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大黄䗪虫胶囊联合维生素C钠治疗黄褐斑的疗效及对血清和血液流变学的影响

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摘要 目的:研究大黄䗪虫胶囊联合维生素C钠治疗黄褐斑的临床疗效及对血清和血液流变学的影响。**方法:**选取2012年8月到2013年8月我院收治的黄褐斑患者140例,按照随机数字表法平均分成研究组和对照组,每组70例,研究组给予大黄䗪虫胶囊联合维生素C钠治疗,对照组给予大黄䗪虫胶囊治疗,两组均治疗1个月。3个月后比较两组临床疗效,并检测两组患者的血清睾酮(T)、雌二醇(E2)、孕酮(P)、过氧化脂质分解产物丙二醛(MDA)、超氧化物歧化酶(SOD)以及血液流变学水平的变化。**结果:**研究组总有效率85.7%(60/70)显著高于对照组的57.1%(40/70),两组比较差异具有统计学意义(P<0.05);与治疗前和对照组相比,治疗后研究组SOD、E2显著升高,MDA、T显著降低,差异均具有统计学意义(P<0.05);两组P水平均无明显变化;治疗后研究组血液流变学各指标较治疗前和对照组显著下降,差异均有统计学意义(均P<0.05)。**结论:**大黄䗪虫胶囊联合维生素C钠治疗黄褐斑具有较好的临床疗效,可以调节患者的性激素水平,改善患者的血流变学。

关键词:大黄䗪虫胶囊;维生素C钠;黄褐斑;疗效;血液流变学

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Clinical Effect of Dahuang Zhechong Capsule Combined with Vitamin C Sodium in the Treatment of Chloasma and its Effect on Serum and Blood Rheology

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ABSTRACT Objective: To study the clinical effect of Dahuang Zhechong capsule combined with vitamin C sodium in the treatment of chloasma and its effect on serum and blood rheology. **Methods:** 140 cases of chloasma patients from August 2012 to August 2013 in our hospital were divided into study group and control group according to the random number table method, with 70 cases in each group. The study group were treated by Dahuang Zhechong capsule combined with vitamin C, and the control group was given Dahuang Zhechong capsule treatment, all patients were treated for 1 months. The clinical efficacy was compared and the serum testosterone(T), estradiol(E2), progesterone(P) malondialdehyde(MDA), superoxide dismutase (SOD) and the changes of hemorrheologic level of two groups were detected after 3 months of treatment. **Results:** The total effective rate of the study group was 85.7% (60/70), significantly higher than 57.1% (40/70) of the control group , the difference was statistically significant(P<0.05); Compared with before treatment and with the control group, SOD, E2 levels of the study group significantly increased, MDA, T level significantly reduced after treatment,the difference was statistically significant (P<0.05); P levels of the two groups presented no obvious change; After treatment, hemorheological indexes of the study group significantly decreased compared with before treatment and with those of the control group, the difference was statistically significant (all P<0.05); **Conclusion:** Dahuang Zhechong capsule combined with vitamin Csodium presents good curative effect in the treatment of chloasma, can regulate the level of sex hormone and improve hemorheological.

Key words: Dahuang Zhechong capsule; Vitamin C sodium; Chloasma; Effect; Hemorheological

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前言

黄褐斑是生长于面部的一种色素代谢失常，多呈对称分布,表现为蝶形,多分布在面颊部[1]。血中的雌激素水平高是该病的主要原因[2,3]。中医上称为“肝斑”、“面尘”,黄褐斑多发于青年女性,疾病缓慢,病势绵延,给患者带来很大的心理负担[4,5]。黄褐斑治疗较难,应用中医药来治疗黄褐斑具有较好的效果且前景乐观。本文选取2012年8月到2013年8月我院收治的140例黄褐斑患者,分别给予大黄䗪虫胶囊联合维生素C钠和大黄䗪虫胶囊治疗旨在探究其临床疗及对血清和血液流变学的影响,现将结果报道如下。

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1 资料与方法

1.1 一般资料

选取 2012 年 8 月到 2013 年 8 月我院收治的黄褐斑患者 140 例，所有患者均符合黄褐斑临床诊断标准[6]，均为为女性。排除标准[7]：(1)过敏体质者或者对药物成分存在过敏者；(2)存在严重心、肝肾等原发疾病患者；(3)合并心血管和脑血管等疾病；(4)妊娠和哺乳期的妇女。在患者知情同意下按照随机数字表法平均分成研究组和对照组，每组 70 例。其中研究组年龄 18-45 岁，平均(38.3± 1.2)岁；病程 0.3-15 年，平均病程(5.8± 1.3)年。对照组年龄 19-45 岁，平均(38.2± 1.2)岁；病程 0.3-15 年，平均病程(5.7± 0.9)年。两组患者年龄、病程均无显著差异(P＞0.05)，具有可比性。

