

# 莴苣子治疗高血压病的临床观察

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**内容提要** 本文对 187 例高血压病采取随机抽样方法, 分别用莴苣子和降压灵进行临床治疗观察, 治疗结果表明, 莴苣子组的降压疗效和降压灵组相似。经动物试验证明, 莴苣子用水溶性生物碱提取法所提的提取物是降压的一个有效部分。

莴苣 (*Lactuca Sativa* L.) 的药理实验研究<sup>(1-3)</sup> 证明有较持久性的降压作用。我院用莴苣子治疗高血压病患者 157 例, 收到了较满意的疗效, 现将其结果报告如下。

## 资料与方法

一、一般资料: 我院在高血压普查和基层防治工作时<sup>(4,5)</sup>, 对高血压病患者 187 例进行了降压治疗。在用莴苣子组 157 例中, 男性 66 例、女性 91 例; 年龄 15~39 岁者 22 例, 40~59 岁者 83 例, 60 岁以上者 52 例; 属于高血压病 I 期者 102 例, II 期者 55 例。在用降压灵组 30 例中, 男性 10 例, 女性 20 例; 年龄 15~39 岁者 6 例, 40~59 岁者 14 例, 60 岁以上者 10 例; 属于高血压病 I 期者 19 例、II 期者 11 例。职业情况, 农民 66 例, 家务 48 例, 工人 38 例, 干部 20 例, 其它 15 例。

二、观察方法: 分别采用随机抽样方法进行治疗。莴苣子(由锦州种子站购入)组, 将莴苣子 25g 粉碎, 以破开为主, 煎煮制成糖浆 30ml, 1 日 2 次, 每日 15ml; 降压灵(南宁制药二厂出品)组, 每日 3 次, 每次 8 mg。疗程: 各组均为四周, 服前一周停用各种降压药物。治疗前血

压是三次非同日血压的平均值, 治疗后血压是每周测一次共计四次血压的平均值。治疗过程均按统一设计表格进行各项临床检查。诊断标准和疗效判定标准按常见心血管病流行病学研究及人群防治工作 1979~1985 年规划<sup>(6)</sup> 判定。

## 结 果

187 例中, 莴苣子组高血压病 I 期和 II 期的显效率和有效率分别为 47.06% (48 例)、43.64% (24 例) 和 29.41% (30 例)、23.64% (13 例)。其总有效率分别为 76.47% 和 67.28%; 其 95% (99%) 可信限分别为 66.07~82.99 (61.84~87.23) 和 57.83~83.35 (51.45~89.73)。与降压灵组总有效率为 73.33% (显效率为 40.00%、有效率为 33.33%); 其 95% (99%) 可信限为 57.31~89.36 (49.30~97.36) 相比, 经统计学处理无明显差异 ( $X^2=0.00092$ ,  $P>0.05$ ), 说明莴苣子降压疗效和降压灵组疗效相似。从附表中可看出, 莴苣子对高血压病 I 期、II 期的收缩压和舒张压的血压下降值 ( $M \pm SE$ ) 分别为  $19.87 \pm 1.87$  mmHg、 $18.39 \pm 1.38$  mmHg 和  $9.67 \pm 0.94$  mmHg、 $10.81 \pm 1.44$  mmHg, 经统计学处理均有非常显著差异 ( $P<0.01$ )。

附表 莴苣子与降压灵组对血压影响的比较

组 别 (例数)	治疗前平均值 (mmHg)		治疗后平均值 (mmHg)		下降 (mmHg) $M \pm SE$		下 降 率 (%)		P 值	
	收缩压	舒张压	收缩压	舒张压	收缩压	舒张压	收缩压	舒张压	收缩压	舒张压
I 期 (102)	161.95	103.64	142.07	93.97	$19.87 \pm 1.87$	$9.67 \pm 0.94$	12.31	9.33	<0.01	<0.01
II 期 (55)	168.49	105.96	150.09	95.15	$18.39 \pm 1.38$	$10.81 \pm 1.44$	10.92	10.19	<0.01	<0.01
对照组 (30)	166.46	104.00	152.86	95.90	$13.60 \pm 2.62$	$8.10 \pm 1.54$	8.97	7.79	<0.01	<0.01

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临床症状的改善,在莴苣子组的各种症状的消失率为,头晕占 36.43%、头痛占 32.8%、眼花占 31.89%、心悸占 46.36%、多梦占 45.87%、气短占 47.16%、失眠占 43.62%、耳鸣占 29.41%、胸闷占 52.43%、四肢麻木占 60.00%;在降压灵组的各种症状的消失率为,头晕占 37.03%、头痛占 20.09%、眼花占 40.90%、心悸占 38.09%、多梦占 38.89%、气短占 47.62%、失眠占 34.78%、耳鸣占 31.25%、胸闷占 50.00%、四肢麻木占 69.23%。从而可看出两组临床症状的消失率基本相似,与降低血压的结果相符。

