

老年人和脾虚患者消化系统功能的观察

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内容提要 本文采用胰功肽和 D-木糖试验作为消化吸收的指标,对老年人和脾虚患者进行了临床观察,并与正常组进行了比较。结果初步表明老年人和脾虚患者均有不同程度的消化吸收功能障碍,并对产生这种障碍的机理进行了初步的讨论。

调理脾胃防治疾病是中医学治疗体系的重要特色之一,中医学认为脾为后天之本,主运化,升清降浊,为营血生化之源,由此看来,脾的本质可能与消化吸收功能有关,我们近几年来在这方面做了一些工作,现将结果小结如下。

材料和方法

一、观察对象:本院职工和北京市社会福利院休养员,均经西医检查无肾功能障碍和胃肠疾患,中医辨证亦无脾虚见证者为成人对照组。脾虚患者选自北京中医医院内科和肿瘤科的消化病患者,如慢性胃炎、消化道肿瘤等,无肾功能障碍,年龄与对照组相近。

二、脾虚辨证标准:具有面色萎黄,下肢酸困,食欲不振,大便溏泻或便秘,腹部胀满,舌苔薄白,舌体胖,边有齿痕,脉沉细等症状者为脾虚患者。

三、观察指标:(1)木糖吸收试验,按 Sammons 法改良^(1,2)。(2)胰功肽试验,按周志超等方法⁽³⁾。

结 果

一、小肠吸收功能与中医辨证分型之间的关系:选择正常人 45 例和有脾虚见证及其它辨证的患者 136 例进行观察,结果初步说明有脾虚见证的病人,木糖排泄率多数降低,无脾虚见证的肾阳虚病人则降低不明显,气阴两虚病人则高出正常人。结果见附表。

附表 小肠吸收功能与中医辨证分型之间的关系

组 别	例 数	M±SD	P 值
正 常 人	45	26.37±3.96
脾 虚	43	21.42±5.23	<0.01
肺 脾 虚	38	21.00±6.08	<0.01
脾肾阳虚	7	19.68±2.80	<0.01
肾 阳 虚	25	22.90±10.83	>0.05
气阴两虚	23	30.74±10.29	<0.05

二、老年人小肠吸收功能的变化:观察了 39 例年龄从 60~85 岁(平均年龄 76 岁)的老年人,并与 32 例年龄从 18~48 岁(平均年龄 26 岁)的青壮年组作了比较,结果老年组的木糖排泄率为 15.0 ± 6.2 (M±SD,下同),青壮年组为 29.6 ± 2.3 ,两组差异非常显著 ($P < 0.01$)。

