

天黄灵冲剂治疗过敏性鼻炎疗效观察

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内容提要 用自制天黄灵冲剂治疗过敏性鼻炎患者 60 例,有效率达 96.6%,以辛芩冲剂、酮替芬鼻吸气雾剂作对照,其疗效明显高于对照组($P < 0.01$)。治疗前后全血嗜碱性、嗜酸性细胞计数观察,两者治疗前后变化均有非常显著性差异($P < 0.01$)。本文还围绕中医对该病的认识和天黄灵冲剂的作用机理进行了讨论。

经过临床不断实践和药物加減筛选,至 1982 年我们拟定并制成天黄灵冲剂治疗过敏性鼻炎患者。现将治疗结果报告如下。

临床资料

治疗对象:凡具有鼻痒(或眼痒、腭痒等)、打喷嚏、流清涕、鼻阻塞症状和季节性或常年性反复发作 1 年以上病史,局部检查可见鼻粘膜肿胀、色苍白或暗紫等体征者确诊为过敏性鼻炎。

治疗组共 60 例,男 37 例,女 23 例,年龄 9~62 岁,平均 35.1 岁。病程 1~40 年。家族中有过敏性疾病史者 23 例。患者除过敏性鼻炎外还兼有其他过敏性疾病者 41 例(哮喘 20 例、荨麻疹 13 例,过敏性皮炎 6 例,湿疹 2 例),常年发作者 36 例,季节发作者 24 例。

对照 I 组(辛芩冲剂组)45 例,男 31 例,女 14 例;年龄 10~69 岁,平均 40.04 岁。病程 1~41 年,平均 11.14 年。家族中有过敏性疾病史者 7 例,患者兼有其他过敏性疾病者 29 例(哮喘 19 例,荨麻疹 6 例,过敏性皮炎 4 例)。

对照 II 组(酮替芬气雾剂组)20 例,男 14 例,女 6 例;年龄 20~70 岁,平均 41.3 岁。病程 1~39 年。家族中有过敏性疾病史者 3 例,患者兼有其他过敏性疾病者 11 例(哮喘 2 例,荨麻疹 6 例,过敏性皮炎 3 例)。

治疗方法

一、治疗组:采用天黄灵冲剂,由天虫(僵

蚕)15g 黄芪 20g 地黄 10g 仙灵脾 15g 党参 12g 川芎 6g 当归 12g 首乌 12g 麦冬 9g 五味子 6g 细辛 3g 等组成,我院药剂科制备。每包含生药 25g,成人每日 2 次,每次 2 包,开水冲服,儿童减半。酌情使用 1%麻黄素滴鼻。

二、对照 I 组:用辛芩冲剂,由细辛 黄芩 荆芥 防风 白芷 石菖蒲 桂枝 黄芪 白术等组成,上海中医学院制药厂生产。每日 3 次,每次 1 包(含生药 30g),开水冲服。

三、对照 II 组:噻派酮(酮替芬)气雾剂,上海信谊药厂生产,每支 14g,每克含富马酸酮替芬 2.5mg。每日喷雾 3 次,1 次撒喷 1~2 撒(相当于 0.2~0.4mg 富马酸酮替芬)。

各组均停用其他抗过敏药物,每周观察 1 次,4 周为 1 个疗程。

结果

一、疗效标准:服药 1 个疗程,临床症状全部缓解或消失,鼻粘膜肿胀消退,色泽转为红润者为显效;3 个以上症状缓解或消失,发作次数减少,程度减轻者为有效;各项均无改变者为无效。

二、结果

1. 治疗组 60 例,显效 47 例,有效 11 例,无效 2 例,总有效率为 96.6%。1 个月后复发率为 16%,1 年后复发率为 35%,2 年后复发率为 40%。常年性发作 36 例中,显效者 28 例,有效者 6 例,无效者 2 例,总有效率为 94.4%。季节性发作 24 例中,显效者 19 例,有效者 5 例。

2. 对照 I 组 45 例, 显效 14 例, 有效 17 例, 无效 14 例, 总有效率为 68.9%。1 个月后复发率为 22%, 与治疗组比较, $P < 0.001$ 。

3. 对照 II 组 20 例, 显效 3 例, 有效 16 例, 无效 1 例, 总有效率为 95.0%。与治疗组比较, $P > 0.05$ 。但 1 个月后复发率为 100%, 且都有嗜睡、乏力等副作用。

三、有关实验室检查指标变化: 治疗前后

全血嗜碱性、嗜酸性细胞计数中嗜碱性正常值为 $13.25 \pm 7.27 (M \pm SD, \text{下同})$, 嗜酸性为 $105.52 \pm 90.03^{(1)}$, 变化见附表。其中常年性与季节性鼻炎分别进行统计学处理, 前者 36 例, 其嗜碱性和嗜酸性细胞计数治疗前后均有变化 (P 均 < 0.05)。而季节性鼻炎 24 例, 其治疗前后嗜碱性细胞计数变化比较, $P > 0.05$; 而嗜酸性细胞的变化比较, $P < 0.01$ 。

附表 治疗组治疗前后嗜碱性、嗜酸性细胞变化比较 (M \pm SD)

组别	例数	嗜碱性细胞			嗜酸性细胞		
		治前	治后	P值	治前	治后	P值
治疗组	60	29.55 ± 16.84	23.52 ± 13.77	< 0.001	339.50 ± 213.04	247.79 ± 182.43	< 0.001
常年性	36	29.69 ± 18.09	22.19 ± 12.81	< 0.05	312.31 ± 201.71	256.84 ± 200.21	< 0.05
季节性	24	29.31 ± 14.65	25.50 ± 14.91	> 0.05	366.13 ± 226.21	236.68 ± 150.46	< 0.01

