

中西医结合治疗骨质疏松的临床研究

卿多舜 匡高峰 彭明华 张一民 张悦 朱志东

摘要 现代医学认为人体衰老是各个系统功能下降、代谢功能失调、神经功能紊乱、植物神经功能的失调等,而祖国医学认为,肾为先天之本、阴阳之根,人体衰老,则以肾阳虚及肝肾阴虚为主要特点。本文作者从西医与中医两个不同的角度论述了人体衰老与骨质疏松和缺钙的研究,发现有相同之处。中医辨证分为五型:肝肾阴虚、肾阳衰微、肾精不足、气血不足、气滞血瘀。根据以上中西医理论,我们联合用药、脾胃双补、调和阴阳、滋补肝肾、补气养血、行气活血,再加维生素D,在临床收到很好的疗效,显效率达91%。

关键词 骨质疏松 补五脏 补气血 通经活络 维生素D

Treatment of osteoporosis by combination of traditional Chinese medicine and Western medicine

Qing Duoshun, Kuang Gaofeng, Peng Minghua, et al

No. 2 Hospital, General Logistics Department, PLA, Beijing 100071, China

Abstract This paper discusses the relationship of aging and debility of human body to osteoporosis from different view points between traditional Chinese and Western medicine, and their common point. In differentiation of syndromes, osteoporosis is divided into 5 types: deficiency of hepatic and renal yin; failure of renal yang; insufficiency of renal essence; insufficiency of both qi and blood; and qi stagnated blood stasis. Based on the traditional Chinese and Western medical theory, different methods were used combinedly to treat osteoporosis. Traditional Chinese medicine was used to reinforce the spleen and stomach, regulate yin and yang, nourish the liver and kidney, replenish qi, tonify the blood, and promote circulation of qi and blood. Vitamine D was also used. Satisfactory results were obtained with a marked recovery rate of 91%.

Key words Osteoporosis Tonification Viscera Obstruction removal Meridians Collaterals Vitamine D

1 西医对骨质疏松的研究

1.1 运动系统:骨质疏松患者骨骼承受力下降、持重困难、劳累、肩背痛、腰酸腿痛、四肢关节痛、小腿抽筋、上下楼梯疼痛、不能久立。X射线显示:骨质疏松、椎体变窄、压缩性骨折、关节周围骨质增生、变形。

1.2 呼吸系统:气短、气喘、上楼费劲,吸烟者更显著。X线胸片表现为肺纹理增多、纤细变硬。

1.3 循环系统:血液循环将钙等物质带到全身的末梢,如动脉硬化及其他原因痉挛与栓塞,骨钙形成均受影响。很多功能都与钙有关,它们共同协调来维持人体生命,补钙有利于降血压,缺钙可引起高血压,动脉硬化及冠心病。血液中的钙对神经、肌肉、骨骼系统的生理功能及细胞和

毛细血管的通透性有重要作用。

1.4 消化系统:钙是由口入并经肠道吸收。消化功能下降、腹泻、大便不规律而影响钙的吸收,摄入量少,造成钙及维生素不足等。维生素D由肠道进入血液,在肝脏中羟化成25-羟胆骨化醇。再到肾中进一步羟化成1,25-羟胆骨化醇,而发挥调节钙在骨骼中沉着,一定量的钙和维生素D在肠道吸收是必不可少的。

1.5 神经系统:钙调节神经系统的活动,如低钙,兴奋性增高,急躁易怒,心悸失眠,有时兴奋性降低,情绪低落抑郁感,精神不振,恶梦纷纭,谵妄。钙在神经介质的释放中起重要的作用。

1.6 内分泌系统:40岁以后内分泌激素功能低下,如脑垂体、甲状腺、甲状旁腺、肾上腺、胰腺、性腺分泌功能减少,骨质疏松是最重要的综合症状之一。它与甲状旁腺有密切关系。甲状旁腺的功能主要是维持血清钙恢复到正常水平。

1.7 泌尿生殖系统:常有尿无力、淋漓不尽,生殖器萎缩、性激素减少、性功能下降,绝经早等表现。性腺与脑垂体前叶嗜碱性细胞分泌促性腺素,如卵巢及睾丸机能减退,影响骨骼的正常发育和骨的形成。

