

# 补中益气汤结合针灸治疗眼肌型重症肌无力患者临床研究<sup>\*</sup>

于敬妮<sup>1</sup> 刘宝玉<sup>2\*\*</sup> 董博<sup>3</sup>

(1. 西安市第四医院眼科, 陕西 西安 710004; 2. 宝鸡市中医医院, 陕西 宝鸡 721013; 3. 陕西中医药大学附属医院, 陕西 咸阳 712000)

**摘要:**目的 观察补中益气汤结合针灸治疗眼肌型重症肌无力的临床效果。方法 2013年7月-2019年12月选取164例眼肌型肌无力患者为研究对象,随机分成治疗组和对照组,每组82人。治疗组采用针灸配合中药补中益气汤加减口服治疗,一个月为一个疗程,连续治疗2个疗程。对照组给予溴吡斯的明片(上海中西三维药业有限公司)口服,初始剂量60mg/次,4小时1次,根据病情酌情加量,最多每日用量不超过480mg,若症状好转可减为一次30mg,6小时1次。治疗2个月观察疗效,评估两组患者的中医症状积分的变化与疗效。结果 治疗前,两组患者眼肌无力的中医症状积分比较,差异无统计学意义( $P > 0.05$ )。治疗后,两组患者眼肌无力的中医症状积分均较治疗前降低( $P < 0.05$ ),治疗组的中医症状积分低于对照组( $P < 0.05$ )。两组患者的治疗有效率比较,治疗组总有效率(87.80%)高于对照组总有效率(60.98%),差异有统计学意义( $P < 0.05$ )。结论 补中益气汤结合针灸治疗眼肌型重症肌无力患者具有良好的疗效,可以临床推广。

**关键词:**补中益气汤;针灸;眼肌型肌无力;溴吡斯的明;中医症状积分

中图分类号:R276.7 文献标识码:A 文章编号:1672-0571(2021)01-0082-04

DOI:10.13424/j.cnki.mtcm.2021.01.020

## Clinical Observation of Buzhong Yiqi Decoction Combined with Acupuncture in The Treatment of Ocular Myasthenia Gravis

YU Jing - ni<sup>1</sup>, LIU Bao - yu<sup>2</sup>, DONG Bo<sup>3</sup>

(1. Ophthalmology of the fourth hospital of Xi'an, Xi'an 710004, China;

2. Baoji Hospital of traditional Chinese medicine, Shaanxi Baoji 721013, China;

3. Affiliated Hospital of Shaanxi University of traditional Chinese medicine, Shaanxi Xianyang 712000, China)

**Abstract: Objective:** To observe the clinical effect of Buzhong Yiqi Decoction Combined with acupuncture in the treatment of ocular myasthenia gravis. **Methods:** From July 2013 to December 2019, 164 patients with ocular myasthenia were randomly divided into treatment group and control group, 82 in each group. The treatment group was treated with acupuncture plus Buzhong Yiqi Decoction, one month as a course of treatment, two courses of continuous treatment. The patients in the control group were treated with bromopyrimidine tablets (Shanghai Zhongxi Sanwei Pharmaceutical Co., Ltd.) orally, with an initial dose of 60mg / time, once every 4 hours. The maximum daily dosage should not exceed 480mg according to the patient's condition. If the symptoms improve, it can be reduced to 30mg once a time and once every 6 hours. After 2 months of treatment, the curative effect was observed, and the changes and curative effect of TCM symptom scores in the two groups were evaluated. **Results:** Before treatment, there was no significant difference in TCM symptom scores between the two groups ( $P > 0.05$ ). After treatment, the TCM symptom scores of the two groups were

\* 基金项目:西安市卫生局项目(J201601013)

\*\* 通讯作者:刘宝玉,医学学士,副主任医师。E-mail:1162603957@qq.com