1.2 治疗方法

研究组给予患者大黄䗪虫胶囊(生产厂家：江苏颐海药业有限责任公司，批准文号：国药准字 Z20054026)，4 粒 / 次，2 次 / 天。同时给予患者维生素 C 钠胶囊(生产厂家：广西圣保堂药业有限公司，批准文号：国药准字 H20052413)200 mg/ 次，每天 3 次。对照组仅给予大黄䗪虫胶囊治疗，用量与研究组一样。两组治疗时间均为 1 个月。

1.3 观察指标

3 个月后观察两组患者的临床疗效，并于治疗前后和药物治疗 3 个月后采集空腹静脉血液 5 mL，放置在试管中，离心分离血清来检测两组患者的血清睾酮(T)、雌二醇(E2)、孕酮(P)、过氧化脂质分解产物丙二醛（MDA）、超氧化物歧化酶(SOD)，应用 GW2007-097 锥板式的血流变仪器来检测血液流变学变化。

1.4 疗效评价

根据中国中西医结合学会皮肤性病专业委员会色素病学组对于 2003 年修订黄褐斑的疗效标准[8]：痊愈：观察患者的色斑的面积消退 90%以上，其颜色基本上消失，治疗后下降指数≥ 0.8；显效：观察患者的色斑的面积＞ 60%，其颜色明显的变浅，下降指数≥ 0.5；有效：观察患者的色斑的面积消退＞ 30%，颜色变浅，治疗以后下降指数≥ 0.3；无效：观察患者色斑的面积消退＜ 30%，治疗以后下降指数≤ 0。(总有效率 = 基本治愈率 + 显效率 + 有效率)。下降指数评定参考赵敏办法[9]。

1.5 统计学方法

全部数据均在 SPSS17.0 软件上统计，其中计量资料用($\bar{x}$± s)表示，应用 t 检验，计数的资料应用 x^2 检验，检验标准以 P<0.05 表示有统计学意义。

2 结果

2.1 两组临床疗效比较

由表 1 可知，研究组的总有效率 85.7%(60/70)显著高于对照组的 57.1%(40/70)，两组比较差异具有统计学意义(x^2=12.052，P＜0.05)。

表 1 两组临床疗效比较[n(%)]

Table 1 Comparison of clinical efficacy between two groups [n(%)]

组别 Groups	例数 Cases	痊愈 Recovery	显效 excellence	有效 Effective	无效 Invalid	总有效率 Total effective rate
研究组 Study group	70	18(25.7)	23(32.9)	19(27.1)	10(14.3)	60(85.7)▲
对照组 Control group	70	13(18.6)	15(21.4)	12(17.1)	30(42.9)	40(57.1)

注：与对照组比较，x^2=12.052，▲P＜0.05。

Note: compared with control group,x^2=12.052，▲P＜0.05.

2.2 两组血清指标比较

由表 2 可知，两组治疗前各指标比较差异均无统计学意义(均 P>0.05)，与治疗前和对照组相比，治疗后研究组 SOD、E2 显著升高，MDA、T 显著降低，差异均具有统计学意义（P＜0.05)；两组 P 水平均无明显变化。

表 2 两组治疗前后血清指标比较($\bar{x}$± s)

Table 2 Comparison of serum indexes before and after treatment in two groups($\bar{x}$± s)

组别 Groups	治疗时间 Treatment time	E_2(Pg/ml)	T(ng/ml)	P(mg/ml)	SOD(U/ml)	MDA(nmol/ml)
研究组 Study group	治疗前 Before treatment	19.2± 2.1	0.6± 0.1	0.9± 0.2	96.2± 1.1	8.5± 0.9
	治疗后 After treatment	19.5± 2.3	0.6± 0.2	0.9± 0.1	98.1± 0.9	7.8± 2.1
对照组 Control group	治疗前 Before treatment	19.2± 1.9	0.6± 0.3	0.9± 0.3	97.2± 0.1	9.2± 0.8
	治疗后 After treatment	31.3± 2.8△▲	0.3± 0.1△▲	0.9± 0.2	107.1± 0.2△▲	7.2± 0.3△▲

注：与治疗前比较，△P＜0.05；与对照组治疗后比较，▲P＜0.05。

Note: compared with before treatment,△P＜0.05 ;compared with the control group after treatment,▲P＜0.05.

