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西帕依固龈液联合西吡氯铵治疗牙龈炎的疗效分析*

罗玲¹ 税桦桦¹ 熊宇¹ 丁农乐² 李艳萍³

(1 第三军医大学第一附属医院口腔科 重庆 400038; 2 西南医科大学附属口腔医院 四川 泸州 646000;

3 乐山市市中区人民医院 四川 乐山 614000)

摘要 目的:探讨西帕依固龈液联合西吡氯铵治疗牙龈炎的临床疗效。**方法:**选择我院于2013年10月-2015年2月收治的130例牙龈炎患者,将其随机分成实验组和对照组各65例,对照组给予西吡氯铵治疗,实验组给予西帕依固龈液联合西吡氯铵治疗,比较两组患者的菌斑指数(PLI)、牙龈指数(GI)、龈沟出血指数(SBI)以及治疗疗效。**结果:**治疗8天后,实验组和对照组患者的治疗总有效率分别为96.92%和81.54%,组间比较差异具有统计学意义($P < 0.05$)。两组患者治疗前PLI、GI、SBI比较无显著差异($P > 0.05$);治疗后,两组患者各项指标均较治疗前有所改善,与各自治疗前比较差异具有统计学意义($P < 0.05$),但两组治疗后的指标差异无统计学意义($P > 0.05$)。两组患者不良反应的发生率分别为10.77%和9.23%,差异无统计学意义($\chi^2 = 0.0855, P > 0.05$)。**结论:**西帕依固龈液与西吡氯铵联合使用治疗牙龈炎具有确切的疗效,同时具有较高的安全性。

关键词: 牙龈炎;西帕依固龈液;西吡氯铵;牙龈指数

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Analysis of the Curative Effect of Xipayi Mouth Rinse with Cetylpyridinium Chloride in the Treatment of Gingivitis*

LUO Ling¹, SHUI Hua-hua¹, XIONG Yu¹, DING Nong-le², LI Yan-ping³

(1 The First Affiliated Hospital of Third Military Medical University, Chongqing, Sichuan, 400038, China; 2 The affiliated Oral Hospital of Southwest Medical University, Luzhou 646000, China; 3 Central People's Hospital of Leshan, Leshan, Sichuan, 614000, China)

ABSTRACT Objective: To investigate the effect of Xipayi mouth rinse with cetylpyridinium chloride treatment of gingivitis. **Methods:** Our hospital treated 130 cases of gingivitis patients from October 2013 to 2015 February who were randomly divided into experimental group and control group of 65 cases and cetylpyridinium chloride therapy was given to the control group, the experimental group was given Xipayi solid gum liquid combined with cetylpyridinium chloride treatment, then compared the two groups of patients with plaque index (PLI), gingival index (GI), sulcus bleeding index (SBI) and curative effect. **Results:** According to response evaluation criteria, after 8 days of treatment, the experimental group and the control group of patients with treatment, the total effective rate was 96.92% and 81.54% respectively, the difference between the two groups has statistical significance ($P < 0.05$); two groups of patients before treatment, the pli, GI and SBI no significant difference ($P > 0.05$), after treatment, the indexes of two groups of patients were improved, and their difference between before and after treatment with statistical significance ($P < 0.05$), but after treatment, two groups of indicators differences no statistical significance ($P > 0.05$). Two groups of patients with adverse reaction rate were 10.77% and 9.23%, the difference was not statistically significant ($P > 0.05$). **Conclusions:** Xipayi solid gingival fluid combined with cetylpyridinium chloride had exact curative effect and high safety in the treatment of gingivitis.

Key words: Gingivitis; Xipayi mouth rinse; Cetylpyridinium chloride; Gingival index

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前言

牙龈炎为一种口腔科较为常见的感染性疾病,其中最为常见的为单纯性牙龈炎。对于牙龈炎的治疗,目前比较常用的方法为采用抗生素进行抗感染治疗及使用机械方法去除菌斑,并采用维生素A、维生素C及维生素D进行辅助治疗,或者进行手术治疗^[1,2]。牙龈炎是牙周病前期病变,若未得到及时有效的治疗,则渐渐发展为牙周炎,对患者口腔甚至全身的健康具有

