

【临床评价】

榆杞止血颗粒联合富马酸亚铁治疗月经量过多所致贫血的疗效观察

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摘要: **目的** 探究榆杞止血颗粒联合富马酸亚铁治疗月经量过多所致贫血的临床疗效。**方法** 选取曲靖市第一人民医院2018年4月—2019年1月收治的164例月经量过多所致贫血患者作为研究对象, 根据治疗方案将患者分为对照组和观察组, 每组82例。对照组患者口服富马酸亚铁咀嚼片, 0.2 g/次, 3次/d; 观察组患者在对照组治疗的基础上口服榆杞止血颗粒, 月经第1天开始服用, 1袋/次, 3次/d, 经期服用, 血止即停。观察两组患者的临床疗效, 比较两组治疗前后的血红蛋白(Hb)、红细胞(RBC)、血浆白蛋白(PA)和红细胞压积(HCT)的水平。**结果** 治疗后, 观察组总有效率为92.7%, 显著高于对照组的82.9%, 两组比较差异具有统计学意义($P < 0.05$)。治疗后, 两组患者Hb、RBC、PA和HCT水平均显著升高($P < 0.05$); 治疗后, 观察组患者治疗后Hb、RBC、PA和HCT显著高于对照组, 差异具有统计学意义($P < 0.05$)。**结论** 榆杞止血颗粒联合富马酸亚铁治疗月经量过多所致贫血具有显著疗效, 值得临床推广。

关键词: 榆杞止血颗粒; 富马酸亚铁; 月经量过多所致贫血; 血红蛋白; 红细胞; 血浆白蛋白; 红细胞压积

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Observation on Yuzhi Zhixue Granules combined with ferrous fumarate in treatment of anemia caused by excessive menstruation

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Abstract: **Objective** To investigate the clinical effect of Yuzhi Zhixue Granules combined with ferrous fumarate on anemia caused by excessive menstruation. **Methods** A total of 164 patients with anemia caused by excessive menstruation admitted to The First People's Hospital of Qujing from April 2018 to January 2019 were selected as the research subjects. According to the treatment plan, the patients were divided into control group and observation group, with 82 cases in each group. Patients in the control group were *po* administered with Ferrous Fumarate Chewable Tablets, 0.2 g/time, three times daily. Patients in the observation group were *po* administered with Yuzhi Zhixue Granules on the basis of control group, the first day of menstruation began to take, 1 bag/time, three times daily, menstrual administration, blood stop immediately. After treatment, the clinical efficacy in two groups was observed, and the levels of Hb, RBC, PA, and HCT before and after treatment between two groups were compared. **Results** After treatment, the total effective rate of the observation group was 92.7%, which was significantly higher than 82.9% in the control group, and the difference between two groups was statistically significant ($P < 0.05$). After treatment, the levels of Hb, RBC, PA and HCT in two groups were significantly increased ($P < 0.05$). After treatment, Hb, RBC, PA and HCT in the observation group were significantly higher than those in the control group, with statistical significance ($P < 0.05$). **Conclusion** Yuzhi Zhixue Granules combined with ferrous fumarate in treatment of anemia caused by excessive menstruation has significant curative effect, worth clinical promotion.

Key words: Yuzhi Zhixue Granules; ferrous fumarate; anemia caused by excessive menstruation; Hb; RBC; PA; HCT

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缺铁性贫血在临床中比较常见,患者常表现为易怒、乏力、心悸、头晕、活动后气短以及注意力难以集中等,此病在中医范畴属“血虚”,表现为血虚诸症,耗血过度且生血不足,发为本病^[1]。正常女性的月经量为50 mL左右,而超过80 mL则判定为月经量过多^[2]。而女性常常会有月经量过多的表现,继而诱发继发性贫血。临床上中重度贫血需输血纠正贫血程度,如果得不到及时治疗会引起全身各器官的功能改变^[3]。富马酸亚铁是一种治疗贫血的药物,含铁量高达33%,可溶性好,易吸收,对于孕妇和儿童的缺铁性贫血治疗效果显著^[4-5]。榆杞止血颗粒清热凉血,调经止血,标本兼治,经期服用,经停即止,对于减少经期血流量,提高血红蛋白水平具有确切疗效^[6]。本研究选取曲靖市第一人民医院164例月经量过多所致贫血患者,深入探讨了榆杞止血颗粒联合富马酸亚铁的治疗效果。

1 资料与方法

1.1 一般资料

选取曲靖市第一人民医院2018年4月—2019年1月收治的164例月经量过多所致贫血患者作为研究对象。年龄32~52岁,平均年龄(38.95±4.2)岁。

1.2 纳入及排除标准

纳入标准:患者均符合《血液病诊断及疗效标准》^[7],患者知情同意本研究。所有患者均无贫血史和血液系统相关疾病。

排除标准:不符合中医血虚证候标准;对本研究所用药物过敏者。

1.3 治疗方法

对照组患者口服富马酸亚铁咀嚼片(浙江亚太药业股份有限公司生产,批准文号H33022141,规格:0.1 g/片,生产批号1802008),0.2 g/次,3次/d;观察组患者在对照组治疗的基础上口服榆杞止血颗粒(山东新时代药业有限公司生产,国药准字Z20130019,规格为10 g/袋,生产批号1471811001),月经第1天开始服用,1袋/次,3次/d,经期服用,血止即停,两组均治疗2周。

