

益肾泄浊汤治疗 IgA 肾病的临床观察

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摘 要:目的 观察益肾泄浊汤治疗气阴两虚型 IgA 肾病的临床疗效。方法 将肾穿刺活检术病理确诊的 IgA 肾病患者 63 例随机分为治疗组和对照组, 治疗组给予益肾泄浊汤加雷公藤多甙片和糖皮质激素, 对照组给予雷公藤多甙片和糖皮质激素治疗, 治疗 6 个月, 观察中医临床证候、副作用、CCr 及 24 小时尿蛋白定量。结果 益肾泄浊汤可以改善 IgA 肾病患者中医证候、减少激素的副作用及尿蛋白的排泄。结论 益肾泄浊汤可以减少 IgA 患者的尿蛋白量及激素的副作用。

关键词: IgA 肾病; 益肾泄浊汤; 中西医结合; 临床疗效
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Clinical Observation of IgAN Treatment by Kidney-tonifying and Turbid-removing Decoction

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Abstract Objective: To observe the clinical effect of Kidney-tonifying and Turbid-removing Decoction on IgA nephropathy (IgAN) differentiated as both qi and yin deficiency. **Method:** Totally 63 cases of patients biologically diagnosed as IgA nephropathy (IgAN) by renal FNA were randomly divided into treatment and control groups; the treatment group received Kidney-tonifying and Turbid-removing Decoction combined with Glucosidorum Tripterygll Totorum and glucocorticoid, while the control group were given Glucosidorum Tripterygll Totorum and glucocorticoid with 6-month course to study the effect and side effect of Chinese medicine, CCr and quantitative analysis of 24-hour uric protein. **Results:** The experimental results showed that Kidney-tonifying and Turbid-removing Decoction could improve the symptoms of IgAN patients and reduce side effects of hormones as well as discharge of uric protein. **Conclusion:** Kidney-tonifying and Turbid-removing Decoction is effective in decreasing the amount of urinary protein in IgA patients and the side effects of hormones.

Keywords IgAN , Kidney-tonifying and Turbid-removing Decoction, Chinese and Western medical combination, clinical effect

IgA 肾病 (Immunoglobulin A nephropathy, IgAN) 为一免疫病理诊断名称, 是一组不伴有系统性疾病, 肾活检在肾小球系膜区有以 IgA 为主的颗粒沉积的一组临床病理综合症。它的发病可能与遗传学、IgA 分子异常、肾小球系膜反应等因素相关, 约有 80 % 的 IgA 肾病患者伴有不同程度的蛋白尿。中医典籍中并无 IgA 肾病一词, 根据其临床表现及发病特点, 大体归属于“肾风”“关格”