1.8 五官系统:出现视力下降、模糊,眼睑水肿,耳聋耳鸣,牙齿松动及脱落为牙槽骨骨质疏松表现,口干咽燥等症状。

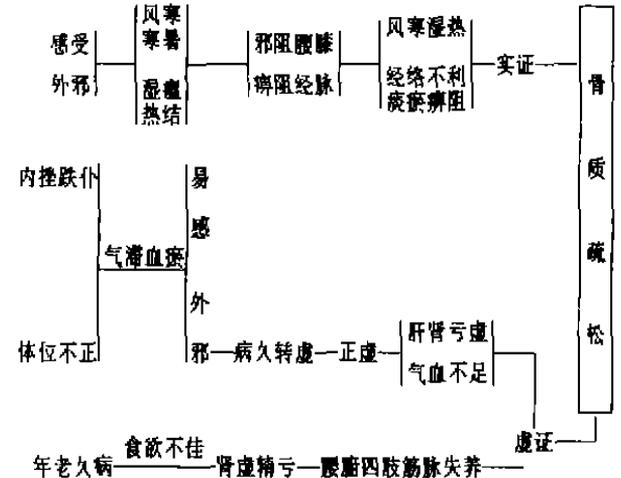
2 中医对骨质疏松的研究

阴阳平衡是人体物质与功能活动的形成。阴是物质基础,阳是功能活动的代表,所以缺一不可。这是与西医激素、维生素及三大营养代谢的理论相吻合。

中医理论认为:“肾藏精,主生殖”,“肾主骨生髓,精生髓,髓居其中,髓养骨,骨生髓,聚髓为脑”。因此,肾精充足,则骨骼生化有源坚固充实,强健有力。若肾气不足,肾精必虚,髓无充,骨失养,脆弱无力,发为骨痿。实际上祖先早就对骨质疏松有所认识和论断。祖国医学认为是以肾阳虚为主的阴阳平衡失调,肾阳虚与现代医学所讲的“各种激素的分泌下降,骨合成降

低”,阴阳互根,由于阳虚,肾阴也受损,阴损及阳,轻则乏力、骨痛,重则骨折伴合并症,瘫痪死亡。

本病的原因甚为复杂,是由七情、六淫之邪因素引起。发病程度与受邪有所不同,如因风寒、潮湿,对肌肉、肌腱、经络、骨质侵害而患病,饮食不节,营养物质摄入不足,年老久病所致肾虚精亏,筋脉失养等而发病。见示意图。



骨质疏松与心、肝、脾、肺、肾及骨髓等各系统关系极为密切,实际上五脏俱衰,尤以脾的关系甚为密切,肾为先天之本,脾为后天之本,两者相互滋养才能达到纠正肝肾亏虚、气血不足虚证所致骨质疏松。

辨证分型:

- ①肝肾阴虚:腰膝酸软、烦热咽干、潮热颧红、盗汗遗精、眩晕耳鸣、发白、健忘、舌红苔少、脉弦细数,治则:左归饮加减等。
- ②肾阳衰微:面黑或面色白、神疲、畏寒肢冷、水肿、汗毛脱落、腰膝冷痛、手足麻木、阳萎、滑泄、尿频不尽、牙齿松动、舌淡白、脉沉迟细弱,治则:右归饮加减等。
- ③肾精不足:酸软隐痛、筋骨疲乏无力、发白、发脱、齿摇、健忘、恍惚、舌红、脉细弱,治则:七宝美须丹、煨肾散、青娥丸等。
- ④气血不足:局部肿胀、有压痛、沉重乏力、气短、少气懒言、无力自汗、面色萎黄、食少便溏、舌淡脉细弱,治则:补中益气汤及十全大补汤。
- ⑤气滞血瘀:局部肿痛青紫、凝滞强直、挛缩、抽筋、肢体麻木、痿弱、指甲晦暗、舌质紫暗、脉细涩,治则:身痛