1.4 观察指标

1.4.1 疗效评价标准^[7] 显效:贫血症状显著减轻,血红蛋白(Hb)升高程度 ≥ 30 g/L,红细胞压积(HCT)升高程度 $\geq 10\%$;有效:贫血症状好转,15 g/L $\leq$ Hb升高程度 ≤ 30 g/L,5% $\leq$ HCT升高程度 $< 10\%$;无效:贫血症状恶化或无好转迹象,Hb和HCT均未达到有效标准。

总有效率=(显效+有效)/总例数

1.4.2 血常规指标 分别于治疗前后抽取2 mL静脉血,采用BC-5500血球分析仪测定患者血液中Hb、红细胞(RBC)、血浆白蛋白(PA)及HCT水平。

1.5 统计学方法

所得数据经统计软件SPSS 17.0处理,计量资料以 $\bar{x} \pm s$ 表示,采用 χ^2 检验,组间比较采用 t 检验。

2 结果

2.1 基线资料

根据治疗方案将患者分为对照组和观察组,每组82例。其中对照组年龄33~52岁,平均年龄(39.5±4.3)岁。观察组年龄32~51岁,平均年龄(38.4±4.1)岁。两组患者一般资料比较差异无统计学意义。

2.2 两组临床疗效比较

治疗后,观察组总有效率为92.7%,显著高于对照组的82.9%,两组比较差异具有统计学意义($P < 0.05$),见表1。

2.3 两组血常规指标比较

治疗后,两组患者后Hb、RBC、PA和HCT水平均显著升高($P < 0.05$);治疗后,观察组患者治疗后Hb、RBC、PA和HCT水平显著高于对照组,差异具有统计学意义($P < 0.05$),见表2。

3 讨论

正常女性月经量为30~50 mL,月经量过多引起的贫血,通常会大大降低患者的免疫力,如果恰逢其他疾病的发生且需要手术治疗,则会加大手术的困难程度,如果贫血程度较大,需要给予输血治疗,这样无形之中加大了医疗资源的浪费^[8]。正常西医治疗以铁剂为主,但是会增加胃肠道反应,因

表1 两组临床疗效比较

Table 1 Comparison of clinical efficacy between two groups

组别	n/例	显效/例	有效/例	无效/例	总有效率/%
对照	82	27	41	14	82.9
观察	82	31	45	6	92.7*

与对照组比较: * $P < 0.05$

* $P < 0.05$ vs control group

表2 两组血常规指标比较($\bar{x} \pm s$)Table 2 Comparison of blood routine indexes between two groups ($\bar{x} \pm s$)

组别	n/例	Hb/(g·L ⁻¹)		RBC/($\times 10^{12}$ ·mL ⁻¹)		PA/(g·L ⁻¹)		HCT/%	
		治疗前	治疗后	治疗前	治疗后	治疗前	治疗后	治疗前	治疗后
对照	82	64.88±11.34	80.37±11.74*	2.54±0.62	3.23±0.75*	36.09±6.34	39.72±9.13*	21.82±2.33	26.73±2.88*
观察	82	65.03±11.47	102.08±12.63**	2.49±0.58	3.62±0.81**	36.17±6.08	44.56±10.51**	22.03±2.14	30.39±3.28**

与同组治疗前比较: * $P < 0.05$; 与对照组治疗后比较: ** $P < 0.05$ * $P < 0.05$ vs same group before treatment; ** $P < 0.05$ vs control group after treatment

此,正常剂量的口服铁剂无法达到理想的治疗效果,而贫血程度严重的话可引起神经内分泌系统的失调^[9]。中医理论认为月经过多造成的贫血,症候主要是血虚,中医治疗从调节月经入手,结合当代社会特点,得出肾阴论治为主,他脏治疗为辅,相火得降,肾阴得充,阴血得养,经行正常,再配合日常生活节制调养,能从根本上减轻血虚症候,同时可大幅降低铁剂的用量^[10]。榆杞止血颗粒主要组分包含地榆炭、墨旱莲、炒栀子、绵马贯众、仙鹤草、炒槐花、拳参、大蓟、侧柏叶(炒)、棕榈炭、牡丹皮、茜草、蒲黄炭、生地黄、白芍、黄芩、当归,具有清热、凉血,止血的功效,用于阴虚血热、冲任不固引起的月经过多、经期延长,症见月经量多。配合铁剂的使用,能恢复器官的功能状态,加快铁剂的吸收,达到中西药联合治疗的完美结合,有效改善患者因月经量过多导致的贫血造成生活质量差的现象^[6]。本研究发现,两组患者治疗后Hb、RBC、PA和HCT水平较治疗前均明显升高,观察组患者治疗后Hb、RBC、PA和HCT升高程度显著高于对照组($P < 0.05$);治疗后观察组总有效率为92.7%,显著高于对照组的82.9%,差异具有统计学意义($P < 0.05$)。

综上所述,榆杞止血颗粒联合富马酸亚铁治疗月经量过多所致贫血具有显著疗效,值得临床推广。

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