

# 痤疮患者血清锌、铜及维生素 A、E 的含量变化

## ——附“增液白花蛇舌草汤”加减治疗 56 例

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**内容提要** 通过对 38 例痤疮患者血清锌、铜及维生素 A、E 含量的测定,发现其血清锌及维生素 A、E 值减低 ( $P < 0.01$ )。临床拟用“增液白花蛇舌草汤”加减治疗 56 例,获得较好疗效。

痤疮为皮肤科常见病,以青壮年为多见,皮疹累见于颜面或间发于胸背臀部等,虽症状不著,但有碍容貌的美观,特别是囊肿型及感染严重者,愈后还可留有浅疤痕或疤痕,影响身心健康。为了探讨该病的发病机理,我们对 56 例中 38 例患者进行了血清锌、铜及维生素 A、E 值测定,并对所有患者采用增液白花蛇舌草汤进行治疗,现报告如下。

### 资料与方法

一、一般资料:本文所选 56 例中,男 22 例,女 34 例,年龄最小 17 岁,最大 38 岁,20 岁以下 10 例,20~29 岁 44 岁,30 岁以上 2 例。病程最短两个月,长者达 6 年之久。56 例皮疹主要限于面部,合并躯干上部有皮损者 14 例,臀部有皮疹者 6 例,有感染者 21 例,嗜食肉者 32 例,嗜糖果者 40 例,常有便秘者 28 例。女性患者发疹与月经有关者 13 例,多于行经前皮损加重,行经后皮损减轻。月经不调者 18 例,多为经期提前,经量过多或过少,色红或紫,粘稠并见血块。56 例中舌象有记录者 37 例:舌质淡红者 29 例,舌质降红者 8 例。舌苔薄白而干者 16 例,薄黄而腻者 15 例,黄腻苔 6 例。本组脉象以沉弦、滑数者为多,沉弦者 12 例,滑数者 25 例,尚有部分女性患者脉细数或弦数。

二、血清锌、铜及维生素 A、E 值的测定方法:选择 56 例中 38 例寻常型痤疮患者。血清

锌、铜用 Unicum Sp90-B-Series (英) 型原子吸收光谱仪测定。维生素 A、E 采用 MPF-4 型荧光分光光度仪 (英)。均由专人操作,结果均与健康对照组行统计学处理。

三、治疗方法:56 例患者均采用“增液白花蛇舌草汤”(麦冬 15~20g 生地 15~20g 元参 10~15g 白花蛇舌草 20~30g) 为基础方,气虚者加党参、黄芪,血虚者加当归、阿胶,皮损重而呈化脓感染者可加公英,月经不调者酌加桃仁、红花、丹参、益母草、赤芍。每日一剂,水煎 2 次,共 500ml 分 2 次服下,药渣可加水 1000~2000ml 煎水晾温湿洗患处,每日 3~4 次。治疗期间局部忌用化妆品及其他药物。

### 结 果

一、血清几种生化成分测定结果见附表。

附表 38 例血清锌、铜及维生素 A、E 值的变化

项 目	正常对照组 M $\pm$ SD(n)	患者组 M $\pm$ SD(n)	t 值	P 值
锌( $\mu$ g/dl)	91.62 $\pm$ 11.15 (65)	79.289 $\pm$ 14.24 (38)	4.579	<0.01
铜( $\mu$ g/dl)	125.9 $\pm$ 17.24 (65)	115.605 $\pm$ 33.788 (38)	1.744	>0.05
铜/锌比值	1.405 $\pm$ 0.264 (65)	1.488 $\pm$ 0.4464 (38)	1.051	>0.05
维生素 A $\mu$ g/dl	97.74 $\pm$ 22.52 (100)	73.6 $\pm$ 44.117 (38)	3.217	<0.01
维生素 E $\mu$ g/ml	10.75 $\pm$ 2.29 (100)	7.632 $\pm$ 1.7599 (38)	8.019	<0.01

二、临床治疗结果:(1)疗效判定:皮疹全部消退者为治愈;皮疹大部消退或女性患者于经期前仅有少数皮疹者为好转;服药 10 剂后

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皮疹无变化者为无效。(2)结果:经治疗全部有效,痊愈 25 例,占 44.64%,平均服药 27.2 剂,平均治疗 29.7 天;好转 31 例,占 55.36%,平均服药 19.7 剂,平均治疗 22.7 天。

