

龙胆泻肝汤治疗偏头痛 53 例

夏先锋

(陕西中医药大学, 陕西 咸阳 712000)

摘要:目的 观察龙胆泻肝汤化裁治疗肝经热盛型头痛疗效。方法 使用回顾性设计方法,根据患者治疗期间是否接受中医辨证论治分为对照组和治疗组。对照组 28 例患者使用钙拮抗剂盐酸氟桂利嗪(商品名:西比灵)治疗,治疗组 25 例患者使用龙胆泻肝汤化裁治疗。结果 治疗组缓解 8 例,显效 9 例,好转 5 例,无效 3 例,总有效率 88%;对照组缓解 5 例,显效 10 例,有效 5 例,无效 8 例,总有效率为 71.43%。两组临床疗效治疗组优于对照组($P<0.05$)。结论 龙胆泻肝汤化裁治疗肝经热盛型头痛疗效满意,无严重不良反应。

关键词:龙胆泻肝汤;偏头痛;肝经热盛;临床研究

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Treatment of 53 Cases of Migraine by Longdan Xiegan Decoction

Xia Xianfeng

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

Abstract Objective: To observe the effect of modified Longdan Xiegan Decoction on migraine classified into syndrome of heat accumulating in liver channel in TCM. **Methods:** By designing retrospective methods, the patients were divided into treatment group and control group according to their will whether to accept TCM syndrome differentiation or not. The 28 cases in control group orally took flunarizine hydrochloride (calcium antagonist, Sibelium), and the 25 cases in treatment were administered modified Longdan Xiegan Decoction. **Results:** In treatment group, there were 8 cases relieved, 9 cases were with marked effect, 5 improved and 3 ineffective, the total effective rate was 88%; whereas 5 cases in the control group were relieved, 10 greatly effective, 5 improved and 8 with no effect, as well as the total effective rate was 71.43%. The clinical effect in treatment group was better than that in control group ($P<0.05$). **Conclusion:** The modified Longdan Xiegan Decoction is greatly effective in treating migraine belonging to the syndrome of heat accumulation in liver channel in TCM and with no serious adverse event.

Keywords Longdan Xiegan Decoction, migraine, syndrome of heat accumulation in liver channel, clinical research

偏头痛是一种临床常见而顽固自觉症状,可单独出现,亦可见于多种疾病过程中,以反复发作性一侧或双侧刺痛或搏动性头痛为特征^[1],常伴发头晕眼花、烦躁易怒、耳鸣耳聋、口苦等症,笔者选取陕西中医院大学附属医院名老中医杨秀清应用龙胆泻肝汤化裁治疗肝经热盛偏头痛患者进行回顾性对比研究,发现临床疗效治疗组优于对照组,现报道如下。

1 临床资料

1.1 一般资料 53 例均选自陕西中医药大学附属医院自 2012 年 4 月~2015 年 3 月门诊诊断证型为肝经热盛的偏头痛病人。其中男性 20 人,女性 33 人,年龄在 25~66 岁。按中医辨证论治把 53 例肝经热盛型患者分为治疗组 25 例和对照组 28 例。临床主要表现以前额、两颞侧头痛、伴头晕眼花,失眠多梦,耳鸣耳聋,口苦反酸,舌淡红苔黄或