

软肝汤联合熊去氧胆酸治疗 原发性胆汁性胆管炎 31 例

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摘要:目的 软肝汤联合熊去氧胆酸治疗原发性胆汁性胆管炎的临床疗效。方法 收集我院门诊 2016.5 ~ 2017.5 就诊的 64 例 PBC 患者,按数字表法随机分为对照组和治疗组,接受 6 个月的药物治疗及治疗期间的随访。对照组服用熊去氧胆酸胶囊,治疗组服用软肝汤联合熊去氧胆酸治疗。观察对比患者酶学指标、免疫指标、Fibscan 值、证候积分及有效率。结果 治疗前治疗组 TB 水平较对照组高($P < 0.05$),余项基线指标未见差异;治疗后治疗组 ALT、AST、GGT、TB、ALP、IgM、IgG、补体 C3、Fibscan 值、证候积分变化均有统计学差异($P < 0.05$);对照组 ALT、AST、GGT、TB、ALP、IgG、Fibscan 值变化有统计学差异($P < 0.05$);治疗前后组间比较:治疗组 GGT、TB、ALP、IgM、IgG、Fibscan 值、证候积分、总有效率优于对照组($P < 0.05$);治疗过程中无不良事件发生。结论 软肝汤联合熊去氧胆酸治疗原发性胆汁性胆管炎安全有效。

关键词:原发性胆汁性胆管炎;中药;熊去氧胆酸;软肝汤

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Treatment of 31 Cases of Primary Biliary Cholangitis with Ruangan Decoction Combined with Ursodeoxycholic Acid

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Abstract Objective:To observe the clinical effect of Ruangan decoction combined with ursodeoxycholic acid in treating primary biliary cholangitis. **Method:**Sixty – four patients with primary biliary cholangitis (PBC) from 2016.5 to 2017.5 in Shenzhen TCM Hospital were randomly divided into control group and treatment group according to the number table method. They were treated with drugs for 6 months and followed up during the treatment period. The control group was treated with Ursodeoxycholic Acid Capules, and the treatment group was treated with Rugan decoction combined with ursodeoxycholic acid. The enzyme, immune index, Fibscan value, syndrome score and effective rate were observed and compared. **Result:** The TB level in the treatment group before treatment was higher than that in the control group ($P < 0.05$), and there was no difference in the remaining baseline indicators. After treatment, ALT, AST, GGT, TB, ALP, IgM, Ig g, complement C3, Fibscan values and syndrome scores showed significant differences in the treatment group, the differences were statistically significant($P < 0.05$). ALT, AST, GGT, TB, ALP, Ig g and Fibscan values showed significant differences in the