

# 中医药治疗溃疡性结肠炎 60 例临床分析

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**内容提要** 用中药口服兼青黛散保留灌肠的方法, 治疗溃疡性结肠炎 60 例, 疗效较好, 不仅症状消失, 肠道溃疡亦完全恢复。并探索了溃疡性结肠炎抗大肠抗体的检测, 取得初步成果。

慢性非特异性溃疡性结肠炎 (以下简称溃疡性结肠炎), 是一种疗效不显著又易于复发的消化道疾病之一。自 1983 年 1 月至 1984 年 11 月, 以结肠炎诊断入院的 227 例中, 结合病史及多方详细检查, 最后确诊为溃疡性结肠炎患者 60 例, 经中药治疗, 效果较为满意, 介绍如下。

## 临 床 资 料

一、一般资料: 本组男 33 例, 女 27 例。年龄 20~61 岁, 35 岁以下 35 例。病程多为数年, 最长十余年。患者均无痢疾病史。

二、症状与体征: 全部患者均有不同程度的肉眼血便, 其中脓血便 13 例, 粘液血便 42 例, 血便 5 例。大便次数每日 4 次以下 8 例, 5~10 次 36 例, 10 次以上 16 例。左下腹部有压痛 12 例。舌苔白腻或白薄 49 例, 黄苔 11 例。脉沉缓或沉细 41 例, 滑数或弦数 11 例, 弦或沉弦 8 例。

三、实验室检查: 白细胞总数轻度增高 11 例。大便常规除可见红细胞外, 白细胞 10~15/每视野以上 9 例。全部病例大便培养三次痢疾杆菌、致病菌均阴性, 查大便中阿米巴滋养体及囊子三次均阴性。免疫学检查抗大肠抗体阳性 31 例 (占 51.7%)。治疗前免疫球蛋白 IgG、IgM 轻度增高者 36 例, 治愈后轻度增高者 6 例。E 玫瑰花形成试验, 治疗前稍低于正常者

4 例, 治愈后稍低于正常者 2 例。酸性乙酸  $\alpha$ -萘脂酶 (ANAE) 染色法检测血中 T 淋巴细胞试验, 治疗前稍低于正常 3 例, 治愈后全部在正常范围。

四、乙状结肠镜及 X 线检查: 全部病例治疗前均作乙状结肠镜检查, 除肠粘膜广泛充血、水肿、颗粒样变外, 且可见多发溃疡、糜烂及出血点, 以距肛门 10~25cm 处改变最为明显, 同时尚可见炎性息肉。对乙状结肠镜改变不重但便血较多, 进行纤维结肠镜检查者 24 例, 其中 90cm 以下均有上述所见者 6 例, 70cm 以下者 5 例, 40cm 以下者 8 例, 余 5 例与乙状结肠镜所见相同。作活组织检查者 48 例, 病理结果: 肠粘膜腺体排列正常, 固有膜水肿, 有大量淋巴细胞及单核细胞浸润, 成纤维细胞增生。进行钡灌肠或双重造影检查者 37 例, 见肠袋变浅, 肠腔短缩, 有明显铅管样改变及溃疡者 9 例; 结肠袋稍变浅, 粘膜可见溃疡或有炎性息肉者 18 例; 无明显改变者 10 例。回盲部均未见异常。判定病变范围均参考钡灌肠所见。

五、诊断及治疗: 根据以上检查, 除外了痢疾 (细菌性或阿米巴性)、致病菌性肠炎、肠结核、肠肿瘤, 后诊为溃疡性全结肠炎重度活动期 5 例, 左半结肠炎中度活动期 10 例, 重度活动期 5 例。直肠乙状结肠炎轻度活动期 8 例, 中度活动期 26 例, 重度活动期 6 例。中医辨证属脾虚型 35 例, 治以参苓白术散加减; 脾肾两虚型 8 例, 参苓白术散合四神丸加减; 大肠湿热型 17 例, 白头翁汤加减。内服上述中药同时,

均并用青黛散(青黛30g 黄柏21g 儿茶15g 枯矾6g 珍珠3g,研末)2.5~5g(依病变范围而异)。溶于40ml生理盐水中,微温,每晚睡前一次保留灌肠,直至溃疡、糜烂消失为止,均不并用任何西药。

## 治 疗 结 果

一、自觉症状的改善与消失情况:经上述治疗后,多数患者3~5天后,便血量逐渐减少,继而便次亦减少,这可能与治疗后肠腔充血水肿减轻有关。其次是腹胀腹痛好转,但便中粘液常迟迟不消失,有时甚至便血已停止一周或更长时间,便中仍继续可见少量粘液。部分病例便次减少与血便同时消失。

二、血便消失情况:血便消失天数,最短4天,最长47天,平均13.2天。20天以内消失者43例(71.7%),30天以内消失者55例(91.7%)。

三、血便消失情况与锡类散疗效的对比:为探讨青黛散止血效果,与1982年所观察的病程及病情基本相同,中医分型及内服中药完全一致,仅保留灌肠用药不同(锡类散组)的患者33例作血便消失情况的对比。

青黛散组30天内血便消失者55例(91.7%),40天内血便消失者58例(96.7%)。锡类散组分别为19例(57.6%)及29例(87.9%)。按 $X^2$ 值校正公式计算, $P<0.05$ ,说明青黛散止血效果显著优于锡类散。

四、溃疡或糜烂的消失情况:全部病例于出院前作乙状结肠镜或纤维结肠镜复查,溃疡或糜烂消失天数,最短22天,最长100天,平均36.9天,50天消失者41例(68.3%)。

