

眩晕痰瘀交结证的多因素临床分析

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摘要:目的 总结分析眩晕痰瘀交结证的病因病机、证候特点、临证辨治及选方用药特点。方法 搜集资料完整的病例共 464 例, 分为痰瘀交结证组与非痰瘀交结证组; 比较 2 组在年龄、性别、危险因素, 痰瘀偏重及兼夹证型的差异; 同时对包含有症状、体征、理化指标及舌脉等 35 项证候特征进行线性逐步回归分析。结果 痰瘀交结证组 191 例(占 41.16%); 与非痰瘀交结证组在年龄、性别、危险因素方面比较, 差异有统计学意义($P < 0.05$); 并且痰瘀有偏重, 兼夹证型中肝阳上亢型比例最高; 35 项症候因素结果显示: 脉滑、脉涩、舌下脉络、高脂血症、舌面颜色、头晕目眩、高血黏度、舌苔厚度、肢体麻木 9 项因素与眩晕(痰瘀交结证)相关性最显著。结论 眩晕痰瘀交结证有一个漫长的形成过程, 痰瘀贯穿病程始终, 临证主张痰瘀同治, 并需根据痰瘀偏重及兼夹证型不同, 给予相应治疗, 方可切中病机, 显示疗效。

关键词: 眩晕; 痰瘀交结证; 多因素; 临床分析
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Multifactorial Clinical Analysis of Vertigo
(Hypertension) Syndrome of Phlegm and Blood Stasis

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Abstract Objective: To summarize and analyze the etiology, pathogenesis, syndrome characteristics, clinical treatment based on syndrome differentiation, prescription selection of vertigo (hypertension) syndrome of phlegm and blood stasis. **Method:** A total of 464 cases of complete data were collected, which were divided into intermingled phlegm and blood stasis syndrome group and non intermingled phlegm and blood stasis syndrome group, the differences between the 2 groups in age, sex, risk factors, different situations of phlegm and blood stasis as well as intermingled patterns of syndrome were compared. 35 syndromes including symptoms, signs, physicochemical indexes and tongue veins were analyzed by linear stepwise regression analysis. **Result:** 191 cases (41.16%) were found in intermingled phlegm and blood stasis syndrome group; the differences were statistically significant ($P < 0.05$) in terms of age, sex, and risk factors between the two groups. And the phlegm and blood stasis are not equally existed, among the intermingled patterns of syndrome, upper hyperactivity of liver yang has the highest proportion. The results of 35 symptom factors showed that 9 factors hold the most significant correlation with vertigo (phlegm and blood stasis syndrome) which are: slippery pulse, uneven pulse, sublingual - threads, hyperlipemia, lingual color, dizziness, high blood viscosity, thickness of the tongue coating and numbness of limb. **Conclusion:** There is a long process of formation of intermingled phlegm and blood stasis syndrome in vertigo (hypertension), phlegm stagnation and blood stasis run through the course of the disease. Clinical observation suggests that phlegm stagnation and blood stasis should be treated at the same time and corresponding treatment should be given according to dif-