

名医经验

施维智治疗脊髓型颈椎病经验

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本文就随沪骨伤科名家施维智主任医师侍诊笔录,探析论治脊髓型颈椎病的学术经验。

病机

本病以现代医学论,系因颈椎椎体骨赘,髓核后突,后纵韧带膨隆等病变直接刺激脊髓,造成颈椎管内反应性充血水肿所致,好发于四、五十岁以上的中老年人。这种随年龄增长而发生于人体骨骼等部的退行性变化,与《素问·阴阳应象大论》所述“年四十而阴气自半”的认识颇相一致。也即中年以后肝肾之气亏损不足,因肝主筋而肾主骨,肝肾不足则筋骨失养,故容易遭致风湿外邪侵袭阻络,以致束骨无力,足不任身,临证出现肌筋萎缩,四肢骨节软弱无力,步履蹒跚,甚至瘫痪等症状,当属中医痿症范畴。因肝肾亏损,精气不足,逐渐导致下肢痿弱不用,正是脊髓型颈椎病所表现的痿症的病机特点。又因督脉循行于脊里,与脊髓关系密切,督脉属脑络肾,为阳脉之海,督脉空虚,则脊髓失养而为病。故总赅其病机,当为“肝肾不足,督脉空虚”。

治法

本病证因肝肾不足,督脉空虚,风湿阻滞,气血失畅所致,病本属虚或虚而偏寒,故其论治大法当为补益肝肾,温通督脉,兼益气活血,祛风通络。遵循了扶正培本为主,祛邪为辅的治疗总则。

经验方药

宗费伯雄《医醇滕义》“温经养荣汤”意而创设新方:桂枝 3g 炒白芍 9g 红花 5g 炒生地 9g 砂仁 2g 拌熟地 9g 真鹿筋(先煎)5g 全当归 9g 川芎 5g 苻蓉 5g 杞子 9g 川断肉 9g 党参 9g 鸡血藤 9g 三七末(冲) 3g 陈皮 5g。先生寝馈费氏之学日久,费氏治痹温经养荣汤以温通调营见长:鹿筋之用,以筋治筋;另有“生地切片红花炒”、“熟地切片砂仁炒”及杞子、川断、桂枝、当归之用,均和缓、醇正,颇合慢性痿弱证之机宜。先生认为:真鹿筋,肉苻蓉,乃温肾壮阳通督脉之要药,又具柔润之性,川断、杞子温养肝肾,强壮筋骨;桂枝炒白芍,桂枝温通疏风,白芍养肝血,相炒意使疏风直接作用于肝经;红花炒生地,红花活血,生地养阴,相炒后意在去生地之滋腻;砂仁拌熟地,以砂仁理气和胃,熟地养血补肝肾,相拌意在使熟地补肝肾而不呆胃;党参补气扶正;当归,川芎活血消肿;鸡血藤补血行

血,舒筋活络,参三七活血祛瘀止痛,陈皮理气和中。此外,如有腰部束带状感觉加川楝子、小茴香;肢体麻木不仁加炮山甲、刘寄奴、地鳖虫、防风;颈项酸痛加羌活、威灵仙。

典型病例

蒋××,男,49岁。92年12月27日初诊。自诉手指麻木、僵硬抽痉,伸屈不利伴感觉减退,继而出现下肢萎缩,步履蹒跚,腰部有束带状感觉,病史4月余。10月27日曾作颈椎核磁共振检查,示:“颈4~5椎间盘明显后突,压迫相应水平蛛网膜下腔和脊髓,颈椎管细,颈6~7椎间盘轻度后突。”发病后相继服用羌茸冲剂、中药汤剂,并经推拿,牵引等方法治疗,病情日益加重。刻诊:患者双手手指麻木、僵硬、屈伸不利,下肢萎软无力,步履蹒跚,腰部沉重,有束带感,舌苔薄白微腻,脉形弦滑。证属颈椎劳损,肝肾不足,督脉空虚,继感风湿,阻滞筋骨,气血不得宣通,治宜补益肝肾,温通督脉。处方:桂枝 3g 炒白芍 9g 红花 5g 炒生地 9g 砂仁 2g 拌熟地 9g 肉苻蓉 5g 真鹿筋 5g(先煎) 全当归 9g 大川芎 5g 防风 9g 杞子 9g 炮山甲(先煎) 9g 地鳖虫 9g 刘寄奴 9g 老鹳草 9g。大活络丸,每天1丸,口服。服药一周后,抽痉较减,步履乏力,束带感明显,前方去老鹳草,加川断肉 9g,继服7剂;再诊,手指麻木明显减轻,抽痉进一步改善,手指屈伸;较前活络,前方加党参 9g 续服。至93年3月13日再诊,手指僵硬感完全消除,走路稍有力,时而步态仍显萎软,颈项酸楚,脉濡软,舌苔淡白,仍宗前意,在原方基础上略作增减,如此调理至93年8月21日,手指麻木,腰部束带状感等症全部消失,步态恢复正常,患者自诉已恢复至正常状态。

