

药物与方剂

# 颈椎活血片治疗颈椎病疗效观察

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**摘要:** 颈椎活血片临床用于治疗各型颈椎病达10余年。远期随访313例,其中显效130例,占41.5%;有效162例,占51.8%;无效21例,占6.7%。显效和有效共292例,占93.3%。结果表明,对神经根型、椎动脉型、交感神经型和混合型疗效肯定。其作用主要是消灭和改善颈椎病的临床症状,对颈椎解剖结构上的退变、在X—线摄片上未见明显改善。

**关键词** 颈椎病 中医药疗法 颈椎活血片

颈椎活血片(暂定名),是笔者从长期治疗颈椎病的临床实践中,筛选出三七、当归、红花、人工牛黄等7味有效中药研制而成。近来,对1987年以前治疗的病例中诊断明确,资料完整的100例进行了远期(三年以上)随访,得到回复的共313例。随访成功率77.78%。兹将随访资料总结如下。

### 一般资料

313例中,男209例,女104例;年龄最小31岁,最大71岁;混合型78例,神经根型94例,椎动脉型77例,交感神经型29例,脊髓型35例;病程最短1个月,最长11年;用药时间最短2周,最长6个月,平均2个月。

### 疗效标准与治疗结果

**疗效标准:** 显效 用药1个月内见效,连续用药3个月内症状体征完全消失,3年内未复发;

**有效** 连续用药6个月以内,症状体征显著减轻或消失,停药3个月后又复发;

**无效** 连续用药6个月,症状体征无明显改善。

**治疗结果:** 313例中,显效130例,占41.5%;有效162例,占51.8%;无效21例,占6.7%。显效和有效共292例,占总例数93.3%。

在显效病例中,行X线摄片随访30例,结果,除颈椎生理曲线和少数狭窄的椎间隙有所恢复外,其它与治疗前对比未见有明显的改变。

### 疗效分析

表1 疗效与证型的关系

	神经根型 (例)	椎动脉型 (例)	混合型 (例)	交感神经 型(例)	脊髓型 (例)
显效	38	38	40	11	
有效	53	39	38	15	11
无效					21
合计	91	77	78	29	35

从表1可以看出脊髓型疗效最差,其他各型疗效均佳。

表2 疗效与年龄关系

	40岁以下 (例)	41—50岁 (例)	51—60岁 (例)	61岁以上 (例)
显效	51	53	18	8
有效	27	45	58	32
无效			19	2
合计	78	98	95	42

表2提示:年龄愈轻,显效率愈高;中、老年有效率也很满意。其中无效的51~60岁19例,61岁以上2例,均为脊髓型。

表3说明:病程愈短、显效率愈高。病程

表3 疗效与病程关系

	6个月以 内(例)	7—12个 月(例)	13—24个 月(例)	25—36个 月(例)	37个月以 上(例)
显效	30	41	41	12	6
有效	15	30	42	49	26
无效				16	5
合计	45	71	83	77	37

长达2~3年以上者有效率仍可观。无效的21例虽然病程都在2年以上，但均是脊髓型，与病程长短无明显关系。

显效病例的四大症状消失时间：眩晕：最短1周，最长4周，一般2周左右；疼痛：最短1周，最长9周，多数在5周左右；麻木：最短2周，最长8周，多数在4周左右；运动功能失灵：主要见于脊髓型。该型有效的14例运动功能改善都在连续服药3~5个月以后。

### 讨 论

1. 颈椎活血片 治疗神经根型、椎动脉型、交感神经型、混合型颈椎病、疗效是肯定的。远期疗效（即显效）达41.5%，近期疗效（即有效）达51.8%。显效和有效总效率

93.3%。

2. 颈椎活血片的药效主要是活血化痰通窍，其作用主要是消灭和改善颈椎病的临床症状。对颈部骨关节解剖结构上的退行性改变，未见有明显改善。

3. 临床大量病例观察到颈椎病的解剖结构上变异与临床症状多不一致。退变明显的常无症状，症状突出的退变却不显著，当治疗后症状消失而退变并无显著改善。这种现象说明：①从骨关节及其附属组织的退变到出现临床症状，不全是单纯的机械性刺激或压迫神经、血管、脊髓，还存在有另外的中介因素；②骨关节退变不可逆转，但通过治疗症状体征可以改善或消失。其机理尚有待深入探讨。

## 固肾健步汤治疗坐骨神经痛66例

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固肾健步汤是河南中医学院姜多峰教授治疗腰腿痛的经验方，用其治疗坐骨神经痛66例，收到良好疗效。报告如下。

### 临 床 资 料

男41例，女25例；年龄20~30岁7例，~40岁16例，~50岁23例，~60岁12例，~70岁8例；病程最长28年，最短30天，平均3.1年。其中6个月以内者32例，6个月至1年者33例，1年以上者11例。反复发作58例，持续存在者8例。

