

临床研究

# 疏肝健脾1号方口服联合改良TST术 治疗出口梗阻型便秘36例<sup>\*</sup>

韩珊珊 霍黎生<sup>\*\*</sup> 臧亮 刘瑛 孙龙

(陕西省中医医院, 陕西 西安 710003)

**摘要:**目的 观察应用疏肝健脾1号方联合改良TST术(tissue-selecting therapy stapler, TST术)治疗出口梗阻型便秘的临床疗效观察。方法 将72例出口梗阻型便秘患者随机分为2组, 治疗组36例在改良TST术治疗的基础上运用疏肝健脾1号方口服, 对照组36例在改良TST术治疗的基础上给予安慰剂(焦红糖水)口服。观察2组治疗前后Longo便秘评分、初始感觉阈值、初始排便阈值变化, 比较2组临床疗效。结果 治疗组治疗后Longo便秘评分、初始感觉阈值、初始排便阈值均降低, 优于对照组( $P < 0.05$ ); 治疗后治疗组直肠压力增加, 肛管压力下降, 直肠肛管压力差增加, 优于对照组( $P < 0.05$ ); 治疗组治愈率91.67%, 对照组治愈率83.33%, 2组比较差异有统计学意义( $P < 0.05$ )。结论 疏肝健脾1号方口服联合改良TST术治疗出口梗阻型便秘的疗效优于单纯应用手术治疗出口梗阻性便秘。

**关键词:**疏肝健脾1号方; 出口梗阻型便秘; Longo便秘评分; 肛门直肠测压

中图分类号: R256.34 文献标识码: A 文章编号: 2096-1340(2019)04-0081-05

DOI: 10.13424/j.cnki.jstcm.2019.04.021

## 36 Cases of Outlet Obstructive Constipation Treated by Shugan Jianpi No. 1 Decoction Combined with Modified TST

Han Shanshan Huo Lisheng Zang Liang Liu Ying Sun Long

(Shaanxi TCM Hospital, Xi'an China, 710003)

**Abstract:** **Objective** To observe the clinical effect of Shugan Jianpi No. 1 Decoction combined with modified TST (tissue-selection therapy stapler) in the treatment of outlet obstructive constipation. **Methods** 72 patients with outlet obstructive constipation were randomly divided into two groups. 36 patients in the treatment group were treated with Shugan Jianpi Formula 1 on the basis of modified TST. 36 patients in the control group were given placebo (caramel water) orally on the basis of modified TST. Longo constipation score, initial sensory threshold and initial defecation threshold were observed before and after treatment, and the clinical efficacy of the two groups was compared. **Results** After treatment, Longo constipation score, initial sensory threshold and initial defecation threshold in the treatment group were lower than those in the control group ( $P < 0.05$ ); rectal pressure increased, anal pressure decreased, and anorectal pressure difference increased in the treatment group, which was better than that in the control group ( $P < 0.05$ ); the cure rate of the treatment group was 91.67%, and the cure rate of the control group was 83.33%. There was significant difference between the two groups ( $P < 0.05$ ). **Conclusion** The curative effect of Shugan Jianpi No. 1 Decoction combined with modified

<sup>\*</sup> 基金项目: 陕西省科学技术研究发展计划项目课题(S2016YFSF0474)

<sup>\*\*</sup> 通讯作者: 霍黎生, 主任医师。E-mail: 406705604@qq.com