疗效判定:以溃疡或糜烂消失为准。显效:30天内症状、溃疡或糜烂全部消失25例(41.7%)。有效:100天内症状、溃疡(糜烂)全部消失33例(55%)。无效:100天以上仍偶见粘液血便,溃疡尚未完全消失2例(3.3%)。总有效率为96.7%。

## 讨 论

有关溃疡性结肠炎的病因,有多种学说,

最近由于免疫学的进展,自家免疫学说的实验研究及临床观察日益增多,有关抗大肠抗体的证实亦屡有报道<sup>(1,2)</sup>。我们用酶联免疫吸附试验(ELISA)对60例患者进行了检测,其结果抗大肠抗体阳性者31例(51.7%),虽较国外报告的阳性率为低<sup>(3)</sup>,但初步证实了有抗大肠抗体存在。抗大肠抗体阳性与溃疡多寡及反复再发有关,再发型远较初发型阳性率为高。经治愈后,除2例外全部转为阴性,此2例是否易于复发,正观察中。作者同时检查过敏性结肠炎23例全部阴性。慢性菌痢9例,8例阴性,1例可疑阳性。本病活动期免疫球蛋白IgG、IgM增高,与国外报道相一致<sup>(4)</sup>。

由于临床上患者多有腹泻粘血便,病程较长,脉多沉缓或沉细,故中医辨证以脾虚型为多。或因中气不足气陷血亦陷,或因脾虚不能统血,或因肾气怯弱,真阳衰微致脾虚生湿。大肠湿热型次之。治疗时按中医辨证口服汤剂以治其本,青黛散保留灌肠以治其标。青黛散以青黛为主药,青黛味咸寒,有清热解毒凉血消斑之功,外用能吸湿敛疮止血<sup>(5)</sup>,其成分为靛蓝残质(indigo residues),外用治疗各种炎性破溃<sup>(6)</sup>,配以黄柏、珍珠、枯矾、儿茶,清热收敛、止血生肌之品,标本兼治,对于调节机体阴阳失衡,促进肠粘膜溃疡、糜烂之恢复,充血水肿之消散,确有满意疗效,已为临床实践所证实。

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## Clinical Analysis of 60 Cases of Ulcerative Colitis Treated with Chinese Traditional Medicinal Herbs

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In 1983~1984, 60 patients with ulcerative colitis were treated, among whom 33 were males and 27 females. Their ages ranged from 20 to 61, the majority being young and adult people. There was no history of dysentery in all cases.

In all the cases, there were blood and mucus of various degrees in the stool, but the results of 3 cultures for dysenterial bacterium and other pathogenic bacteria were negative, and so were 3 examinations for active ameboid form and cyst. In 31 cases (51.6%) anti-colon antibodies were positive. In 36 cases (60%), IgG and IgM levels were slightly elevated. No obvious abnormality in respect to cell-mediated immunity was found. Through sigmoidoscopy or colic fiberoscopy multiple ulcers or erosions could be seen in all the cases, most evidently along the region 10-25 cm above the anus.

These cases were diagnosed as 5 cases of the active stage of ulcerative entire-colitis, 15 cases of the active stage of left colitis and 40 cases of rectum-sigmoid-colitis. According to TCM diagnoses and treatment Shen Ling Bai Zhu San (参苓白术散) was used for 35 cases of spleen asthenia type, Shen Ling Bai Zhu San and Si Shen Wan (四神丸) were used for 8 cases of spleen-kidney asthenia type, Bai Tou Weng Tang (白头翁汤) was used for 17 cases of dampness heat in the colon type, in conjunction with Qing Dai San (青黛散) to preserve enema. After treatment, blood in the stool disappeared in 71.6% cases within 20 days, and intestinal ulcers disappeared in 68.3% cases within 50 days. The total effective rate was 96.7%. (Original article on page 474)

## Effects of *Rehmannia Glutinosa* in the Treatment of Sheehan's Syndrome

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This article reports the clinical observations of therapeutic effects of *Rehmannia glutinosa* (RG) on ten patients with Sheehan's syndrome. Within 2~5 months after the treatment with RG, a marked change occurred in patients' symptoms and signs, their physical strength and state of health having changed for the better. Two patients were bedridden before therapy, but they were out of bed, moved about and were able to perform their daily work after treatment. Uteruses returned to normal size in three cases and one of them menstruated again. Increased excretion of 17 ketosteroids and 17 hydroxycorticoids was found in all 10 cases.

Preparation and dosage: 90 gm of cleaned and finely chopped RG root and 900 ml of water are boiled down to 200 ml. This was the daily amount given to eight of ten patients in 3-day courses with an intermission of 3, 6 and 14 days. After a cessation of one month, the second round of treatment started. In the other two patients, the dose of RG was 45-50 gm daily, given in 5-day courses with an intermission of 5 days each time.

According to clinical observations and previous pharmacological studies in animals, it is held that RG has a stimulative effect on the hypothalamic-pituitary system. (Original article on page 476)

## A Clinical Study of the Relationship Between Thyroxin and the Transformation of Yang Xu (阳虚) Symptom-Complex in TCM

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The purpose of the study is to find the relationship between thyroxin and the transformation of Yang Xu symptom-complex by observing changes before and after taking the Chinese Yang tonic medicine for Yang Xu symptom-complex.

Thirty-one cases (male 16, female 15) of Yang Xu in TCM were selected for the study. Their average age was 47. Nine cases (male 3, female 6) of Yin Xu (阴虚) were also studied, the average age being 45. The Yang Xu patients were treated with tablets of Yang tonic, and the Yin Xu patients with tablets of Yin tonic. The course of treatment was usually from two months to one and a half years.

The results indicate that the value of  $T_3$  in the serum of the Yang Xu patients rose significantly after the administration of the medicine, and it clearly differed from that before taking the medicine. After the administration of medicine the value of  $T_4$  increased too, but the change was not obvious.