## 讨 论

现代医学认为,痤疮的发病和内分泌异常、皮脂腺分泌有明显关系,也与痤疮杆菌感染以及胃酸不足或过多有关。本文报告痤疮患者血清锌含量比健康人明显减少( $P < 0.01$ )。因锌的不足可以使皮脂腺分泌增加、免疫网络功能不足,从而导致抗病力减弱而发病。口服硫酸锌可以减少皮脂的分泌,增强细胞正常分化,使痤疮有所好转<sup>[1]</sup>。血清铜虽然较正常值略低,但血清铜和铜/锌比值与健康人无明显差异( $P > 0.05$ )。血清锌、维生素 A、E 比健康人明显降低( $P < 0.01$ ),提示痤疮患者体内锌、维生素 A、E 均呈代谢紊乱现象。

中医认为胃为水谷之海,胃喜湿而恶燥,主腐熟水谷,借脾之运化功能得以使五谷精微之营养物质输布于五脏六腑,以维持人体正常之生命机能活动。若胃中燥热,不仅可以消烁胃之津液,以致脾胃不和,出现偏食、纳差等现象,影响含于食物中的维生素和微量元素的摄

入和吸收,甚则胃中燥热还可上熏于肺,导致出现肺胃燥热之证。肺主皮毛,又与大肠相表里,肺胃燥热熏蒸郁于肌表,则可发为痤疮,肺热下移于大肠,则可伴便秘,本组有便秘者约占 1/2 以上。因此,我们认为痤疮的病机主要是由于肺胃燥热影响皮肤而导致的一种病证。加之患者中多有偏食嗜食肉类及糖果等现象,也为皮脂分泌异常及细菌之滋生提供了条件。

基于上述认识,我们临床采用了清热养阴解毒的治则,拟“增液白花蛇舌草汤”为主进行治疗,方中麦冬可入肺胃二经,养胃阴以散精于肺,使肺热清肃下行;元参入肺以清肺之燥热,达解毒消炎滋阴之功;生地有凉血生津养阴清热之效;白花蛇舌草一味不仅有清热解毒的作用,且据现代医学研究尚有减少皮脂腺分泌的作用,皮脂分泌减少则有助于痤疮症状之改善<sup>[2]</sup>。因此,以上述四味药为基本方进行加减,收到了较好的疗效。

## 参 考 文 献

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## 浙江省举行中西医结合医院命名大会

为了加快中西医结合基地的建设,浙江省卫生厅将杭州市红十字会医院,正式命名为浙江省杭州中西医结合医院。1985 年 12 月 5 日隆重举行了命名大会和挂牌仪式。卫生部中医司科研处徐彤处长,中国中西医结合研究会吕维柏秘书长,杭州市副市长陈端,以及浙江省卫生厅、市卫生局等领导出席剪彩仪式。陈端副市长和谢兰生副厅长共同剪了彩。

这所医院是 1981 年被省卫生厅确定为省中西医结合试点医院的。几年来,医院坚持中西医结合的办院方针,加强中西医团结,互相学习和配合,在中西医结合治疗多种常见病、提高医疗质量方面取得了一定成绩。目前大多数科主任已初步具备中西医结合防治常见病和进行科研工作的能力。76% 的主治医师参加过半年~1 年的西学中班。按标准验收已有内、急诊、小儿、妇产 4 个科室被批准为中西医结合科室。

中西医结合病床从 50 张增加到 150 张,占全院总床位的 50% 以上。并开设了肾病、男女不育(孕)症、胆道感染等中西医结合专科门诊。在治疗原发性肾小球肾炎、肾病综合征、急性胰腺炎、溃疡病急性出血等方面,积累了一些临床资料。近年来获市级科技成果奖 7 项,在全国各级杂志发表论文 39 篇,其中 20 篇被评为省、市中西医结合优秀论文。还被杭州市人民政府命名为文明医院。

上海、天津、江西等省市的中西医结合分会、医院,以及本省医学院校、医院及本院职工等 200 余人参加了大会。各级领导、代表致贺词后,洪用森院长汇报了中西医结合医院试点工作情况,代表们并参观了中西医结合研究室和中医科等部门。

(何丽娜)



# Changes in Serum Copper, Zinc and Vitamin A, E and Their Significances in Patients with Acne Vulgaris —Observation of Therapeutic Effect in 56 Cases Treated with Zhenye Baishecao Tang (增液白蛇草汤)

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The authors have treated 56 cases of acne vulgaris with the prescription Zhenye Baishecao Tang (增液白蛇草汤). It is to be prepared with several constituents, including Radix Ophiopogonis 15~20 gm, Radix Rehmanniae 15~20 gm, Radix Scrophularia 10~20gm and herba Oldenlandia 20~30gm. Their dosage should be either increased or decreased according to age, sign and symptoms of the patient. Some Chinese herbal drugs are to be added for controlling other signs. The prescription was effective to all 56 patients, 25 cases were completely cured, the rest were greatly improved.

