

基于《百年百名中医临床家丛书》的类风湿  
关节炎与风湿性关节炎用药规律比较分析<sup>\*</sup>

陈甜甜<sup>1</sup> 陈杰<sup>2</sup> 王敏<sup>3</sup> 王瑾<sup>2</sup> 于鹏龙<sup>1</sup> 魏蜀君<sup>1</sup> 袁捷<sup>2</sup>  
(1. 成都中医药大学, 四川 成都 610075; 2. 陕西省中医医院, 陕西 西安 710000;  
3. 西安市红会医院, 陕西 西安 710000)

**摘 要:**通过收集《百年百名中医临床家丛书》治疗类风湿关节炎与风湿性关节炎的所有处方, 筛选规范后, 分别建立相应的疾病数据库, 运用中医传承辅助平台软件挖掘分析其中的用药规律。最终收集类风湿关节炎的方剂 69 首, 风湿性关节炎的方剂 165 首, 分别分析治疗两种疾病的常用药物、药对及药物组合, 并进行比较。研究表明中医药治疗类风湿关节炎和风湿性关节炎有一定的相似性, 治则均为祛邪与扶正并举, 但两者的用药侧重点存在差异, 类风湿关节炎的治疗以补益气血, 培补肝肾为主, 而风湿性关节炎的治疗以祛风除湿, 活血通络为主。此研究对类风湿关节炎和风湿性关节炎的临床用药具有一定的指导价值。

**关键词:**类风湿关节炎/补益气血, 培补肝肾; 风湿性关节炎/祛风除湿, 活血通络; 用药规律; 比较分析; 痹证; 免疫应答

中图分类号: R259 文献标识码: A 文章编号: 1672-0571(2020)06-0029-07  
DOI: 10.13424/j.cnki.mtcm.2020.06.007

A Comparison and Analysis of Medication Rules for RA and Severe RA  
Based on *Collections of Hundred TCM Clinicians within Hundred Years*

Chen Tiantian<sup>1</sup>, Chen Jie<sup>2</sup>, Wang Min<sup>3</sup>, Wang Jin<sup>2</sup>, Yu Penglong<sup>1</sup>, Wei Shujun<sup>1</sup>, Yuan Jie<sup>2</sup>  
(1. Chengdu University of Chinese Medicine, Chengdu Sichuang, 610075  
2. Shaanxi Hospital of TCM, Xi'an Shaanxi, 710000  
3. Xi'an Red Cross Hospital, Xi'an, Shaanxi 710000)

**Abstract:** The disease databases were established to analyze the drug usage rules by the software of the TCM inheritance assistant platform after collecting all prescriptions for the treatment of RA (rheumatoid arthritis) and severe RA (severe rheumatoid arthritis) in *Collections of Hundred TCM Clinicians of Hundred Years* based on the selective norms. Finally, 69 prescriptions for RA and 165 prescriptions for severe RA were collected, and the commonly used drugs, drug pairs and drug combinations for the treatment of the two diseases were analyzed and compared. Studies have shown that Chinese medicine is similar in the treatment of RA and severe RA, and both treatments aim to eliminate evil and to strengthen the body, but they are different in medication focus. The treatment of severe RA is to replenish Qi and blood while the main treatment of RA is to expel wind and dampness, promoting blood circulation and dredging collaterals. This study has certain guiding value for the clinical medication of RA and severe RA.

**Keywords:** severe RA, replenish Qi and blood, RA, expel wind and dampness; medication rule; comparison and analysis; arthralgia syndrome; immune response

类风湿关节炎是一种以侵蚀性关节炎为主要临床表现, 以持续免疫应答为特征<sup>[1]</sup>的一种常见的自身免疫性疾病。目前尚无根治方法, 雷公藤多甙、白芍总苷、青藤碱等药物的研发提示了中医药治疗类风湿关节炎的巨大前景。风湿性关节炎是一种急性或慢性结缔组织炎症, 以关节和肌

<sup>\*</sup> 基金项目: 长安中风病刚柔相济传承工作室项目(陕中医药[2018]40号); 陕西省科学技术厅项目(2018SF-195)