讨 论

中医学将本病归于鼽嚏范畴, 认为本病与气候变化及肺气虚寒, 肾气虚弱有关。由于鼻为肺之窍, 肺气虚寒, 腠理不密, 卫外不固, 而易感受风寒异气而发作。脾气为肺之母, 脾虚不能上输于肺, 肺脾两虚亦发本病。但肺主气, 通过鼻而根于肾, 久病则肾必虚, 肾虚摄纳无权, 气不归元, 耗散于上, 喷嚏频发, 症状更加明显。治宜益气固表, 健脾补肾, 活血行滞, 散寒通窍。天黄灵冲剂中天虫解痉, 消肿止痒; 黄芪善补肺气, 实皮毛, 与党参合用, 可加强益气固表作用; 地黄与仙灵脾, 阴阳双补; 五味子主益气生津, 滋肾养心, 收敛固脱, 以加强温肺补肺之功; 首乌善补肝肾, 益精血, 为阴中阳药, 麦冬养阴益肾, 润肺清心, 两者合用以防补阳过燥; 川芎为血中气药, 上行头目, 下行血海, 辛温走窜, 走而不守, 与地黄、首乌等补血药相配用, 能通达气血, 使补而不滞; 当归为补血活血, 且可加强天虫之消肿、止痒和抗过敏作用; 细辛可温肺散寒通窍以收

全功。临床应用无嗜睡、乏力等副作用。

据现代药理研究表明^(2, 8), 上述中药均有提高机体免疫能力和抗过敏作用。仙灵脾对 I 型变态反应有影响, 它既能减轻组胺引起家兔毛细血管通透性改变, 又能抑制组胺和乙酰胆硷性引起豚鼠实验性哮喘, 且有降低血中嗜酸性细胞能力。天虫、地黄、仙灵脾均对肾上腺皮质及其激素有影响, 从而增强抗过敏、消炎和抗感染的作用。黄芪、党参等对环核苷酸有影响, 实验证明它提高 cAMP 浓度, 从而抑制活性物质的释放。本组临床疗效与血嗜碱性、嗜酸性细胞检查结果也说明了天黄灵冲剂具有抗过敏作用。

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Observation on Effect of Tian-Huang-Ling Granule(天黄灵冲剂) in the Treatment of Allergic Rhinitis

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Based on the clinical experience of the authors, 60 cases of patients with allergic rhinitis had been treated with Tian-Huang-Ling Granule (larvae of a silkworm with batrytis, milk vetet, long-spur epimedium) made in Ren-Ji hospital since 1982 in order to search for an effective drug in TCM. The symptoms were relieved in 96.6% of the patients without any side effect of drowse, fatigue etc. The results were much better than those treated with Xin-Qin Granule(辛荑冲剂) or ketotifen as the control groups ($P < 0.01$). The eosinophils and basophils of blood counted before and after the treatment in all patients showed very significant differences ($P < 0.01$). The knowledge of the disease in TCM was reviewed. Then the disease and the Tian-Huang-Ling Granule were discussed with the theory of TCM and WM combined.

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Effect of Granule-Gastritis on 52 Cases of Chronic Gastritis Infected with Campylobacter Pyloridis

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52 patients with chronic gastritis infected by campylobacter pyloridis (CP) were selected for random observation. The course of treatment was 4 weeks. In the group treated with granule-gastritis, the effective rate for CP was 81.3% (26/32), and the improvement rates of the symptoms and histopathological lesion were 87.5% (28/32) and 40.6% (13/32) respectively. In the group treated with Wei-Mei-Su(维酶素) as the control group, the figures were 25%, 40% and 10% respectively. These differences were statistically significant ($P < 0.01 \sim 0.001$). The results showed that the effect of granule-gastritis on chronic gastritis infected with CP was better than that of Wei-Mei-Su.

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Clinical Significance of the Measurement of Gastric Mucosa Trace Elements and Their Oxides in Patients with Spleen Deficiency and Gastric Cancer

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The gastric mucosa trace elements and oxides were investigated with X-ray energy dispersive analysis system in 41 cases of gastric disease due to Spleen deficiency. The differences in the change of the quantity of Zn, Cu, ZnO and CuO were very significant ($P < 0.05 \sim 0.001$) in the gastric mucosa between normal area and focal area, between Spleen Qi(气) deficiency and Spleen deficiency with Qi stagnation, and between benign gastric disease and gastric cancer.

The experiments showed that: (1) The trace elements in the organism form its own system, the values being within the relatively constant scope. (2) The ratios of Zn/ZnO and Cu/CuO reflected "the rate of effectual utility" of Zn and Cu. (3) There was a very close internal relation between Spleen deficiency with Qi stagnation and gastric cancer. (4) The quantitative changes of Zn, Cu, ZnO, CuO, Zn/ZnO and Cu/CuO were related to pathologic change and the TCM syndrome pattern, and is worthy of further research.

(Original article on page 724)

Clinical Observation of Consciousness-Restoring Effect of Angong-Niuhuang Pills(安宫牛黄丸) in Craniopathy

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104 patients of craniopathy with unconsciousness were treated with Angong-Niuhuang Pills (ANP) for a prospective random study. In 104 patients of Group A, ANP seemed to be an efficient