很大的影响^[3,4]。近年来,西帕依固龈液被广泛用于牙龈炎等多种口腔疾病临床治疗中,该药是国家中药保护品种,具有健齿固龈及消炎防腐之功效。本研究旨在探讨西帕依固龈液联合西吡氯铵对牙龈炎的治疗疗效,现将结果报道如下。

1 资料与方法

1.1 一般资料

选择我院于2013年10月-2015年2月收治的130例牙

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作者简介:罗玲(1978-),女,硕士,主治医师,研究方向:口腔临床医学,电话:15923297303, E-mail:609688096@qq.com

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龈炎患者,以上所有患者均已经签署知情同意书,且在进行本治疗前 30 天内未采用任何抗炎药物,3 个月内未实施机械治疗,无药物过敏史。以上患者的临床表现以牙龈红肿,菌斑、局部出现牙石为主,经 X 线显示牙槽骨出现程度不一的吸收,甚至出现牙齿松动及咬合关系紊乱。将以上患者采用随机数字方法将其分成实验组和对照组各 65 例,其中实验组男 31 例,女 34 例,年龄 31-64 岁,平均年龄 (35.8 ± 6.7) 岁,对照组男 35 例,女 30 例,年龄 30-61 例,平均年龄 (36.1 ± 5.9) 岁,排除非单纯性牙龈炎,如青春期龈炎、急性龈炎、妊娠期龈炎及其他系统的疾病等。两组患者在性别年龄等一般资料比较,其结果无显著差异($P > 0.05$),具有可比性。

1.2 方法

实验组 65 例患者,在入院后给予西吡氯铵含漱液(国药准字 H20113183,四川健能制药有限公司,规格 120 mL: 0.12 g)15 mL 持续漱口、每次漱口时间为 1 min,每日漱口 3 次。同时给予实验组患者西帕依固龈液(国药准字 Z65020012,新疆奇康哈博维药有限公司,规格 30 mL/瓶)15 mL 持续漱口、每次漱口时间为 1 min,每日漱口 3 次。对照组 65 例患者仅给予西吡氯铵含漱液治疗。两组患者均在治疗 8 天之后进行终点检查,对两组患者的菌斑指数(PLI)、牙龈指数(GI)、龈沟出血指数(SBI)进行记录,并评价两组患者的治疗效果。

1.3 观察指标

表 1 实验组与对照组患者治疗疗效的比较

Table 1 Comparison of the curative effect between experimental group and the control group

Groups	Case	Effective	Effective	Invalid	Total effective rate(%)
Eeperimental group	65	34(52.31)	29(44.62)	2(3.08)	96.92
Control group	65	28(43.08)	25(38.46)	12(18.46)	81.54
P	-	-	-	-	<0.05

2.2 两组患者治疗前后观察指标变化情况的比较

两组患者治疗前菌斑指数(PLI)、牙龈指数(GI)、龈沟出血指数(SBI)比较无显著差异($P > 0.05$)。治疗后,实验组患者 PLI 为 2.19 ± 0.14 ,GI 为 1.52 ± 0.87 ,SBI 为 2.12 ± 0.19 ,对照组患者 PLI 为 2.16 ± 0.27 ,GI 为 1.58 ± 0.47 ,SBI 为 2.06 ± 0.27 ,两

组患者的以上指标均具有显著改善,与两组治疗前相比较,结果具有显著差异($P < 0.05$),与两组治疗后的指标进行比较,其结果无显著差异($P > 0.05$),提示两种治疗方法对患者的相关指数的影响无显著差异,详见表 2。

1.4 疗效评价

治疗 8 天后,观察比较两组患者的牙龈指数(GI)、菌斑指数(PLI)及龈沟出血指数(SBI),将疗效分为以下 3 种:① 显效:患者刷牙出血症状消失,SBI 有明显的下降,患者的临床症状明显缓解;② 有效:患者刷牙出血额症状有所缓解,SBI 有所下降;③ 无效:患者刷牙出血的症状未见好转或者恶化,SBI 未见下降或者上升。总有效率 = $100\% \times (\text{显效} + \text{有效})/n$ 。

1.5 统计学方法

本研究数据使用 SPSS18.0 软件进行分析和处理,其中疗效比较采用 χ^2 检验,各项指标比较采用 t 检验,以 $P < 0.05$ 为差异具有统计学意义。

