

儿童迁延性肺炎辨治 52 例

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摘要 采用宣通清解法,以补虚为核心治疗儿童迁延性肺炎 52 例,辨证分为肺热津虚、土不生金、营卫虚弱、气虚邪遏 4 型,经 2~3 周治疗后,痊愈 40 例,好转 8 例,无效 4 例。

主题词 肺炎/中医药疗法 辨证论治

儿童迁延性肺炎因抗生素疗效不佳,病家常求治于中医。自 1983 年以来,笔者对 52 例迁延性肺炎患儿进行病证结合治疗,结果表明,以补虚为核心,采用宣通清解法治疗有利于提高疗效。

1 一般资料

本组 52 例中,男 28 例,女 26 例。年龄 3 个月~14 岁,其中 3 个月~1 岁 3 例,1⁺~3 岁 20 例,3⁺~7 岁 26 例,7⁺~14 岁 3 例。病程 1~2 个月 50 例,2⁺~3 个月 2 例。病种为支气管肺炎 43 例,大叶性肺炎 3 例,间质性肺炎 6 例(其中病毒性肺炎 4 例,麻疹肺炎 1 例,百日咳肺炎 1 例)。多数有营养不良、佝偻病、贫血及反复罹患肺炎病史,常继发于感冒、气管炎等上呼吸道感染后。肺部听诊有湿性罗音,胸片示肺纹理增重,有模糊或片状阴影。

2 分型治疗

根据临床表现,肺部听诊,结合舌脉辨证分为 4 型,采用宣通清解法为主要治则,以补虚为核心辨证施治。

肺热津虚型(5 例):久热久咳的小儿多见,症见咳嗽不断,痰多不畅,大便干结,舌红少苔,肺部罗音稀少。治宜养阴清肺,泻肺化痰为主。自拟沙麦桑丹汤:北沙参、麦冬、桑白皮、丹参、益母草、桔梗、杏仁、炙杷叶、鱼腥草、川贝母、马兜铃、竹茹。热重加生石膏、丹皮;咳甚加胆星、冬瓜仁;纳欠加山楂、麦芽;重症酌加补肺

阿胶散。

土不生金型(15 例):虚胖型婴儿多见,患儿平素面色少华,容易出汗,咳少痰多,喉中痰鸣,舌苔白腻,感邪后肺中粗罗音时消时现。治先应理气化痰,温经逐水。温胆汤去甘草加麻黄、杏仁、白前、车前子(草)、桃仁、红花、鱼腥草、党参。虚汗多加黄芪、麻黄根;咳甚加紫菀、炙百部;便秘加炮姜、神曲。待罗音消失后,再以星附(南星、白附子)六君子汤加减扶脾祛痰。

营卫虚弱型(4 例):多为重症肺炎后期 6 个月以下的婴儿,证见体温波动,神疲面眺,汗出不温,咳而无力,舌淡嫩苔薄白,脉细缓无力,罗音久不吸收。治当扶正护阳,调合营卫为主。桂枝加龙骨牡蛎汤减草姜枣,佐以桑白皮、地骨皮、陈皮、桔梗、紫菀、茯苓、红花、鱼腥草、仙灵脾。以期增强扶正祛邪、肃肺化痰之效。汗多加党参、五味子;痰多加半夏、胆南星;阳虚甚加黄芪、红参;重症酌加生脉散。

气虚邪遏型(28 例):幼童及年长儿的间质性肺炎、反复发生的支气管肺炎、大叶性肺炎后期多见。以咳喘时轻时重,早晚为甚,痰多不爽,面白纳欠,大便偏干,舌苔薄腻,肺部散在水泡音游走不定,间或叩诊轻度浊音为主。治以益气化痰、泻肺逐瘀。自拟参芪葶苈汤:党参(或太子参)、黄芪、葶苈子、川芎、冬瓜子、川贝母、全瓜蒌、桑白皮、丹参、炒桃仁、胆南星、鱼腥草、莢术。热毒甚加黄芩、败酱草或蒲公英;喘甚加椒目、地龙;罗音多加车前子(草)、汉防己;罗音消失慢加五味子、没药。

3 治疗结果

治疗 2~3 周后,痊愈(体温正常,症状体征消失,肺部炎症全部吸收)40 例;好转(症状体征减轻,肺部炎症部分吸收)8 例;无效(症状体征未改善,肺部炎症吸收不明显,或 1 周内复发者)4 例。

