

自拟凉血止衄汤治疗小儿鼻衄 56 例

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摘 要:目的 观察自拟凉血止衄汤治疗小儿鼻衄的疗效。方法 选取我科门诊 3~14 岁鼻衄患儿 112 例, 随机分为治疗组和对照组, 对照组给予常规西医鼻腔填塞等处理, 治疗组在麻黄素丁卡因棉片收缩后给予自拟凉血止衄汤 6 剂口服。结果 治疗组其治愈率明显高于对照组, 但其有效率无明显差异性, 治疗组可明显改善鼻腔血管充血情况。结论 自拟凉血止衄汤用于临床治疗小儿鼻衄病可收到良好效果, 减少了鼻衄病的复发, 避免了患者反复接受鼻腔填塞的痛苦及对鼻腔粘膜的损伤。

关键词: 自拟凉血止衄汤; 鼻衄; 小儿; 疗效观察

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56 Cases of Treating Pediatric Epistaxis with Self-made Liangxue Zhinu Decoction

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Abstract Objective: To observe the clinical effect of the self-made Liangxue Zhinu decoction on pediatric epistaxis. **Method:** 112 cases of pediatric epistaxis aged from 3 to 14 in the outpatient department were selected and randomly divided into treatment group and control group. Patients in the control group were given normal western medicine treatment such as nasal packing, while the treatment group were orally given 6 doses of the self-made Liangxue Zhinu decoction after the contraction of ephedrine tetracaine cotton piece. **Result:** The cure rate of the treatment group was significantly higher than that of the control group, but there was no significant difference in the effective rate. The therapy in the treatment group could significantly improve the congestion of nasal cavity. **Conclusion:** The self-made Liangxue Zhinu decoction can receive good effect in the treatment of pediatric epistaxis, it can reduce the recurrence of epistaxis, avoid the sufferings of the nasal cavity and the damage of the mucous membrane of the nasal cavity.

Key words self-made Liangxue Zhinu decoction; epistaxis; children; clinical observation

鼻衄即鼻出血是耳鼻喉科、急诊科等多个科室的急症、重症。笔者在临床工作中发现鼻衄患者以小儿和老年人为多, 尤其小儿患者, 因其对治疗配合差, 疼痛承受能力低, 西医常用的鼻腔填塞或手术治疗存在一定缺陷。中医学对鼻衄的记载最早

见于《灵枢·百病始生》, 《诸病源候论》首先提到“鼻衄”之名, 中医学对鼻衄病的病因病机有着充分的认识, 对其辨证辨病治疗具有明确原则。《诸病源候论》认为鼻衄的发病原因是“气血俱热”。《景岳全书》认为鼻衄内热多在阳明经, 治疗应清

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