

孕肝方治疗妊娠期慢性乙型肝炎的临床研究^{*}

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摘要:目的 观察中药“孕肝方”治疗孕妇慢性乙型病毒性肝炎的抗病毒、保肝的临床疗效。方法 治疗组 32 例使用孕肝方治疗,对照组 32 例给予门冬氨酸鸟氨酸颗粒口服,两组均持续用药 12 周。比较两组治疗前后肝功能指标谷丙转氨酶(ALT)、谷草转氨酶(AST)和总胆红素(TBil),对比分析治疗总有效率。同时观察消化道症状的改善时间。结果 在治疗 12 周后,两组 ALT、AST、TBIL 水平均较治疗前有下降,差异均有统计学意义($P < 0.01$);治疗组 ALT、AST、TBIL 水平均低于对照组,差异均有统计学意义($P < 0.05$)。治疗组总有效率 87.5%,对照组总有效率 56.6%,差异有统计学意义($P < 0.05$)。治疗组腹胀、纳差、呕吐症状改善时间均短于对照组,差异均有统计学意义($P < 0.01$)。两组不良反应比较,差别无统计学意义($P > 0.05$)。结论 孕肝方在治疗孕妇慢性乙型病毒性肝炎安全有效。

关键词:慢性乙型病毒性肝炎;妊娠;孕肝方;肝功能;门冬氨酸鸟氨酸

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A Clinical research on the treatment of Prenatal Chronic Hepatitis B by Yungan Prescription

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Abstract: **Objective** To observe the clinical effect of treating Prenatal Chronic Hepatitis by Yungan (liver in pregnancy) Prescription in terms of anti-virus and liver protection. **Method** The 32 cases in treatment group are given Yungan Prescription therapy, and another 32 cases in control group are treated by means of oral administration of Ornithine Aspartate Granules for a period of 12 weeks. The hepatic functional indexes and overall effective rate are compared between two groups before and after treatment, including the ALT, AST, and TBil. Meanwhile, the improvement time of the digestive system symptoms is observed. **Result** After 12 weeks, the ALT, AST, and TBil are slightly reduced by contrast with the indexes before treatment, and the difference is of statistical significance ($P < 0.01$). The ALT, AST, and TBil in treatment group are lower than the control group, and the difference is of statistical significance ($P < 0.05$). The overall effective rate in treatment group is 87.5%, control group 56.6%, thus the difference is of statistical significance ($P < 0.05$). The improvement time of abdominal distention, poor appetite, vomiting are shorter than that of control group, and the difference is of statistical significance ($P < 0.01$). The difference is of statistical significance by contrast with the adverse effect in two groups. **Conclusion** Yungan Prescription is effective and secure in the treatment of Prenatal Chronic Hepatitis B.

Keywords: Prenatal Chronic Hepatitis B; pregnancy; Yungan Prescription; hepatic function; Ornithine Aspartate

慢性乙型肝炎(CHB)防治指南(2015 更新版)^[1]认为,对于妊娠期 CHB 患者,ALT 轻度升高

可密切观察;肝脏病变较重者,在与患者充分沟通并权衡利弊后,可以使用替诺福韦酯(TDF)或替比

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