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4 体会

迁延性肺炎属中医的“内伤咳嗽”范畴，肺、脾、心(肾)多脏器均可受累。分别因气阴耗伤，正气不复，难以祛邪外达，余邪留恋；或肺脾气虚，反复感邪，往往痰热(痰湿)未去，又感风邪；或心(肾)阳虚，无力托邪外出；或祛邪未尽，致痰热留恋，都可使咳嗽不愈，肺炎迁延。故迁延性肺炎的病因除与肺、脾、心(肾)之虚，余热未清外，尚有痰蕴、血瘀、水湿为患。与西医认为这是急性肺部感染所致的充血、渗出、病理改变严重或炎症反应深及粘膜下间质组织，使结缔组织增生难于吸收的结果相一致。

正虚是邪气留恋的主因，故重用参、芪、麦、桂、仙灵脾补益肺脾心(肾)，提高免疫力，匡扶正气。痰蕴、瘀血、水湿是肺炎的病理性产物，易使肺气壅塞。宣通清解法的实质在于疏其气血，令其通畅，通其水道，清其余邪。凡咳嗽痰阻气道者应选贝母、瓜蒌、胆星、冬瓜仁、马兜铃、芦根清化痰热，杏仁、紫菀、杷叶、白前温润化痰，或

二陈、白附子燥湿化痰。凡有水泡音者应祛瘀行水，选川芎、桃仁、红花(或泽兰)、丹参(或益母草)行血祛瘀，改善肺微循环，降低其毛细血管通透性，促进炎症吸收。麻黄、桔梗、杏仁宣上开肺，陈皮、枳壳行气利水，桑白皮、葶苈子泄肺逐水，车前子(草)、汉防己清热利水，桂枝、仙灵脾温阳利水，以消除呼吸道粘膜的充血水肿状态，罗音得以消散。若久病罗音难于吸收者，为肺气不固，液渗气道所致。此时非补益固涩不可，方中参芪配五味子、龙牡即寓此意。鱼腥草、败酱草清热解毒，黄芩、黄柏解毒燥湿，以上均有广谱抗菌作用。至于肺病及脾而食滞湿阻等，可佐用健脾化湿消导法，以堵生痰之源，此外，对迁延性肺炎易气阴耗伤的病理特点，一般宣肺又当忌宣散太过。

采用宣通清解法结合补虚治疗迁延性肺炎，疗效比较满意，且无副作用，可克服长期应用抗生素效果差及肠道菌群失调的弊病，值得进一步探讨。

顽固性颊粘膜溃疡合并张口困难1例治验

常世平*

田某某，男，49岁，住院号：16488。因左颊粘膜溃疡7年不愈合并张口困难于1995年5月8日入院。

患者7年前左颊粘膜咬合时疼痛，并出现溃疡，当地医院认为属“咬合性创伤”故拔除 $\overline{18}$ 、 $\overline{18}$ 。但拔牙后溃疡仍反复不愈，疑口腔恶性肿瘤。两次病理检查，均为一般炎性改变，曾服用维生素B₂、华素片治疗，病情无改善。于1995年2月，转入我院口腔科行手术切除。病理报告仍为“炎性溃疡”。经抗炎治疗创面好转，出院后左颊粘膜处仍疼痛，咀嚼受限，张口困难，进餐时疼痛尤甚，经久难愈。

查体：一般情况良好，左颊粘膜相对 $\overline{17}$ 、 $\overline{18}$ 处可见约0.5cm×0.5cm大小凹凸不平的白色瘢痕，瘢痕上可见质地坚硬之溃疡，触之疼痛。探针检查未见明显窦道。张口一指。舌质暗红，苔黄微腻，脉细弦滑。患者多次病理检查形成瘢痕，瘢痕挛缩以致张口困难。因瘢