2.3 两组血流变学比较

由表 3 可知，两组治疗前全血粘度值和血浆粘度值比较差异均无统计学意义(均 P>0.05)；治疗后两组全血粘度值和血浆粘度值较治疗前均有下降，差异有统计学意义(均 P＜0.05)；治疗后研究组全血粘度值和血浆粘度值较对照组下降更明显，差异具有统计学意义(P＜0.05)。

表 3 两组治疗前后血液流变学比较($\bar{x}\pm s$)

Tabel 3 Comparison of hemorheology before and after treatment between groups($\bar{x}\pm s$)

组别 Groups	治疗时间 Treatment time	全血粘度值 Whole blood viscosity(ma/s)	血浆粘度值 Plasma viscosity(ma/s)
研究组 Study group	治疗前 Before treatment	21.02± 0.23	1.66± 0.36
	治疗后 After treatment	19.32± 0.71△▲	1.65± 0.21△▲
对照组 Control group	治疗前 Before treatment	21.32± 0.14	1.59± 0.24
	治疗后 After treatment	15.14± 0.23△	1.52± 0.27△

注:与治疗前比较,△P＜0.05;与对照组治疗后比较;▲P＜0.05

Note: compared with before treatment,△P＜0.05 ;compared with control group after treatment,▲P＜0.05

3 讨论

最新研究发现人体内的黄褐斑和人体内的氧自由基发生有很大的关系,人体内的氧化反应速度增加,抗氧化的活性降低，氧化以及抗氧化平衡失调是导致黄褐斑产生的重要因素[10]。正常体内氧自由基可以清除体内的氧化性损伤物质,是机体内的氧化和抗氧化处于动态平衡中[11]。黄褐斑的发生则是调节氧化和抗氧化的机制发生障碍,使体内不能及时清除生理条件下产生的过氧化脂酶[12]。本文研究发现,治疗后研究组 MDA 下降,而 SOD 升高,说明应用大黄蛰虫胶囊联合维生素 C 钠治疗黄褐斑可以改善患者氧化和抗氧化机制。

黄褐斑的发生和血流动力学指标异常也存在一定的关系,一般患者存在血液粘质度增加,与中医上所述的气滞血瘀和脉络阻滞相关，血液流变学出现异常会引起血液循环发生障碍,是患者末梢组织出现缺血缺氧,引起代谢功能失调[13]。据研究发现,雌激素可以刺激黑色素细胞分泌黑色素颗粒,孕激素则能增加黑色素体的转运,增加黑色素的含量[14-16]。本文研究发现,研究组治疗后 E_2 显著升高,T 显著降低,两组患者 P 水平均无明显变化。进一步证明大黄蛰虫胶囊联合维生素 C 钠治疗黄褐斑可以改善患者血清激素水平,对黄褐斑的治疗具有一定的疗效。黄褐斑在中医学中称之为黑斑和蝴蝶斑,发于皮,气血瘀滞,经络不通,气血不能上荣于面,是黄褐斑的主要病机[17]。大黄蛰虫胶囊有调节内分泌之功效,祛除刺激黑素细胞分泌物功能,它富含阿魏酸,维生素 A、维生素 E,维生素 B12、叶酸等物质,能扩张外周血管,增加面部血流量,改善面部营养,从而达到祛斑的作用,其中阿魏酸可抑制垂体分泌黄体生成素和催产素,拮抗促性腺激素释放,抑制酪氨酸酶活性,防止酪氨酸氧化形成黑色素,抑制黑色素形成[18,19]。本研究结果显示,研究组总有效率 85.7%显著高于对照组的 57.1%，可以证明大黄蛰虫胶囊联合维生素 C 钠治疗黄褐斑具有较好的临床疗效。维生素 C 钠胶囊在临床应用中的优点在于其不良反应少,可与多种药物配合使用,扩大临床适用范围,还解决了维生素 C 保存的问题,使得维生素 C 在用于药物时的质量和中性特征,长期使用安全有效[20]。

综上所述,黄褐斑是一种慢性疾病,给患者带来很大的负担,应用大黄蛰虫胶囊联合维生素 C 钠治疗黄褐斑取得较好的治疗效果,能显著改善患者血清性激素的水平,改善患者的血流变学。

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