三、年龄与小肠吸收功能的相关性:分析了 94 例,年龄从 18~85 岁的受试者,发现二者有很好的负相关性,见图 1。

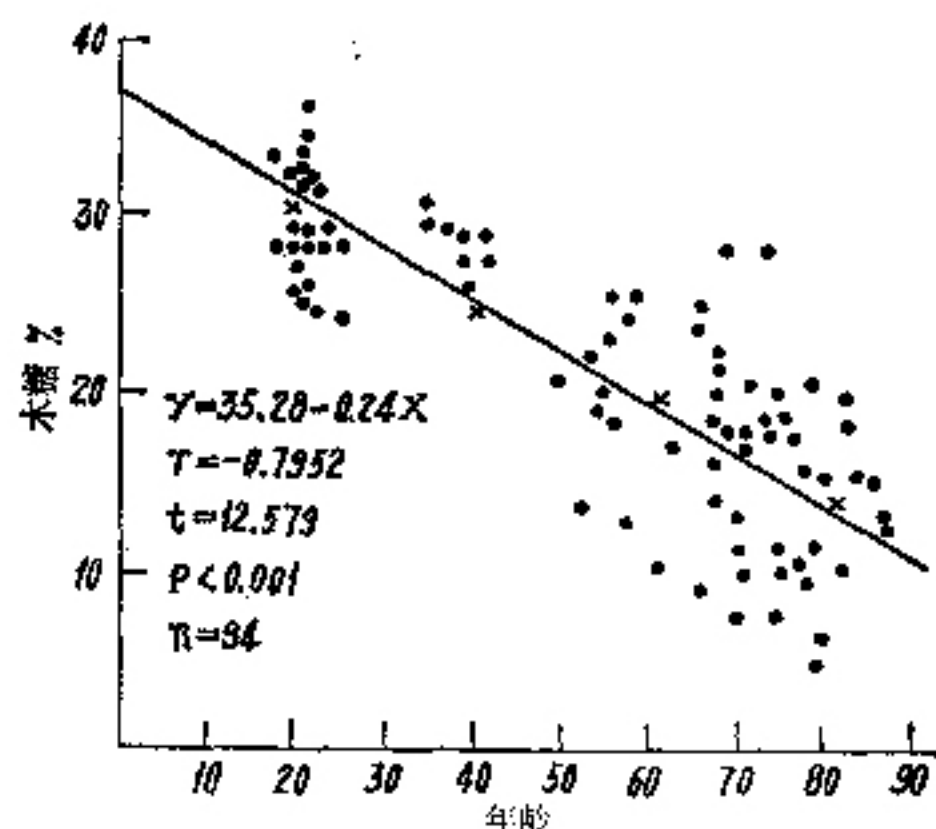


图1 年龄与小肠吸收功能的关系

四、脾虚患者胰功肽试验：本文观察了 36 例正常人和 119 例脾虚患者的胰功肽试验，发现脾虚患者胰功肽试验结果为 60.5 ± 18.2 ，正常人为 74.6 ± 8.8 ，两组差异非常显著 ($P < 0.01$)。

五、老年人胰功肽试验：观察了 28 例健康老人的胰功肽试验，老年组的年龄从 65~85 岁，平均年龄 75 岁，并与 36 例年龄从 23~48 岁，平均年龄 31 岁的青壮年组作了比较。结果发现老年组为 40.5 ± 19.0 ，青壮年组为 74.6 ± 8.8 ，经统计学处理，两组差异非常显著 ($P < 0.01$)。

六、年龄与胰功肽试验的相关性：分析了 64 例，年龄从 23~85 岁的受试者，发现二者有很好的负相关性，初步说明由于年龄的增长胰脏的外分泌功能(即分泌消化酶)逐渐下降，见图 2。

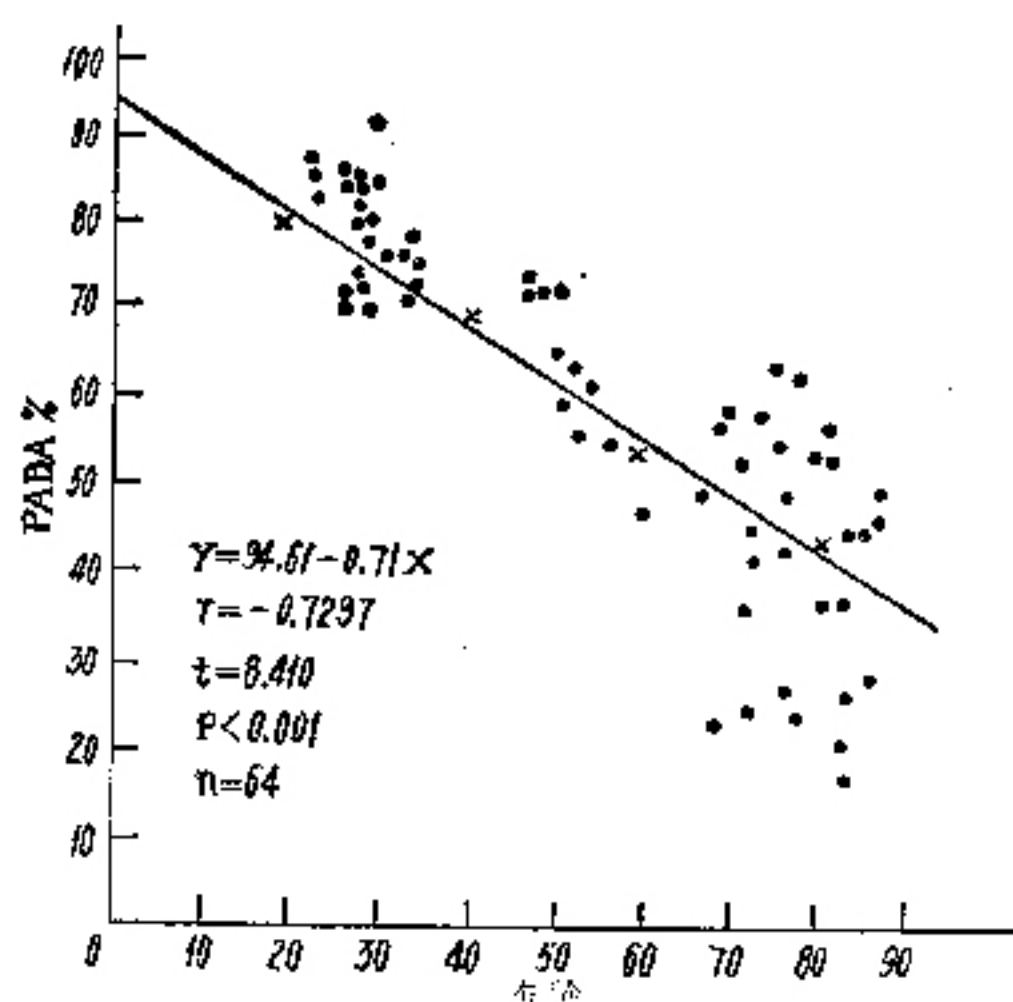


图2 年龄与胰外分泌功能的关系

讨 论

一、本文采用指标的生化意义：D-木糖试验反映受试者的小肠吸收功能，尿中木糖排泄率愈高说明小肠吸收功能愈好。胰功肽试验主要反映胰脏的外分泌功能，即分泌糜蛋白酶的功能，尿中对氨基苯甲酸(即 PABA，是胰功肽的代谢产物)排泄率高，说明消化能力强。