诊断标准：1. 患者有由腰、臀部向大腿后部、小腿后外侧及足背外侧放射的持续性或阵发性疼痛；2. 沿坐骨神经走向有明显压痛点，如椎旁、骶髂关节外上方，坐骨结节与大转子之间，腓窝横线上2~3cm处，腓骨小头下方，外踝后下方等；3. 直腿抬高试验阳性。具备以上3条者可确诊。

### 治 疗 方 法

固肾健步汤：熟地30g 狗脊20g 川牛膝20g 木瓜18g 制马钱子1~6g（由1g渐加至6g）当归30g 白芍30g 醋元胡15g 甘

草9g。水煎服。日1剂。10天为1疗程，两个疗程间间隔3天。

加减方法：寒胜痛剧加制川、草乌各9g；湿胜重着去熟地，减甘草量，加草薢20g、白术20g、苡米30g；风胜放射痛明显加威灵仙20g、青风藤30g、独活20g；有热加白花蛇舌草30g、败酱30g；挟瘀加制乳、没各9g、田三七6g（为末冲服）；病久者加蜈蚣3条、全虫9g、乌蛇12g；气虚者加黄芪30g；肾阳虚者加淫羊藿15g、杜仲15g。

### 疗效标准及治疗效果

所有病人均在治疗两个疗程后观察疗效。临床症状消失，体征消失（压痛点消失，直腿抬高试验阴性）为治愈，28例；症状明显减轻或仅在劳累及气候变化时有不适感，体征基本消失或仍隐约存在者为有效，35例；临床症状无明显减轻，体征仍较明显者为无效，3例。总有效率为95.4%。

### 典 型 病 例

王某，男45岁，农民。1988年4月10日初诊。5年前因搬重物，突然感到腰及右侧臀部

## Abstracts of Original Articles

### Experimental study of ox skin powder on anti-inflammatory action

Wang Shu-yun(王淑云), Li Xiu-lan (李秀兰), Yang Bao-shu(杨宝树) Li Chang-xin (李长信)

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In this paper, via animal experiments, mouse abdominal macrophages were served as an objective parameter and found that ox skin powder could alleviate mouse earlobe inflammation induced by xylol on foreign body macrophagic and digestive function and rats through embedding cotton ball induced hyperplasia of granulosia as a chronic inflammatory action. It was found that anti-inflammatory action of ox skin powder had no significant difference with that of the elephant skin powder.

**Key words** Sheng Ji Xiang Pi Paste, elephant skin, ox skin, antiinflammatory action, experimental study

(Original article on page 5)

### Observation on the influence of fibroblasts in the experimental fracture treated by two therapeutic principles

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In this article, it is introduced that application of supplement the vital energy eliminating stasis and supplement the vital energy eliminating stasis and invigorating the Kidney two therapeutic principles were treated on SD rats fracture models, and via observation of the fibroblasts on the fractured ends with electron-microscope. The results indicated that the former bears enhancing immunomacrophagic action of the organism and improving micro-circulation as well as improving the nutritional state of the cells, and the later the action was more facilitate in fracture repairing with the fibroblastic changes. So, clinically, in TCM, treatment of fracture of different stages was based on determination of treatment based in the differentiation of symptoms and signs.

**Key words** Traditional Chinese medicinal therapy, fracture, experimental study  
(Original article on page 7)

### Clinical experience in treating mal-healing with closed osteoclasia by prof. Fan Chun-zhou

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Traditional Chinese Medical College of Helongjiang (150040)

In this article, clinical experience of Prof. Fan Chun-zhou in treating mal-

healing with closed osteoclasia is introduced. Seventy cases with complete data were concluded. The therapeutic results were excellent in 31 cases (44%); good, 29(42%); fair, 7 (10%); ineffective, 3 (4%)

**Key words** Fracture, traditional Chinese medicinal therapy, experimental introduction

(Original article on page 9)

### Development and application of enhanced external fixator in treating intra-articular fracture

Xie Da-zhi (谢大志) et al.

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Thirty-three cases of intraarticular fracture were treated with self-developed enhanced external fixator of intraarticular fracture via a follow-up of 5-9 months, the rate of excellent and good was 94%. It was realized that the instrument had the advantage of new style, broadening in usage, easy to be operated, faster in fracture healing and better restoration of functions.

**Key words** External fixator of fracture, intraarticular fracture, exertion of pressure on cortex

(Original article on page 21)

### Observation on the therapeutic effects of Cervical Huo Xue Tablet in the treatment of cervical spondylosis

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Cervical Huo Xue Tablet has been used in treating various types of cervical spondylosis of more than 10 years. 313 cases had long-term follow-up. Among them, 130 cases(41.5%) were markedly effective; 162 (51.8%), effective; 21(6.7%), ineffective. The rate of markedly effective and effective was 292 cases(93.3%). The results indicated that there were definite therapeutic effectiveness in radicular vertebral, sympathetic and mixed types. The mode of action was mainly alleviation and improvement of the clinical symptoms of cervical spondylosis. There was no prominent improvement of degenerative changes of cervical spine in X-ray films.

**Key words** Cervical spondylosis, traditional Chinese medicinal therapy, Cervical Huo Xue Tablet

(Original article on page 28)