逐瘀汤加减。

3 骨质疏松的治疗

近8年来,我们在5种分型的基础上研制出的“抗骨松片”治疗骨质疏松取得了很好的疗效。

方中女贞子、淫羊藿、紫河车、羊外肾滋阴补肾,补肾壮阳,强筋壮骨为君。西洋参、灵芝、龙骨、牡蛎、鳖甲、补骨脂、枸杞子为臣。它能补气养阴、养肝固精、健脾养胃,它能增强君药补肾壮骨的作用。土鳖虫、川芎、当归为佐药,破血行血软坚逐瘀,活血止痛、续筋健骨。全蝎、甘草为使药,引经通络,行痹止痛,补脾益气,和谐诸药。西药成分为维生素D。维生素D是现代医学研究所认识的其与骨质形成有直接的关系,钙质必需在维生素D的协同下才能转化为骨质及形成新骨质。本治疗方案是在中西医结合的基础原则上对骨质疏松的综合治疗,旨在消除症状,恢复正常生活功能,以达到治疗和预防、保健之目的,从而增强身体健康。

现将临床作用概括如下:中西医结合、联合用药。补益肝肾,健脾和胃。补血益气、养心安神。舒筋活血、消炎止痛。补肾壮骨、舒筋健骨。滋阴壮阳、延长经期。抗骨疏松、减少疾病。阴阳平衡、延长寿命。

适用症:骨质疏松症、腰膝酸软、疼痛、冷痛、骨质增生、耳鸣、发白、口干心烦、阳萎、遗精、尿频不尽、抽筋和骨折等,骨密度值低于正常,X线照片显示骨质疏松等。

用药注意事项:用药过程中,如有感冒或其他急性病,可暂时停药,等好后再继续服用。适当控制房事及烟酒。

4 研究结果

4.1 治疗组:60例用药三个月(一疗程)显效率达91%、骨密度均有增加,平均达 0.085 g/cm^2 。对照组第一次测量骨密度低的60例,未服药只食补,第二次复查只有22%的上升 0.027 ,其他

30%没变,48%的人更低。

4.2 临床指标:显效:72%有症状的人腰腿疼痛消失,小腿抽筋消失,虚证、体征消失,性欲回升。有效:腰腿痛有所减轻,抽筋基本消失,口干咽燥好转。无效:治疗前后无变化。

4.3 骨密度测定:60例治疗三个月至半年,均有所增高。平均上升 0.85 。

血清钙测定:从波动在 $6.6 \sim 12.8 \text{ mg/dl}$ 之间,回升到 $7.9 \sim 11.4 \text{ mg/dl}$ 正常范围内。

X线拍片观察,骨密度对比:服药后骨质密度比服前有所增高。

5 讨论

在中西医的理论基础上探讨和研究发现有很多相关之处,如下。

5.1 发病原因在病机示意图里已显示:多因素相关,中医共认阴证、阳证,虚证、实证,最后均会出现骨质疏松。

5.2 多种物质与钙有关,其中维生素D是先在肝羟化而后又在肾脏羟化,而后协同钙在骨骼沉着的经过与中医治疗的滋补肝肾、补肾壮骨的理论是相吻合的。

5.3 中医理论的阴虚生内热与西医的体温升高和基础代谢增高相关,体温又与甲状腺有关,温度对人类生命有很大的影响,如地球温度对人类生命的长短均有相关。人体长期阴虚内热,下午晚上低热体温相对升高,如同小火炖骨头汤一样。骨钙进入血液从尿中排走。所以,中医主张滋阴壮阳、阴阳平衡是有道理的^[3]。

5.4 中医用望、闻、问、切,阴阳、表里、寒热、虚实诊断,结合西医的化验影像学图像及数据的诊断,中西医结合用药是理想的,效果最佳^[4]。

5.5 我们多年来以肝肾同治、精血齐补、气血并重、温阳补阴为基础,再加上维生素D中西医结合,研制出一种“爱卿抗骨松片”,经临床观察,验证效果显著。

5.6 经用抗骨松片三个月的统配显效率达91%。临床症状明显好转和消失,骨折可提前20天左右愈合,骨质增生虽然存在但其痛感能消

失。在补肾壮骨的作用下耳鸣抽筋很快缓解及消失。

治疗后的人骨密度测量有82%的人能达到正常范围内,因为有一部分人本身就不太低,一用本药就灵,很快就进入正常标准内。18%的人因本身基础骨量就太低,所以仅一个疗程还不能达到正常水平,应继续服用,同时加食补,一年用两个疗程为好,以预防和治疗骨质疏松。我们体会本药用于春、夏、秋季效果更理想,夏季最好,舒筋通络、补肾壮骨效果更好。我们治疗骨质疏松是在中西医结合的基础上发挥中西医各自的优势,推迟衰老,延缓衰老的进程,使人们更长寿。

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