二、对“脾”主运化的认识：中医学认为脾主运化，包括运化水谷精微及运化水湿两方

面，前者指脾有消化、吸收的作用，后者指脾有促进调节水液代谢的作用。脾气健运则机体的消化、吸收等功能旺盛；脾失运化则机体的消化、吸收功能衰退。说明脾与消化系统关系是十分密切的。近年来，我们从消化系统的小肠和胰功能对脾虚病人进行了一些临床观察，从本文初步结果来看，中医辨证为脾虚病人多数可见小肠吸收功能减退和胰外分泌功能下降等，这些改变总的反映出脾虚病人有消化吸收功能的障碍，说明脾失健运的理论是有科学依据的。

本文在中医辨证为脾虚、或兼有脾虚证者与非脾虚证患者，以及正常人之间作了对比观察，表明脾虚病人所具有的消化吸收功能减退是脾虚病人的一般共性。另一方面，在中医辨证为非脾虚证患者，一般不出现上述这些消化系统观察指标的变化，这也说明脾虚证是有别于其它证的特殊的个性，即各种证型都有它一定的特有的病理生理的变化基础，这可能是我们阐明脾虚本质的关键所在。

三、本文观察了青壮年组和老年组 D-木糖试验和胰功肽试验的变化规律，并应用相关分析及其显著性检验证明，老年组的胰外分泌功能和小肠吸收功能显著低于青壮年组，随着年龄的增长而逐渐下降，具有很好的负相关性。这种变化的原因可能是人到老年，整个消化系统功能衰退，年龄愈大，衰退愈甚。这与本文观察到的脾虚病人消化系统功能衰退是一致的，这是由于老年引起的脾虚，可谓老年性脾虚，其病理基础可能是消化道细胞功能衰退，寿命缩短，也可能是细胞代谢功能失调，这方面工作有待进一步研究。

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**Effect of Enema with Traditional Chinese Medicinal Herbs on
Chronic Non-Specific Ulcerative Colitis**

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The clinical data of 136 cases of chronic non-specific ulcerative colitis were analysed. After the treatment of enema with traditional chinese medicinal herbs, 83 cases recovered on the whole and 45 cases improved, but there was no effect in 8 cases. The short-term effective rate was 94.1%, and the recurrent rate was 44%. It suggests that measures to consolidate the curative effect should be further studied.

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**A Sequential Analysis of Emergency Treatment of
Paroxysmal Supraventricular Tachycardia with Injection of Qingpi**

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This paper reports rapid conversion of paroxysmal supraventricular tachycardia (PSVT) with injection of Qingpi (*Pericarpium Citri Reticulatae Viride*). The observation was based on an open type monophase sequential analysis as follows:

Analytic criteria were set by the authors and a sequential analysis chart was drawn.

Qingpi was injected intravenously 0.5-1 ml as soon as the attack of PSVT was diagnosed, electrocardiogram and blood pressure were measured simultaneously. According to the results of treatment of each patient an experimental line was drawn in the chart. As the chart showed, in the 6th case the experimental line almost crossed the upper boundary. The point demonstrated that Qingpi injection had significant effect on the conversion of PSVT.

The mechanism of therapeutic effect of Qingpi injection was considered to be as follows: Qingpi injection elevated blood pressure stimulating the baroreceptors in carotid sinus and aortic arch, and excited vagus nerve as a reflex action, so that PSVT was converted into sinus rhythm.

(Original article on page 162)

**Preliminary Observation on Digestive Function of Aged People
and Patients with Spleen Deficiency**

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Pancreatic function test and D-xylose absorption test have been carried out in aged people and patients with spleen deficiency, and in group of middle-aged normal subjects as control, to study their function of digestion and absorption. The results of clinical observation and analysis and comparison of laboratory test data obtained indicate that all the aged persons and patients with spleen deficiency have disturbances of digestive function in various degrees. The mechanism producing these disturbances has been discussed.

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Clinical Study of "NIDDM" Diabetics with Deficiency of Both "Qi" and "Yin"

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Clinical experiments were made on non-insulin-dependent diabetics with deficiency of both "Qi" and "Yin" with data of laboratory tests analysed. The serum cAMP content of 33 cases was appreciably lower than that of the corresponding normal control group ($P < 0.05$). Moreover, that of the group with a course more than 2 years was lower than the group with a course less than 2 years. That of the group with fasting blood sugar