

中西医结合治疗新生儿黄疸疗效观察

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**摘要:**目的 观察中西医结合治疗新生儿黄疸的疗效。方法 将 90 例新生儿黄疸患儿随机分为治疗 1 组、治疗 2 组、对照组各 30 例。三组均予以综合措施及蓝光照射治疗, 治疗 1 组给予茵栀黄口服液口服, 治疗 2 组在此基础上给予茵栀黄口服液联合双歧杆菌三联活菌口服。**结果** 选取疗效、血清总胆红素浓度为指标各组间进行比较, 治疗组两组总有效率均为 96.67%, 对照组总有效率 76.67%, 两治疗组明显优于对照组( $P<0.05$ ), 且治疗 2 组明显优于治疗 1 组( $P<0.05$ )。**结论** 中西医结合治疗新生儿黄疸, 可增强疗效, 缩短病程, 值得临床推广。

**关键词:**新生儿黄疸; 茵栀黄口服液; 双歧杆菌  
**中图分类号:** R722.17   **文献标识码:** A   **文章编号:** 1672-0571(2016)04-0035-03  
**DOI:**10.13424/j.cnki.mtcm.2016.04.014

Integrative Medicine Treatment Efficacy of Neonatal Jaundice

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**Abstract Objective** To investigate the efficacy of Integrative Medicine in treating neonatal jaundice. **Methods** 90 cases of neonatal jaundice were randomly divided into treatment group 1, treatment group2 and the control group, 30 cases in each group. The patients in two groups were both accepted integrated treatment and blue light therapy, the treatment group 1 added *Yin zhihuang* oral liquid treatment, treatment group 2 received *Yin zhihuang* oral liquid and Bifidobacterium triple viable. **Results** The efficacy results and serum Total bilirubin concentration indicators in each group were selected to value the treatment efficacy. total effective rate of the two treatment groups were 96.7%, and 76.7% in the control group. The total efficiency in the two treatment groups were higher than in the control group ( $P<0.05$ ), and the treatment group 2 was significantly better than the treatment group 1 ( $P<0.05$ ). **Conclusions** Integrative Medicine in treating neonatal jaundice can enhance the efficacy, shorten the course, worthy of promotion.

**Keywords** Neonatal Jaundice; Integrative Medicine; *Yin zhihuang* oral liquid; Bifidobacterium

新生儿黄疸是指新生儿由于血中胆红素水平升高出现皮肤、黏膜黄染为特征的病症, 可分为生理性和病理性。生理性黄疸一般不予处理可自行消退。病理性黄疸严重者可发生胆红素脑病, 可导致患儿死亡或脑损伤而发生脑瘫等严重后遗症<sup>[1]</sup>。因此及时采取有效的治疗措施对改善患儿的预后十分重要。新生儿黄疸的治疗主要采用光照疗

法<sup>[2]</sup>, 光照疗法可以降低血清未结合胆红素, 但有皮疹、腹泻、发热等副作用, 曾有报道对染色体也有一定的损伤作用<sup>[3]</sup>。因此为了缩短疗程以及减少并发症, 我们在常规治疗的基础上采用不同的中西医结合方法治疗, 报道如下。

1 临床资料

病例选自 2013 年 3 月~2014 年 10 月我院儿