2 结果

2.1 两组临床疗效的比较

根据疗效评价标准,治疗 8 天后,实验组与对照组治疗无效的患者例数分别为 2 例和 12 例,实验组与对照组治疗总有效率为 96.92%和 81.54%,组间比较结果具有显著差异($\chi^2=8.0049, P < 0.05$),详见表 1。

表 2 两组患者治疗前后各项指标变化情况比较

Table 2 Comparison of the observation index between two groups before and after treatment

Groups	case	Time	PLI	GI	SBI
Eeperimental group	65	Before the treatment	3.34 ± 0.52	2.49 ± 0.49	2.88 ± 0.37
		After the treatment	$2.19 \pm 0.14^*$	$1.52 \pm 0.87^*$	$2.12 \pm 0.19^*$
Control group	65	Before the treatment	3.29 ± 0.46	2.51 ± 0.77	2.69 ± 0.79
		After the treatment	$2.16 \pm 0.27^*$	$1.58 \pm 0.47^*$	$2.06 \pm 0.27^*$

注:* 与治疗前比较差异具有统计学意义($P < 0.05$)。

Note: * compared with before treatment was statistically significant ($P < 0.05$).

2.3 两组不良反应发生情况的比较

两组患者不良反应发生率分别为 10.77%和 9.23%,差异无统计学意义($P > 0.05$),详见表 3。

3 讨论

牙龈炎是一种常见的口腔疾病,发生牙龈炎的主要病因是牙菌斑,对于该疾病如果不给予及时有效的治疗,患者很容易继续发展为牙周病,因此对给予牙龈患者有效的治疗具有至关重要的作用^[5-8]。临床上在治疗过程中,需将患者的牙菌斑有效的控制和去除,同时在选择合适有效的药物具有重要的意义^[9-13]。

表 3 两组患者不良反应发生情况的比较

Table 3 Comparison of the occurrence of the adverse reactions between two groups

Groups	case	Mucosal hyperemia	Throat irritation	Incidence rate(%)
Eeperimental group	65	4	3	10.77
Control group	65	3	3	9.23
P	-	-	-	>0.05

西帕依固龈液能对内毒素产生明显的抑制作用,可对牙齿卟啉菌的细胞结构造成破坏,从而达到抑制牙菌斑形成的作用;同时,可以降解内毒素,减少内毒素对细胞造成的破坏作用,从而起到了有效保护牙龈的作用。西帕依固龈液对金黄色葡萄球菌及肺炎双球菌的抑制作用最为明显,同时没食子对患者体内的自由基清除效果较好,还可以提高患者自身非特异性免疫系统的功能^[16-18]。患者使用过后口感清爽,同时无不良反应发生,药物具有较高的安全性^[4]。该药物目前已经在临床中应用十余年,消炎效果明显。姚旭^[19]用西帕依固龈液治疗牙龈炎患者 66 例,结果显示患者的刷牙出血情况明显好转,同时牙周袋变浅,红肿消失,治疗总有效率达到 93.90%。西吡氯铵含漱液被广泛应用于牙周炎的治疗中,能够保持患者口腔的清洁,可以抑制甚至和杀灭口腔致病菌以及非致病菌,含漱后可以保持口腔清洁,清除口腔异味,临床研究显示,含漱西吡氯铵可明显抑制牙菌斑形成^[19-21]。其中,GI 反映了患者的牙龈状况,可判断患者牙龈颜色以及质的变化,同时可反映出出血倾向;PLI 主要判断患者牙面菌斑的厚度,而不是根据菌斑面积判断。因此,对患者的牙面菌斑厚度进行评价,可以评价患者口腔卫生情况以及牙龈炎的治疗效果。SBI 指的是患者在患有牙龈炎时,都会有红肿表现,而龈沟出血则是判断牙龈炎活动期表现的一个指标,因此有学者根据龈沟出血情况对牙龈状况进行评价,从而判断牙龈炎活动状况。据此,1971 年和 Son 提出 SBI 这一指标。本研究将两种药物联合使用,治疗总有效率明显高于单纯使用西吡氯铵含漱液,PLI、GI、SBI 指标与治疗前相比改善明显,但是两组治疗后各指标比较无显著差异,分析原因可能是终点记录时间过短等。

综上所述,西帕依固龈液与西吡氯铵联合使用治疗牙龈炎具有确切的疗效,能显著改善患者的 PLI、GI、SBI 指标,使患者牙龈保持较好的状态,同时具有较高的安全性。

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