

临床研究

三仁汤治疗女性出口梗阻
便秘疗效的超声评估^{*}何鸳¹ 姜华¹ 常荷^{2**} 李莹超¹ 杨洋¹

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摘要:目的 采用经会阴盆底超声客观评估三仁汤治疗出口梗阻型便秘(OOC)的疗效。方法 选取我院肛肠科诊断为出口梗阻型便秘并可配合超声检查患者 35 例进行超声观察,分别测量三仁汤治疗前后其静息、及Valsalva 状态下后盆腔解剖结构及功能状态的变化,使用 SPSS20.0 统计软件包进行分析处理。结果 三仁汤治疗出口梗阻型便秘患者症状均不同程度改善,35 例被试顺利配合检查并满意成像,超声观察直肠前突(RC)高度较治疗前减小、肛直肠角(ARA)较治疗前增大,且差异具有统计学意义($P < 0.05$)。结论 经会阴盆底超声可精确测量治疗前后直肠前突高度、肛直肠角,客观评估三仁汤治疗出口梗阻型便秘疗效,为临床诊断和治疗提供客观依据。

关键词:三仁汤;女性出口梗阻型便秘;超声评估;直肠前突(RC)高度;肛直肠角

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An Ultrasonic Evaluation of Sanren Decoction
in the Treatment of Female OOCHe Yuan¹, Jiang Hua¹, Chang He², Li Yingchao¹, Yang Yang¹

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Abstract: **Objective** To objectively evaluate the effect of Sanren Decoction in the treatment of OOC (Outlet Obstructive Constipation) by transperineal pelvic floor ultrasound. **Methods** 35 patients with OOC from department of proctology in our hospital were selected for ultrasound observation. The changes before and after treatment with Sanren Decoction and the changes in the posterior pelvic anatomy structure and function under Valsalva state were measured. SPSS20.0 is used for analysis and processing. **Results** The symptoms of patients with OOC treated by Sanren Decoction were improved to varying degrees. 35 subjects successfully cooperated with the examination and were satisfied with the imaging. Ultrasound observation showed that the height of RC (rectal protrusion) was smaller than that before treatment, while the ARA (ano-rectal angle) was higher than that before the treatment, and the difference was statistically significant ($P < 0.05$). **Conclusion** Transperineal pelvic ultrasound can accurately measure the height of RC and ARA before and after treatment, and objectively evaluate the effect of Sanren Decoction in the treatment of OOC, thereby providing an objective basis for clinical diagnosis and treatment.

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