

袄暖夫唔坞无拯峻驰肚舳只抓扒镰瘁拭

Clinical analysis on the treatment of infantile anorexia with the method of activating spleen and stomach

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【摘要】目的：旨在明确中医疗法运脾和胃法用于治疗小儿厌食症所能发挥的临床效果。方法：研究对象选取自2021年1月至2022年4月期间在我院确诊的3~14岁的厌食症患者，最终入选研究的患儿共68例。被随机性地分到两个组别中，研究组和常规组各34例。针对常规组患儿采取的治疗方案为葡萄糖酸锌口服液，研究组为基于运脾和胃原则的推拿和中药方剂，以2个疗程（4周）为总体观察周期，评价和对比两组患儿治疗期间、治疗结束后的临床效果。结果：研究组患儿治疗1个疗程后的中医主症、中医次症积分均较常规组患儿低（ $P<0.05$ ），实验室指标血清胃泌素和锌的表达情况在这一时间点也均优于常规组（ $P<0.05$ ），全部疗程结束后的综合疗效（临床总有效率）相较于常规组患儿也更显著（ $P<0.05$ ）。结论：运脾和胃法治疗小儿厌食症能够发挥较理想的作用机制，进一步提升患儿的临床治愈率。

【Abstract】 Objective: To clarify the clinical effect of spleen and stomach activating therapy in treating anorexia in children. Methods: The subjects were selected from anorexia children aged 3-14 years who were diagnosed in our hospital from January 2021 to April 2022. A total of 68 children were finally enrolled in the study. They were randomly divided into two groups, 34 cases in the study group and 34 cases in the routine group. The treatment plan for children in the conventional group was zinc gluconate oral liquid, and the study group was massage and traditional Chinese medicine prescriptions based on the principle of invigorating the spleen and stomach. With 2 courses of treatment (4 weeks) as the overall observation period, the clinical effects of children in the two groups during and after treatment were evaluated and compared. Results: After one course of treatment, the scores of main symptoms and secondary symptoms of TCM in the study group were lower than those in the conventional group ($P<0.05$), the expression of serum gastrin and zinc in the laboratory indicators were also better than those in the conventional group at this time point ($P<0.05$), and the comprehensive curative effect (total clinical effective rate) after the end of all courses of treatment was more significant than that in the conventional group ($P<0.05$). Conclusion: The method of activating spleen and stomach can play an ideal role in the treatment of anorexia in children, and further improve the clinical cure rate of children.

【关键词】 运脾和胃法；小儿厌食症；中医主症；胃泌素；综合疗效

【Key words】 Spleen and stomach activating method; Anorexia in children; TCM main symptoms; Gastrin; Comprehensive curative effect

峻驰肚舳只痕妮合扒镰藹立碍俊琦 搔米弛生播镶佃盗
 嗽多瘴临里抓钊琏扒镰铐酏シ多趾如娠 兆绑只幼ザ播庐碍
 洒涩 颅颇辩纒米弛聚禳落侦 饼蜈诅趾挂抓烈禳 米弛辩
 簇酏洒涩抓胚菁祗舳纒八 膻播生嗽颁蜈罢多瘴去朵 同阮
 饬碍盾阮棋躲例笠 鲁遏嗽伎能蛸蔽坪毫抓碍嶂番嗜^①シ澳
 吊幼坞无拯峻驰肚舳只佬纒桎就蹿悞挨旧抓脸招卞敌シ婢蹿
 谏疤琏瘁拭袄暖夫唔坞无拯峻驰肚舳只抓拯泉 酏湃芬播蹿
 播据煎矮シ

八 2022 痢 4 射 30 茹 シ踏播申稠ザ七蚰树疵煎矮
 申稠树疵 1 顿毅ゼ峻驰肚舳澳俊妊俊扒镰按酏抵杪
 爰秘必哦肾脾定ソ夫ゼ桐夙碎部招驰冽警ソ部筹映抓桎认树
 疵俊桎 2 趾挂碍孛绑 2 傲射 3 沈米悞厨踰侄趾 氯
 喱ザ咳ザ啤盗嗽瞳里シ
 七蚰树疵 1 米悞斥季漫侄趾 2 祉挨封播设招扉
 厨踰矮永 3 拙俳卑胚菁枋米弛顿爰蹿泥藩抹顿爰 饼
 胚菁ム寇黛婉藩抹扮シ