In order to explore the pathogenesis of acne vulgaris in 38 cases serum copper and zinc levels were detected by atom absorption spectrophotometric method; while the fatty-soluble vitamin A, E were detected by fluorescence spectrophotometric method. The results show that serum levels of zinc, vitamin A and E were significantly lowered statistically, as compared with those of the control ( $P < 0.001$ ).

The tongue figures and pulse conditions were observed and then analyzed in 37 cases. From the viewpoints of TCM-WM, the authors claim that the pathogenesis of acne vulgaris might be caused by the dysfunction of spleen and stomach. Moreover, the lowered serum levels of zinc, vitamin A and E might serve as some aspects of their objective standard of its function. As we know that the function of the stomach is active in wetness but depressed in dryness evil, under such circumstances the dryness evil of stomach might characterize the normal function of spleen. The excessive dryness evil of spleen then exerts influence on the lung, keeping in dryness from heat. If the excessive dryness evil in lung exists for longer time, it might lead to "fire" evil. As skin and hairs were controlled by lung, so acne eruptions appear on the face. Hence spleen and stomach form an exterior and interior relation, and so do the lung and large intestine; therefore in clinical practice the above four organs are always responsible for acne. On the other hand, the use of moisturized herbal drugs in the treatment of acne vulgaris often gives satisfactory effects, thus confirming TCM theories.

(Original article on page 169)

## Immunopharmacological Effect of Actinidia Chinensis Polysaccharide

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This paper reports the immunomodulatory action of the polysaccharide extracted from the root of *Actinidia chinensis* (ACPS). Mice were given ACPS daily intraperitoneally for 1~2 weeks, and their immune functions were examined. The results were as follows: (1) ACPS could significantly enhance the natural killer (NK)-cells at 10 and 13 days after administration. (2) It might enhance the phagocytic function of macrophages. (3) It could markedly increase the number of SRFC (specific rosette forming cell), but there was no change on antibody forming cells at all. (4) It might actively restore the delayed-type hypersensitivity reaction from the suppression by cyclophosphamide. The above-mentioned results indicated that ACPS acts as an effective immunomodulating agent. It may probably be of great benefit for hosts to strengthen their anti-viral and anti-neoplastic activities.

(Original article on page 171)

## Chronomorphological Effects of Needling "Yong Quan Point" on Some Rats' Organs

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78 matured male rats were divided into three groups randomly: The first group (24 rats) was untreated control group which were sacrificed at 7:00, 13:00, 19:00 and 1:00; second group (24 rats) was acupunctured on "Yong Quan Point" for 25 minutes, then killed at the same time as control; while the third group (30 rats) was injected 20  $\mu\text{g/kg}$  ACTH 1-17 subcutaneously at 7:00, then slaughtered also at the same time as the control, but one additional kill was performed 24 hours after the injection. After sacrificing, the internal organs were removed and put in suitable fixatives. The following substances and processes were observed: (a) The amount of vitamin C in adrenal cortex, (b) the Golgi apparatus in epithelium of distal renal tubule, (c) the amount of hepatic glycogen, (d) the proportion of binucleated cell to mononucleated one, and (e) the spermatogenesis. Results: (1) In control group, from (a) to (e), all of the items had the circadian rhythm, with the peak at 19:00, 13:00, 1:00 (mature sperms) respectively. The amount of hepatic glycogen of light period was lower than that of dark period. (2) In acupuncture group, the circadian rhythm of (a), (c), (d) were abolished by acupuncture, while the (b) and (e) remained. (3) In ACTH group, the circadian rhythm of (a), (b), (e) were abolished by the injection of ACTH, but that of (c) and (d) existed, the light period was lower than the dark period in former case, while in latter case, 24 hours after injection, the peak was reached. (4) The results of this experiment and their significance were discussed. (5) These results could be used in studying the "Zi Wu Liu Zhu" (子午流注, selecting acupoints based on matching them with two-hour periods traditionally divided) theory in traditional Chinese medicine.

(Original article on page 174)