

实验研究

提神益智六味饮抗疲劳的实验研究^{*}

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摘要:目的 通过研究“提神益智六味饮”对小鼠的抗疲劳作用,为该品的进一步开发和应用提供依据。
方法 将40只昆明种雄性小鼠随机分为4组,即空白对照组(生理盐水)、提神益智六味饮大剂量组(0.4g/mL)、提神益智六味饮中剂量组(0.2g/mL)和提神益智六味饮小剂量组(0.1g/mL),进行灌胃饲养,每天灌胃2次,每次0.2mL,连续灌胃60天。在第50、55天进行适应性跑步训练,在第60天灌胃后半小时进行跑步实验,之后用3%戊巴比妥钠溶液处死小鼠,立即采取小鼠血清、肝组织、肌肉组织分别对其血尿素氮(BUN)浓度、肝/肌糖原含量进行测定。**结果** 与空白对照组比较,提神益智六味饮各剂量组小鼠的BUN浓度明显降低,肝/肌糖原含量升高,且中剂量组的效果最显著。**结论** “提神益智六味饮”具有明显的抗疲劳作用,且其机制与抗氧化作用有关。

关键词:提神益智六味饮;抗疲劳;BUN;肝/肌糖原

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Researches on The Anti - fatigue Effect of Six - ingredient Spirit - benefiting Decoction

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Abstract Objective To test the anti - fatigue effect of six - ingredient spirit - benefiting decoction in mice, which provide the basis for the development and application of the decoction. **Methods** 40 kun - ming male mice were randomly divided into 4 groups. They are normal group(normal saline), high dose group(0.4g/ml) of six - ingredient spirit - benefiting, middle dose group(0.2g/ml) and low dose group(0.1g/ml). Then to gastric raise for sixty days, twice a day and 0.2ml every time. In the 50 and 55 days, conducting adaptive running training in mice. In the 60 days, first to gastric feed, after half an hour, began running testing. Then executed mice with 3% pentobarbital sodium, immediately took serum, hepatic tissue and muscular tissue from mice, respectively to determine BUN (Blood Urea Nitrogen) concentration, the content of hepatic and muscle glycogen. **Result** Compare with the normal group, mice in each dose group of six - ingredient spirit - benefiting decoction, its BUN concentration decreases, the content of hepatic and muscle glycogen increases, and middle dose group has the most significant effect. **Conclusion** Six - ingredient spirit - benefiting decoction has significant anti - fatigue effect, and its mechanism relate to antioxygenation.

Key words Six - ingredient spirit - benefiting, Anti - fatigue, BUN (Blood Urea Nitrogen), The content of hepat-

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