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鼻窦液治疗慢性鼻窦炎的疗效观察

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慢性鼻窦炎属中医学“鼻渊”范畴,目前治疗方法较多,但疗效不够理想,复发率仍然较高。近年来,笔者采用自拟鼻窦液加味,治疗 40 例患者,疗效满意,现报告如下。

临床资料 40 例患者均符合《中药新药治疗慢鼻渊的临床研究指导原则》(中华人民共和国卫生部颁布,北京,1997:168—169)中的诊断标准。其中男性 22 例,女性 18 例;年龄 21—60 岁,平均 39 岁;病程 3 个月—19 年;单侧 29 例,双侧 11 例。

治疗方法 采用自拟鼻窦液方,其组成为柴胡 10g 黄芩 10g 全栝蒌 10g 白芷 10g 桔梗 10g 细辛 10g 辛夷 10g 荆芥 10g 薄荷 10g 枳壳 10g。涕黄稠加龙胆草 10g;食少加白术 10g;喷嚏加地龙 10g;鼻塞甚加石菖蒲 15g;鼻痒加地肤子 10g;易感外邪加黄芪 30g 等。每天 1 剂,水煎服。用药 30 天,

结 果

1 疗效判断标准 采用《中药新药治疗慢鼻渊的临床研究指导原则》中的标准拟定。临床痊愈:临床症状和体征消失,随访 3 个月无复发,显效:主要症状和体征减轻 2/3;有效:主要症状和体征减轻 1/3;无效:未达有效标准。

2 治疗结果 40 例患者,临床痊愈 17 例(42.5%),显效 15 例(37.5%),有效 5 例(12.5%),无效 3 例(7.5%),总有效率 92.5%。

讨 论 中医学认为本病多因胆腑郁热,犯结鼻窦,灼津为痰为涕所致,每因风邪外侵,加重病情。因此,鼻窦液方投柴胡、黄芩清胆泻热,辅以全栝蒌除湿排浊,复以白芷、桔梗止痛排脓,细辛、辛夷发散通窍,荆芥祛除外风,佐以薄荷、枳壳疏达肺系,全方共奏清热除湿排脓,散风通窍之功。