

# 延年益寿仙苓汤抗衰老作用的实验研究<sup>\*</sup>

高倩 王玉成 王琳娜 魏旭旭 刘佳月 党琳<sup>\*\*</sup>

(陕西中医药大学, 陕西 咸阳 712046)

**摘要:**目的 研究延年益寿仙苓汤对小鼠抗衰老作用的机制,为其进一步开发和应用提供实验依据。方法 将40只昆明种(KM)小鼠随机分为4组,即空白对照组(生理盐水组)、模型组、延年益寿仙苓汤组(治疗组)、维生素E组(VitE组),进行饲养,每天早晚灌胃,每次0.2mL,持续灌胃50天。在第50天灌胃后用10%水合氯醛溶液麻醉小鼠,立即取小鼠血清、肾脏、大脑分别对其SOD活力、GSH-PX活力、MDA含量进行测定。结果 与模型组比较,治疗组的SOD活力、GSH-PX活力均有提高、MDA含量均有下降。结论 延年益寿仙苓汤有一定的抗衰老作用,且其机制与抗氧化作用有关。

**关键词:**延年益寿仙苓汤;抗衰老;脏器指数;超氧化物歧化酶;丙二醛

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## Experimental Study on Anti-aging Effect of Yannian Yishou Xianling Decoction

Gao Qian, Wang Yucheng, Wang Linna, Wei Xuxu, Liu Jiayue, Dang Lin

(Shaanxi University of Chinese Medicine, Xianyang 712046, China)

**Abstract Objective:** To research into the anti-aging effects of Yannian Yishou Xianling decoction on mice and provide experimental basis for its further development and application. **Method:** 40 KM mice were randomly divided into 4 groups: blank control group (normal saline group), model group, Yannian Yishou Xianling Decoction group (treatment group), vitamin E group (VitE group) and were fed. 50 days of continuous gavage were applied every morning and evening with 0.2ml each time. After the 50th day of gavage, the mice were anesthetized with 10% chloral hydrate solution. The serum SOD, the activity of GSH-PX and the content of MDA were measured in serum, kidney and brain of the mice. **Conclusion:** The Yannian Yishou Xianling decoction has a certain anti-aging effect, and its mechanism is related to the antioxidant effect.

**Key words** Yannian Yishou Xianling decoction; anti-aging; viscera index; SOD; MDA

衰老是任何有机体都不可避免的过程,表现为各组织、器官功能随年龄增长而产生退行性变化,是机体各种生化反应的综合体现,是体内外许多因素共同作用的结果。它是一个复杂的自然现象,体现为机体生物结构和机能衰退,抵抗力和适

应性减弱<sup>[1]</sup>。

对衰老原因和机制的研究,古今学者、医家一直在不懈努力,并提出了多种学说。中医基础理论中对衰老的认识以脏腑为核心,包含肾虚衰老、脾胃虚弱衰老、肝郁衰老、气滞血瘀衰老等学说,

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<sup>\*\*</sup> 通讯作者:党琳(1964-),女,副教授,研究方向:急性胰腺炎发病机制及中西医结合治疗的实验研究。E-mail: dlinmen@163.com