本文大多数病例于服药前、后均作了血常规、尿常规、肝功能、血脂、心电图、胸透和眼底等项检查,除发现血清胆固醇和甘油三酯有不同程度下降(有待进一步观察和研究)外,其余各项检查均未发现明显改变。在治疗过程中,除极少数病例出现暂短的胃纳不佳、腹胀等症状外,其余病例均无异常感觉。

## 讨 论

本文高血压病患者 157 例经用莴苣子治疗收到了较满意的疗效,与常用降压灵药相比疗效相似。莴苣来源丰富、价廉,又是人们喜

吃的蔬菜。如高血压病患者在日常生活中多吃些莴苣(生菜)也可收一定的降压效果(待进一步验证)。动物实验已证明,莴苣子注射液对麻醉狗有明显的降压作用,其降压幅度较大,降压作用持续时间较长。在急性毒性实验用健康小白鼠(18~22g)做  $LD_{50}$  测定,用简化机率法,结果莴苣子腹腔注射  $LD_{50}$  为 79.05g/kg,莴苣煎剂灌肠  $LD_{50}$  为 68.66g/kg,说明莴苣制剂完全可靠。莴苣的降压机理,经莴苣子提纯的初步动物实验,筛选其有效成分,结果表明,用水溶性生物碱的提取法所提的提取物是降压的一个有效部分<sup>(3)</sup>。

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concentration above 150 mg/dl was lower than the content of the group with blood sugar level below 150 mg/dl. These data show that the longer the disease duration and the severer the case, the more appreciable would be the lowering of the serum cAMP content. Such an observation seems rather consistent with the saying in Chinese traditional medical science that long illness usually leads to deficiency of both "Qi" and "Yin". In 22 cases, the 17-OHCS, 17-KS, VMA content of 24 hour urine was found considerably higher than normal ( $P < 0.01$ , in all the cases). In 11 cases, the serum IgG was lower ( $P > 0.05$ ), while IgA, IgM was appreciably higher ( $P < 0.001$  in both cases). These results show that this type of diabetes has a certain relationship both with the strengthening of the function of adrenal cortex and medulla, and with the change in the immunological function of body fluids.

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### **Clinical Observation on Antihypertensive Effect of Semen Lactucaе Sativae**

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187 patients with hypertension were separately treated with Semen Lactucaе Sativae or verticilum at random. The results showed that Semen Lactucaе Sativae lowered the blood pressure of cases in stage I and stage II and brought about over-all effective rates of 76.47% and 67.28% respectively. Verticilum (the control group) had an over-all effective rate of 73.33%, which, as compared with that of the group treated with Semen Lactucaе Sativae, showed no significant difference after statistical treatment ( $P > 0.05$ ). It was evident that Semen Lactucaе Sativae was as efficacious as verticilum in lowering the blood pressure. In hypertensive patients in stage I and stage II, both diastolic and systolic pressures were reduced significantly with this herb ( $P < 0.01$ ). No side-effects were found during treatment. Animal experiment proved that the extract of Semen Lactucaе Sativae obtained through extraction of water-soluble alkaloids was the active portion for lowering the blood pressure.

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### **Immune Effect of Ginsenoside on Mice and A Research into Its Mechanism**

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On immunization with low dose of antigen, a markedly immunopotentiating effect of Ginsenoside (GS) on primary antibody reaction was found, which was slight when high immunization dose of antigen was used. Practically no effect of GS on secondary antibody reaction could be observed. Besides, GS can also enhance the mitogenic action of spleen cells in normal mice either in vivo or in vitro. The enhancement of serum lysozyme and phagocytosis of chicken RBC is striking too. Finally, GS elevated the cAMP and cGMP level of the spleen in non-Ag-stimulated mice, but cGMP only in Ag-stimulated mice. The significance of these findings is briefly discussed.

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### **Effect of Pollen Typhae on Macrophage Activity and Regression of Cholesterol Granuloma of Rats**

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Pollen Typhae is a traditional Chinese herb medicine which has the action of "invigorating blood circulation and eliminating venous stasis". It can prevent the hypercholesterolemia of human beings, rats and rabbits, and alleviate rabbit experimental atherosclerotic plaques formation. In order to clarify whether the effects of the drug are due to the activation of macrophage, we have carried out the present studies. An experimental cholesterol granuloma model in Wistar rats was created and the regressive effect of Pollen Typhae on it was observed and compared to that of the immunostimulants Freund adjuvant, lipopolysaccharide, and high molecular dextran.

The results showed: (1) Like other immunostimulants, Pollen Typhae per os could activate the monocyte-macrophage system, which is shown in the increase of phagocyte activity and the lysozyme level. (2) Activation of the monocyte-macrophage system contributed to the regression of atherosclerotic plaques by increasing the absorption of the cholesterol.

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