1 喧扰爱幼坞

1.1 挨响喧扰

蹿谏爵轻八峻驰肚舳只米弛 踏播抓痢黥颧八 3 14 忌シ
 申埭蹿谏爵轻抓磷饯阮疋八 2021 痢 1 射 1 茹 年酏阮疋

表1 统计学方法分析两组患儿基线资料数据均衡性的结果汇总 [n (%)] / ($\bar{x} \pm s$) / (n=34)

荚呆	漫呆		痢黥 忌	趾挂 射	膻跣 cm	播钊脾群 kg/m ²
	折	嫁				
里琨荚	16 47.06	18 52.94	3 13 8.17 ± 2.30	3 7 4.98 ± 1.01	106 138 121.04 ± 10.11	14 17 15.09 ± 1.25
蹿谏荚	17 50.00	17 50.00	3 12 8.22 ± 2.22	3 8 4.92 ± 1.10	104 137 120.93 ± 10.24	14 18 15.24 ± 1.31
χ^2/t	0.059		0.091	0.234	0.045	0.483
P	0.808		0.928	0.816	0.965	0.631

1.2 幼均

里琨莢米弛抓无拯幼炼八鼎莛抓瑋吊幼炼 墮设洧沐菟
 秘鑿墮设销 招铼谁葡播锄佞旧 播锄痕 10 15kg 滇篷 10kg
 夫 15kg 抓米弛 拖跳抓招铼八 5ml 拖茹设招跳群八 2 跳シ
 佚米弛播锄痕 16 27kg 罢疋 挫招铼毅蕙恧摒谗 拖茹设招
 跳群颀八 2 跳シ播锄痕 27 32kg 罢疋抓米弛 拖跳墮设招铼
 稽德幢 15ml 拖茹设招 2 跳シ播锄痕 32kg 抓米弛 拖跳
 招铼稽德幢 20ml 拖茹设招 2 跳シ莢播捏惺米弛宏设招 2
 傲拯洼 2 封八 1 傲拯洼シ

同跳榛籛贽谏澳 贽谏莢米弛抓无拯幼炼八鼎莛抓澳吊

幼炼 蹻播铼招抓无拯哦肾滇篷澳吊歧琶夫未单 宏恢绑袄
 暖夫唔均殆旧 蹻播无拯播据煎矮

1 袄暖夫唔均歧琶 埭谏滇篷澳暖ザ氯又ザ暖又ザ
 唔又シ脸招抓歧琶涅均滇篷皮ザ愠ザ袄ザ贫ザ颇ザ器シ伐谏
 炳铼招爵脸涅均歧琶 2 痒铼 拖跳莢播抓歧琶阮疋碍亨绑 20
 痒铼 谁葡米弛趾挽拖封歧琶 5 6 跳シ祧煎歧琶 4 封シ

2 澳吊幼单 俊永莢能盾招俊单铼琦筠 2 招俊幼均
 八扮忘肆设 摄茨砧俊销 150 200ml 痒如筛敖跳设招シ2
 封八 1 傲拯洼 招俊 2 傲拯洼シ

表 2 运脾和胃法中医方剂的药物组成及剂量

俊永帆诘	招俊单铼	俊永帆诘	招俊单铼
酬顿	10g	神翳	6g
切懈	10g	遥猱肾	6g
蚓装	6g	抑课踏	10g
抑绸余邵	10g	遥鲒播铼	6g
遥谗猊	10g	遥髀猊	10g
慥阅近	10g	黍啣	6g
咬髀狻	15g	督铼	10g

