

活血化瘀方对青光眼视盘血流的作用观察^{*}

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摘要:目的 通过血流 OCT(OCTA)观察活血化瘀方对晚期青光眼(青风内障、青盲)视盘血流的影响。方法 把晚期青光眼患者,进行辨证分型,临床辨证为血瘀兼肝肾不足的晚期青光眼患者 79 例,随机分为治疗组和对照组,治疗组 48 例 84 只眼,对照组 31 例 54 只眼,对照组采用降眼压治疗,治疗组降眼压治疗并给予活血化瘀方治疗,于治疗前、治疗后 3 月,分别检测最佳矫正视力(BCVA)、视盘各层血流 OCT,观察 BCVA 及视盘血流情况。结果 治疗组 BCVA 提高 66 只眼,总有效率 84.4%,对照组视力提高 18 只眼,总有效率 33.3%,两组疗效差异有显著性($P < 0.05$);治疗组视盘血流 4 层血管均有显著改变,总有效率均大于 84.5%,对照组视盘血流 4 层血管仅有部分改变,总有效率为 24.1%~31.5%,两组疗效差异有显著性($P < 0.05$)。结论 活血化瘀方通过扶正祛瘀,能明显增加视盘血流微循环,改善视网膜神经节细胞微环境,最终拯救受损的视功能,将成为传统青光眼降眼压治疗的一种重要的治疗措施。

关键词:活血化瘀方;血流 OCT;青光眼;视盘

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An Observation on the Effect of Huoxue Huayu Formula on Optic Disc Blood Flow in Glaucoma

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Abstract: Objective To observe the effect of Huoxue Huayu (activating blood and dispersing stasis) Formula on optic disc blood flow in advanced glaucoma (glaucoma, glaucoma blindness) through blood flow OCT (OCTA). **Methods** 79 advanced glaucoma patients who were clinically diagnosed as blood stasis and liver associated with kidney deficiency were randomly divided into treatment group and control group among which 48 cases in former with 84 eyes and 31 cases in the latter with 54 eyes. The control group was treated by lowering intraocular pressure while the treatment group was treated by lowering intraocular pressure plus Huoxue Huayu Decoction. 3 months before and after treatment, the best corrected visual acuity (BCVA) and OCT of each layer of optic disc were tested and observe BCVA as well as optic disc blood flow. **Results** The BCVA in the treatment group increased in 66 eyes with a total effective rate of 84.4%, and the visual acuity

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