体会

施老根据脊髓受压后产生反应性充血水肿的病理特征和退行性病变的特点,将本病机理认定为肝肾不足,督脉空虚,并提倡用补益肝肾,温通督脉为主的治法遣方用药,收效颇佳。其偏于温通补益的治法用药较之传统以“虎潜丸”等滋阴清热,补益肝肾之法又别辟新径,为脊髓型颈椎病的中医治疗提供了新的思路。先生用药,一般单味药量均不超过9g皆旨在顾护胃气。

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Abstract of Original Articles

Clinical study on epiphyseal injury treated by integration of traditional Chinese and modern medicine

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A new classification of epiphyseal injury was suggested through clinical and X-ray analysis of nine positions in epiphyseal injury on extremities in 363 cases, in the meanwhile pathogenesis of epiphyseal injury, morphology, classification, treatment and prognosis etc. problems were clarified. A preliminary exploration of therapeutic theoretical basis and principles were made via a remote observation of 216 cases, the rate of therapeutic excellent and good with maneuver reduction and splint fixation was 91.1%. It was prominently superior than open reduction of which the efficacy was 71.9%. Integration of traditional Chinese and modern medicinal therapy fits to various age, position and kinds of most epiphyseal injuries.

Key words Epiphysis Trauma and injury

Integration of traditional Chinese and modern medicinal therapy

(Original article on page 5)

Multinuclear giant cells and osteoclasts in callus - histological and ultrastructural observation

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The morphology of multinuclear giant cells (MGC) and osteoclasts (Oc) in rabbit's radius callus had been observed by light microscopy and transmission electron microscopy. It showed that both MGC and Oc participated in bone resorption, but MGC mainly resorbed dead bone and bone chips through phagocytosis and extracellular degradation at the early stage of fracture healing, and Oc mostly resorbed calcified cartilaginous callus and new formed trabecular bone by extracellular resorption to accomplish the remodeling of callus. It is suggested that the filopods on the surface of MGC and ruffled border on the surface of Oc are closely related to extracellular degradation of bone mineral. Their difference in the mechanism of degradation is waiting or further study.

Key words Callus Histology Ultrastructure

(Original article on page 8)

Influence of ultrastructure of rabbit skeletal muscle mimic mountain-climbing myalgia treated with Yue Ji Ling lotion

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Exploration of the pathology of mountain-climbing myalgia and observation of therapeutic action of Yue Ji Ling Lotion on rabbit with over burden motion mimic human mountain-climbing action were carried out. The results indicated that the functional state of rabbit extremities is similar to human mountain-climbing myalgia and the ultrastructure of skeletal muscle showed prominent traumatic changes. Yue Ji Ling lotion bears the function of inhibition the traumatic changes effectively and restoration the normal function of the limbs as well.

Key words Skeletal muscular system Yue Ji Ling lotion Ultrastructure
(Original article on page 10)

Dr. Shi Weizhi's experience in treating cervical spondylotic myelopathy

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Old traditional Chinese medical doctor Shi Weizhi holds that the pathogenesis of cervical spondylotic myelopathy is due to insufficiency of liver and kidney, emptiness of Du meridian, blockade of the meridian due to wind-dampness, obstruction of flowing of Qi and blood. Better results were obtained after application of the therapeutic principles of invigorating the liver and kidney, warming the meridian, invigorating of Qi and activating of blood circulation, and expelling of wind and dredging the meridian passage.

Key word Cervical spondylosis Pathogenesis
Traditional Chinese medicinal therapy
(Original article on page 12)

Study and clinical application on frame-style ladder form enhanced steel plate

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Based on the principle of bio-mechanics and starting point on the stability of internal fixation, double arm frame-style ladder form enhanced steel plate was designed. The therapeutic effect was satisfactory after 37 cases had been used clinically. No one case of break wire, pulling out wire and refracture phenomenon on the fractured end was found during withdrawing the steel plate.

Key words Fracture fixation Frame-style ladder form enhanced steel plate
(Original article on page 27)