密集点状,甚者呈片状,着色范围超过角膜面积的 1/2;中度 26 只眼,呈密集点状,着色范围小于角膜面积 1/2;轻度 35 只眼,着色呈稀疏点状,着色面积小于角膜 1/2。本组无着色者 47 只眼。

眼泪腺分泌试验:两眼平均 <5mm/5 分钟以下者 51 例,5~<10mm/5 分钟 21 例,≥10mm/5 分钟 3 例。

腮腺造影:75 例全部做过腮腺造影,符合干燥综合征诊断。

唇腺活检:75 例均从下唇取材,做活检,病理改变,符合干燥综合征诊断。

唾液 Na^+ 检查:75 例均作了唾液 Na^+ 测定。唾液 Na^+ 在 20mmol/L 以下(包括 20mmol/L)8 例,20mmol/L~40mmol/L(包括 40mmol/L)9 例,41mmol/L~80mmol/L(包括 80mmol/L)31 例,81mmol/L~100mmol/L(包括 100mmol/L)19 例,100mmol/L 以上 8 例。

血沉:20mm/小时(包括 20mm/小时)以下 21 例;21mm~50mm/小时(包括 50mm/小时)33 例;51mm~90mm/小时(包括 90mm/小时)19 例;90mm/小时以上 2 例。

TTT 检查:正常 23 例;高于正常者 52 例。

A/G:75 例病人做了 A/G 检查,正常 38 人;倒置者 37 例。

蛋白电泳:74 例患者做了蛋白电泳检查,其中 γ 球蛋白升高者 57 例。

免疫球蛋白:74 例患者做了免疫球蛋白检查,IgA 高于正常 31 例,低于正常 4 例;IgM 高于正常 15 例,低于正常 3 例;IgG 高于正常 36

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例,低于正常1例。其中主要是表现在IgA、IgG升高,这和目前文献报道是相一致的。

2 治疗方法

本组病人均单纯用中医中药治疗,根据患者临床表现分为阴虚型、气阴两虚型、肝郁脾虚型、气滞血瘀型。

阴虚型(又分肺肾阴虚、肝肾阴虚、脾胃阴虚、脾肾阴虚)35例,偏于脾胃阴虚者可选用益胃汤加减,肺肾阴虚选用百合固金汤加减,肝肾阴虚选用知柏地黄汤、左归饮加减。主要药物石斛、玉竹、麦冬、百合、沙参、枸杞子、茯苓、知母、地骨皮、山药、生地等。

气阴两虚型:13例,选用参苓白术散合右归饮加减。主要药物生黄芪、茯苓、苡仁、白术、山药、山萸肉、太子参、泽泻。

肝郁脾虚:17例,选用丹栀逍遥散合参苓白术散加减。主要药物茯苓、白术、生黄芪、苡仁、栀子、柴胡、砂仁、当归等。

气滞血瘀型:10例,桃红四物汤加减。主要药物熟地、川芎、当归、赤芍、丹参、鸡血藤、茯苓、葛根等。

3 疗效分析

3.1 临床疗效分析:本组75例,其中口干、眼干症状明显好转,全身症状好转。角膜荧光染色明显好转。血沉、肝功能(TTT)、A/G、蛋白电泳、免疫球蛋白5项中3项化验指标有改善;唾液 Na^+ 化验指标下降超过20mmol/L,评为显效者28例(37.3%)。口干、眼干症状好转,全身症状有所改善;角膜荧光染色好转;血化验5项中只有1~2项有改善;唾液 Na^+ 化验指标下降超过20mmol/L,评为有效者35例(46.7%)。口干、眼干症状改善不明显,或不稳定;角膜荧光染色变化不大;血化验改善不明显或不稳定。唾液 Na^+ 无改善或升高,评为无效者12例(16%)。总有效率84%。

3.2 唾液分析结果:本组75例治疗后唾液 Na^+ 下降超过20mmol为63例,占本组病例的84%,唾液 Na^+ 无变化或反而上升12例,占16%。

本组病例中治疗后唾液 Na^+ 下降,血化验

好转并同时伴有唾液中 Na^+ 下降者56例,占74.7%;唾液 Na^+ 下降,症状有所改善,化验改善不明显或不稳定14例,占18.7%;唾液 Na^+ 不变或升高,症状加重、化验加重5例,占6.6%。说明唾液 Na^+ 和干燥综合征病情程度,转归之间具有明显的相关性。

4 讨论与体会

SS是一种慢性、炎症性、自身免疫性疾病,中医中药对该病治疗,取得较好的疗效,受到国内外医家的重视。但从目前文献报道上看,其疗效多从病人自觉症状改善而论,客观依据不多,说服力差。目前公认对SS特异性检查腮腺造影、唇腺活检都因操作繁琐,给病人带来痛苦,重复检查难以进行。本文中提出的以唾液中 Na^+ 含量测定对中医中药治疗SS病人进行疗效判定不失为一种既特异性强,又操作简便,便于推广的方法。

在正常情况下,最初在腺腔中涎腺分泌液是等渗的,也就是说其 Na^+ 浓度与血清 Na^+ 是相接近的,但当分泌到达导管部位时,因其导管有主动吸收 Na^+ 功能, Na^+ 被重吸收,形成了唾液中的低钠状态,就我们所做72例正常人唾液 Na^+ 测定,均在10mmol/L,但SS病人因涎腺导管上皮组织破坏,不能进行其重吸收 Na^+ 功能,因此唾液中 Na^+ 可以大大升高,从本组预实验中30例SS病人唾液 Na^+ 含量平均80.01mmol/L,在本组病例中唾液 Na^+ 在80mmol/L以上占36%,说明了导管功能破坏,而且唾液 Na^+ 升高和病情程度是相关的,也就是说,病情越重,唾液 Na^+ 越高,甚者可接近血清 Na^+ 水平,本组病例中唾液 Na^+ 在100mmol/L以上者8人。而经中医药治疗后腺体导管功能得到恢复,病人唾液 Na^+ 就会降下来。

该组病人全部采用中医中药治疗,治疗后全身症状改善,血化验明显好转者,唾液 Na^+ 也降低,反之,治疗后症状无改善者,唾液 Na^+ 变化不大,这说明唾液 Na^+ 含量和其病情变化是一致的,从而能客观反映疗效,本组病人在疗效判定上采用唾液 Na^+ 做为重要指标,其疗效是有说服力的。

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.

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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.

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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 ($P < 0.05$).

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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.

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Key Words: Schizophrenia/diagnosis tongue diagnosis tongue/cytology

(Original article on page 741)