痕组织抵抗力弱，则易形成溃疡，故经久不愈。辨证属阳明经热，气血瘀滞，日久则成结聚，治以清热泻火，活血化瘀，软坚散结。

方药：生石膏30g(先煎)，青黛6g，黄连3g，乳香、没药、生甘草各3g，元胡、赤芍、白芷、白术各10g，水红花子15~30g为基础方，随证加入三棱、莪术、生牡蛎、穿山甲增强软坚化瘀之力。1日2剂分4次水煎服。并予地骨皮、白鲜皮、夏枯草、水红花子各15g，煎水含漱，1日数次。诸药合用共奏清热化瘀，软坚散结之效。生肌散(市售)与珍珠粉交替局部涂布。在服药与局部治疗的同时，嘱病人经常进行张口运动，以促进局部血液循环，使挛缩的瘢痕伸展，有利功能恢复。

守法治疗数日后，其局部疼痛即明显减轻。1个月后，患者张口可容纳3指，溃疡面已近愈合，故出院。嘱其出院后于溃疡局部继续涂药。3个月后，溃疡完全愈合，粘膜光滑，中心有粉红色粘膜生成，局部无疼痛，瘢痕部位质地变软，张口恢复如常人。

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ABSTRACTS OF ORIGINAL ARTICLES

Influence of Acupuncturing Fengchi -- Point on Cerebral Blood Flowing.

Yuan Xiaojun, Hao Xishu, Lai Zhongping, et al

By using percerebral Dopler Ultrasonic exam. observation was made on the changes of blood flowing in basilar artery before and after acupuncturing of Fengchi points in 97 cases. Results showed that there was significant changes in blood flowing velocity before and after acupuncturing in the treating group of rapid blood flowing and slow blood flowing types ($P < 0.001$). And the significance of samples from the treating group and controlled group before and after acupuncturing was also significant ($P < 0.001$).

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Key Words: plethysmography/impedance acupuncture effect/point, Fengchi

(Original article on page 285)

Action of Remedies of Supporting Resistance and Relieving Blood Stasis on Metastasis of Post-operative Gastric Cancer and Its Influence on Ornithine Decarboxylase.

Bu Ping

Thirty -- two cases of post -- operative cancer of stomach were treated with remedies of supporting resistance and relieving stasis with another group treated with western drugs for comparison. Results revealed that the metastatic rate had been greatly decreased, also the content of ornithine decarboxylase was markedly dropped, suggesting that lowering rate of post -- operative metastasis might be related to the activity of ornithine decarboxylase.

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Key Words: cancer of stomach/surgical operation

(Original article on page 290)

One -- hundred Fifty Cases of Chronic Brucellosis Treated with Differential Diagnosis of Syndromes.

Sheng Yongfu, Hu Suhua

Four types, including deficiencies of Qi -- blood, Yin -- deficiency of Liver -- kidney, blood -- stasis and damp -- heat, were differentiated in 150 cases of chronic brucellosis for treatment with respective traditional materia medica. 59 cases were cured. 54 case basically

cured. 25 cases mitigated and 12 cases ineffective. the total effective rate being 92 %.

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Key Words: Brucella/ TCM therapy Treatment based on differentiation of syndromes

(Original article on page 292)

Diagnosis and Treatment of 52 Cases of Protracted Pneumonia in Children.

Bao Jing

Since antibiotic therapy is not satisfactory to children's protracted pneumonia, the patients used to pursue TCM therapy. 52 cases of such patients were treated by this author since 1983. Results revealed that the treating principle of dispersing and clearing method along with tonification as core therapy was satisfactory to elevate the therapeutic effect. The patients were differentiated into 4 types, lung -- heat with deficient fluid, failure of spleen (earth) to support lung (metal), weakness of Ying and defensive levels, and stagnant pathogens due to Qi -- deficiency.

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Key Words: Protracted pneumonia/TCM therapy treatment based on differentiation of syndromes

(Original article on page 294)

Influence of Semen Raphani on Tonic Action of Radix Ginseng.

Wu Xinghe, Guan Yunli, Zhou Dehe, et al

In ancient recipe books and according to ancient physicians, it was said that Semen Raphani might neutralize the tonic action of Radix Ginseng, and it was also a folk belief that raddish and Semen Raphani were tabooed when administering Radix Ginseng. In our experiments, results showed that Radix Ginseng yielded marked actions of anti -- fatigue, anti -- anoxia and anti -- irritation in mice, mean while no influence can be observed when administering Semen Raphani at the same time in such experiments.

Authors' Address: Shaoxing City Hospital, Shaoxing Zhejiang Province 312000

Key Words: Radix Ginseng/ pharmacology Semen Raphani/pharmacology compatibility of drugs

(Original article on page 300)