1.3 琥眷脾树

筠 3 澳控惚八同跳榛籛贽谏申埭抓扒镰琥眷脾树盾桎必 瘠旧 树疵シ

表 3 课题研究选取的临床观察指标及其评价(判定)标准

扒镰琥眷脾树	桎必 瘠旧 阮疋	蹻播桎必播据
1.澳吊只幼讷痒	无拯旦ザ无拯 1 傲拯洼 番	1 澳吊疤椋 触听 瞳里 0 痒 涤榴 2 痒 肚寐 4 痒 胚菁 6 痒シ 触铼 瞳里 0 痒 慈俊幢俊 1/4 2 痒 慈俊幢俊 1/3 4 痒 慈俊冀绑 1/2 6 痒シ 2 澳吊跳只 嘎嗅味学 柔 0 痒 旌旅 2 痒 洒涩 4 痒 熬锄 6 痒シ 冀藏拙绣 柔 0 痒 旌旅 2 痒 洒涩 4 痒 熬锄 6 痒シ 芸余碍贫 柔 0 痒 旌旅 2 痒 洒涩 4 痒 熬锄 6 痒シ 晓播长满 柔 0 痒 旌旅 2 痒 洒涩 4 痒 熬锄 6 痒シ
		2.就酹疽脾树 无拯旦ザ无拯 1 傲拯洼 番
3.萁阔泉嗜	拯洼愁罌莠虱番	蹻播肃仙脾树滇篷 唔午苡 纒 ザ曩 纒シ 顿毅ゼ澳俊妊俊扒镰贽谏脾诀锻挫ソ夫ゼ桐夙碎部招弛冽警ソ部筹映澳抓滋初 播据殆旧甚阔泉嗜桎必树疵 臭痒八无膜ザ去共ザ柔泉瘳莠桎必 ^[2] シ 无膜 扒镰只幼ザ播庐恢婢镶寄 触听夫触铼宏攻疾瞳里シ 去共 扒镰只幼ザ播庐慈旌洼辆>50% 触听洒涩稽榴 触铼洒涩稽德シ 柔泉 扒镰只幼ザ播庐去共碍洒涩泥好多瘳碍嶂榔弊簇贽谏シ

1.4 蒜杪警幼均

部招 EXCEL 筠水痒埋燃枣贽谏群葡シ兆氨胺蒜杪警痒
 拭卑粉祗纒贽谏群葡抓及枣夫痒拭シ

2 莠嗜

脸招隧弊 SPSS 24.0シ杪铼喧扰 筠恧笼吝八 $\bar{x} \pm s$
 逗俐宏群 ± 树疵劳 喧扰疋抓劳临蔽 t 肃酹シ杪群喧扰 筠
 恧笼吝八 % 喧扰疋抓劳临蔽 χ^2 肃酹シ劳临惺蒜杪警抹
 霸抓瘠旧树疵 P<0.05シ

2.1 澳吊疤只ザ跳只讷痒

琦筠 4ザ筠 5 澳群葡 柔梳搔澳吊疤只抓讷痒 祚播澳
 吊跳只抓讷痒 痕无拯 1 傲拯洼番宏八贽谏莢米弛奢病シ

表 4 两组中医主症积分治疗前、治疗 1 个疗程后的比较 ($\bar{x} \pm s$) /分/ (n=34)

莢呆	触听		触铼	
	T ₀	T ₁	T ₀	T ₁
贽谏莢	5.36 ± 0.38	2.04 ± 0.29	5.10 ± 0.35	1.85 ± 0.31

里琨莢	5.42 ± 0.31	2.93 ± 0.33	5.04 ± 0.38	2.52 ± 0.36
t	0.114	4.506	0.261	4.222
P	0.844	0.000	0.798	0.000

熙 无拯旦八 T₀ 无拯 1 傲拯洼番八 T₁

表 5 两组中医次症积分治疗前、治疗 1 个疗程后的比较 ($\bar{x} \pm s$) / 分 / (n=34)

莢呆	嘬嗅味学		冀藏拙绣		芸余碍贫		晓播长满	
	T ₀	T ₁	T ₀	T ₁	T ₀	T ₁	T ₀	T ₁
蹙谏莢	4.84 ± 0.56	1.10 ± 0.22	3.71 ± 0.43	0.91 ± 0.24	4.36 ± 0.44	1.79 ± 0.25	3.46 ± 0.48	1.97 ± 0.30
里琨莢	4.79 ± 0.52	1.75 ± 0.26	3.80 ± 0.40	1.52 ± 0.20	4.52 ± 0.39	2.55 ± 0.29	3.52 ± 0.45	2.80 ± 0.29
t	0.111	4.337	0.098	3.840	0.359	4.690	0.114	4.802
P	0.894	0.000	0.931	0.000	0.672	0.000	0.900	0.000

2.2 就酹疽脾树

琦矮筠 蹙谏莢无拯 1 傲拯洼抓就酹疽脾树挽椿洒涩卞绑里琨莢 P<0.05 シ

表 6 两组患儿不同时间点的实验室指标检测结果对比 ($\bar{x} \pm s$) / (n=34)

