

论 著

补骨片加中药浴推拿治疗 I、II 期非创伤性股骨头坏死

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[摘要] 目的 观察口服补骨片加中药浴推拿治疗 I、II 期非创伤性股骨头坏死的髋关节生存率及临床疗效。方法 选取 I、II 期非创伤性股骨头坏死 94 例, 随机分为治疗组 47 例(57 髋), 对照组 47 例(59 髋)。治疗组给予口服补骨片加中药浴推拿治疗, 对照组给予口服补骨片治疗。2 组病例均以 ARCO 分期法作为影像学分期标准, 以髋关节手术作为观察终点进行生存率分析, 用 Harris 评分系统进行临床疗效评价。结果 治疗组髋关节生存率为 88%, 对照组髋关节生存率为 86%, 2 组股骨头生存分布差异无统计学意义($P > 0.05$)。治疗后治疗组和对照组的 Harris 评分分别为 (79.02 ± 8.66) 分和 (73.17 ± 8.88) 分, 2 组比较差异有统计学意义($P < 0.01$)。结论 口服补骨片加中药浴推拿和单纯口服补骨片均可以提高股骨头的生存率, 但前者在改善患者的髋关节疼痛、关节活动、行走及生活能力等方面更有效。

[关键词] 非创伤性股骨头坏死; 补骨片; 中药浴; 推拿

[中图分类号] R681.4

[文献标识码] A

[文章编号] 1008-8849(2013)19-2053-03

Treatment for I and II nontraumatic avascular necrosis with Bugupian, traditional Chinese medical hydrotherapy and massage

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Abstract: Objective It is to observe the hip survival rate and clinical efficacy of Bugupian, traditional Chinese medical hydrotherapy and massage on I and II nontraumatic avascular necrosis. **Methods** 94 cases of patients with I and II nontraumatic avascular necrosis were randomly divided into 2 groups: treatment group ($n = 47$, 57 hips) treated with Bugupian, traditional Chinese medical hydrotherapy and massage and control group ($n = 47$, 59 hips) treated with Bugupian only. According to ARCO stage, hip surgery was the primary endpoint to analyze survival rate, clinical evaluation was analyzed by Harris scoring system. **Results** Hip survival rate was 88% in treatment group and 86% in control group. There was no significant difference in femoral head survival distribution between the two groups. Harris scores of the treatment group and control group were (79.02 ± 8.66) and (73.17 ± 8.88) respectively, compared with each other, the difference was significant ($P < 0.01$). **Conclusion** The therapy with Bugupian, traditional Chinese medical hydrotherapy and massage and the therapy with Bugupian only both can increase femoral head survival rate, but the former treatment is more effectively in improving patients' hip pain, point action, walking and life ability.

Key words: nontraumatic avascular necrosis; Bugupian; traditional Chinese medical hydrotherapy; massage

股骨头缺血性坏死(ANFH)是由不同病因引起的股骨头血液供应破坏或骨细胞变性导致骨的有活力成分(骨细胞、骨髓造血细胞和脂肪细胞)死亡引起的病理过程。其病因复杂,最常见原因为激素、乙醇、创伤所致。近年来,由于饮酒人群的增多及激素的广泛应用,致使非创伤性股骨头缺血性坏死患者越来越多,成为骨科目前最常见的难治性疾病。由于诊断技术的提高,越来越多的非创伤性股骨头坏死在 I、II 期即塌陷前期就被发现,而塌陷前期是各种保存自身股骨头治

疗方法干预的黄金时期,但对最佳方案的选择仍未达成共识。寻求安全、有效、无创、经济的治疗方法是医者努力的方向,我院在继承全国名老中医马在山主任医师临床经验的基础上,采用补骨片加中药浴推拿治疗 I、II 期非创伤性股骨头坏死,取得良好疗效,现报道如下。

1 临床资料

1.1 一般资料 选取 2011 年 1 月—2012 年 12 月在我院治疗的门诊和住院非创伤性股骨头坏死患者 94 例,按年龄、性别、病因、临床分期、坏死范围等相近的原则进行配对设计后再随机化处理分为治疗组 47 例,对照组 47 例。治疗组:男 31 例,女 16 例;年龄 (40.12 ± 8.64) 岁;病程 (9.26 ± 4.04) 个月。对照组:男 35 例,女 12 例;年龄 (40.23 ± 7.15) 岁;病程 $(10.09 \pm$

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[基金项目] 北京市中医药科技项目(JJ2010-31)