

燮理汤治疗活动期溃疡性结肠炎临床疗效及对 $\text{TNF}-\alpha$ 、C 反应蛋白的影响*

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摘要:目的 探讨燮理汤治疗活动期 UC 的临床疗效及对患者血清 $\text{TNF}-\alpha$ 、CRP 浓度的影响。方法 选择符合诊断标准的 60 例活动期轻、中度 UC 患者, 按随机数字表法分为治疗组 30 例和对照组 30 例, 治疗组予燮理汤加味治疗, 对照组予美沙拉嗪肠溶片口服治疗, 两组治疗疗程均为 4 周。比较两组患者治疗前后临床疗效、中医症状积分、肠黏膜积分及血清 $\text{TNF}-\alpha$ 、CRP 浓度变化, 同时记录两组患者治疗过程中的不良反应。结果 治疗组临床疗效优于对照组, 差异有统计学意义 ($P < 0.05$); 治疗组与对照组治疗前后中医症状积分差值比较, 差异有统计学意义 ($P < 0.05$), 治疗组优于对照组; 治疗后, 治疗组血清 $\text{TNF}-\alpha$ 、CRP 浓度均较对照组降低, 差异有统计学意义 ($P < 0.05$); 肠镜黏膜积分两组治疗前后差值比较, 无统计学意义 ($P > 0.05$)。结论 燮理汤治疗活动期 UC 临床疗效确切, 并安全有效, 值得临床应用。

关键词: 燮理汤; 溃疡性结肠炎; 活动期; $\text{TNF}-\alpha$; CRP

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Clinical Effect of Xieli Decoction in Treating Active Ulcerative Colitis and Its Effect on $\text{NF}-\alpha$ 、CRP

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Abstract: **Objective:** To investigate clinical effect of Xieli decoction in treating active ulcerative colitis (UC) and its effect on $\text{NF}-\alpha$ 、CRP concentration in patients' serum. **Methods:** By random number table, 60 cases of mild-to-moderate active UC patients meeting the diagnostic standard were randomly divided into treatment group and control group with 30 cases in each. The cases of treatment group were given modified Xieli decoction and the cases of control group were orally given Mesalazine enteric-coated tablets. The course for each group was 4 weeks. Finally, the clinical effect, TCM symptom scores and $\text{NF}-\alpha$ 、CRP concentration changes in patients' serum of the two groups before and after treatment were compared, and the adverse reaction of the cases during the treatment were recorded. **Results:** Clinical effect of the treatment group was superior to that of the control group, the difference was statistically significant ($P < 0.05$). The comparison of TCM symptom scores between the two groups before and after treatment had statistical significance ($P < 0.05$), the treatment group was superior to that of the control group. After the treatment, $\text{NF}-\alpha$ 、CRP concentrations in patients' serum were lower than those of the control group, the difference was statistically significant ($P <$

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