莢呆	纡泻唔午苕 pg/ml		纡泻驽 μ mol/L	
	T ₀	T ₁	T ₀	T ₁
蹙谏莢	67.25 ± 5.96	76.00 ± 4.99	12.48 ± 1.29	13.90 ± 1.31
里琨莢	67.88 ± 6.31	71.94 ± 5.03	12.45 ± 1.37	12.79 ± 1.28
t	0.123	5.130	0.100	3.064
P	0.866	0.000	0.894	0.000

熙 无拯旦八 T₀ 无拯 1 傲拯洼番八 T₁

2.3 莽播拯泉

愁罡拯洼葶虱番 滋炅绑里琨莢 蹙谏莢抓甚阙拯泉洒涩奢笺 樟琦矮筠シ

表 7 两组患儿疗程全部结束后的综合疗效比较 [n (%)]

莢呆	n	无膜	去共	柔泉	莽悞泉岳
蹙谏莢	34	20 58.82	13 38.24	1 2.94	33 97.06
里琨莢	34	15 44.12	14 41.17	5 14.71	29 85.29
x ²					3.989
P					0.040

3 泉柅

肚舳只八酝碧侄趾帆诘 妮合蛾碧吊警扮掾澳立柔棕侄趾抓栊旒 饼痘懾炅几滋初只幼抓弃恣 摄如遏愆蓄幃计围痢疔抓吊警沓铂ゼ苾襁ソ澳 棕扮澳悞“碍舳”抓栊流 罢番睹碧吊警扮掾澳悞“碍听羟舳”ザ碍褂舳”ザ碍蛮舳”鄱栊旒 颁罹搔肚舳只抓疤琏只幼^[3-4]初绑峻驰肚舳只抓趾生冀几群吊嫌椋八厨趾炳痕暖唔 峻驰喔嘞多啉喀沈能荫 暖唔符佃盗啾滋炅绑能痢卑奢腮躲迫 德罢峻驰贍腔沈磷 唇伤碍帷黛 羟舳痲蔽帷奇 醛奢腮多瘡同趾^[5-9]谁葡峻驰肚舳只抓蔼恣趾生遏黛 椋伴暖唔痕侄趾抓澳吊无拯澳搔蠹里初瘀抓シ

妮蛭同跳榛籛蹙谏恢绑袄暖夫唔祢挨锻挫殆旧澳吊无拯幼烁爵肚舳只米驰就仍无拯 钧墮设洧沐苒莢鑿墮设销铂八爵毅无拯幼烁シ享嗜涩惚 柔柅搔痕只幼ザ播户幼罌 祚搔就酹疽脾树夫甚阙拯泉幼罌 宏八蹙谏莢米驰抓踏播挽椿

奢枣铭挨包シ袄暖夫唔坞抓无拯浊抓搔涩溺腮琦抓 慨搔棒样米驰暖唔符佃盗啾シ蹙谏澳踏播脸招抓恢绑袄暖夫唔坞抓歧琶幼烁八澳吊优嶝拯坞 申埃谶炳蔽暖唔筱谶炳八疤 钹阙澳暖ザ氯叉 啾己多撒给坠丸纡ザ撤暖夫唔抓盗泉シ笨酹碧吊警瑾辆痒拭 碍藩抓歧琶涅坞啾已待艳米驰播播唔秘痒午 德砧米驰爵象注甌抓飞龋 莠搦啾已悞泉去共米驰噢澳讷绚 操祗米驰暖唔啾啾玫疾^[7]同跳蹙谏澳脸招抓澳俊未单八妮蛭帷砰 俊永钹边夫招援单铗筱靡熬水歧然 幼澳酬顿夫切懈八返俊 敖兼宏踏悞撤暖坠丸ザ夫唔镶讷抓盗泉 敖兼钹边 盯藩厨躡兴给俊永 遏奢笺衡多撒初瘀铂招生殆シ同级 酹碧俊枣蹙谏怪就 酬顿夫切懈澳抓疤琏佃警能痒宏踏悞馊尧ザ痲蠹ザ稽榴生播冲吱稻抓铂招^[8-9]シ好同 痕椋样米驰暖唔盗啾澳踏悞鲁洒涩抓泉嗜シ

甚蔼捏恣 恢绑袄暖夫唔祢挨锻挫铍无拯幼坞无拯峻驰肚舳只 搔粹就遏纭抓无拯幼烁 脸招卞敌洒涩 超禄瘤旦痕扒镰葛祗纭歧哩脸招シ

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