

疫病防治

## 35例新型冠状病毒肺炎证候特征及 微观辨证相关性研究\*

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**摘要:**目的 分析35例新型冠状病毒肺炎患者临床证候、理法方药及实验室检查,探讨新型冠状病毒肺炎的证候特征及微观辨证之间相关性。方法 采集35例新型冠状病毒肺炎患者症状、舌象、证型、方药、实验室检查及治疗效果,进行数据分析及统计学处理。结果 35例新型冠状病毒肺炎患者以轻症多见,中医辨证分型分布特征为“寒湿束表,热郁津伤证”20例、“风寒袭表,气虚湿滞证”6例、“热毒袭肺证”7例、“热毒壅肺证”2例。实验室检查,各证型之间淋巴细胞计数比较,差异有统计学意义( $P < 0.05$ ),热毒壅肺证患者淋巴细胞计数低于寒湿束表、热郁津伤证患者( $P < 0.05$ )。各证型在白细胞计数、血沉、C反应蛋白方面无差异性( $P > 0.05$ ),但血沉和C反应蛋白普遍升高。23例T淋巴细胞分析统计结果表明,各证型之间在总T淋巴细胞( $CD_3+$ )方面有差异性( $P < 0.05$ ),在T辅助淋巴细胞( $CD_3+$ 、 $CD_4+$ )及T抑制淋巴细胞( $CD_3+$ 、 $CD_8+$ )方面无差异性( $P > 0.05$ );寒湿束表、热郁津伤证患者的总T淋巴细胞( $CD_3+$ )明显高于风寒袭表、气虚湿滞证及热毒壅肺证患者( $P < 0.05$ ),差异具有统计学意义。疗效评定方面,主要症状明显好转时间为( $4.85 \pm 3.40$ )天,平均住院日为( $17.74 \pm 4.92$ )天,临床治愈率94.29%。结论 新型冠状病毒肺炎中医基本病机为“湿”“寒”“热”“毒”“瘀”,用方以藿香正气散、甘露消毒丹、银翘散、麻杏甘石汤使用频率较高,治疗新冠肺炎,坚持中西医结合,结合微观辨证,临床疗效确切。

**关键词:**新型冠状病毒肺炎;中医;证候;微观辨证;相关性研究

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## A Correlational Research on the Syndromes and Micro-differentiation of Covid-19 in 35 Cases

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**Abstract: Objective** To explore the correlation between the syndromes and the micro-differentiation of Covid-19 by analyzing its clinical syndromes, therapy and prescription as well as laboratory examination in 35 cases. **Method** 35 cases with Covid-19 are collected to examine their symptoms, tongue manifestation, syndromes, prescriptions, laboratory test and curative effect, then the data analysis and statistical process are made. **Result** Among 35 cases, a majority of patients show mild symptoms. 20 cases are characterized by “the cold-dampness restraining the exterior and hot stasis harming the fluid” syndromes, 6 cases with “the wind-coldness invading the exterior and the damp-stasis caused by qi deficiency” syndromes, 7 cases with “the hot toxin invading the lung” syndromes, and 2 cases with hot toxin obstructing the lung” syndromes. After the laboratory test, the comparison of lymphocyte count among different syndromes shows sta-

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