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阴道用乳杆菌活菌胶囊联合六味地黄汤治疗老年性阴道炎的临床效果和对血清性激素水平的影响

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摘要 目的: 研究阴道用乳杆菌活菌胶囊联合六味地黄汤治疗老年性阴道炎的临床效果和对血清激素水平的影响。**方法:** 选择2015年1月~2016年12月在我院进行诊治的老年性阴道炎患者90例,随机分为两组。对照组采用阴道用乳杆菌活菌胶囊治疗,观察组联合采用六味地黄汤治疗。治疗一个月后,观察两组的临床治疗效果,检测两组患者治疗前后血清孕酮、雌二醇、促黄体生成激素以及促卵泡生成激素水平;并且随访1年,观察两组的复发情况。**结果:** 治疗后,观察组的有效率为91.11%(41/45),明显高于对照组[71.11%(32/45)]($P<0.05$)。两组治疗前后的血清孕酮、雌二醇、促黄体生成激素以及促卵泡生成激素水平与治疗前相比差异均无明显差异($P>0.05$)。两组治疗期间均未出现明显的药物不良反应,观察组治疗后6个月、1年的复发率分别为4.44%(2/45)、11.11%(5/45),均明显低于对照组[17.77%(8/45)、24.44%(11/45)]($P<0.05$)。**结论:** 阴道用乳杆菌活菌胶囊联合六味地黄汤可以有效提高老年性阴道炎的临床疗效,且不会影响机体的血清性激素水平并可以有效降低其复发率。

关键词: 阴道用乳杆菌活菌胶囊;六味地黄汤;老年性阴道炎;血清激素水平

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Clinical Effect of Live Lactobacillus Capsule for Vaginal Use Combined with Rehmanniae Decoction of Six Ingredients on the Senile Vaginitis and Its Influence on the Serum Sex Hormone Levels

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ABSTRACT Objective: To investigate the clinical effect of live lactobacillus capsule for vaginal use combined with Rehmanniae Decoction of Six Ingredients on the senile vaginitis and its influence on the serum sex hormone levels. **Methods:** 90 cases of patients with senile vaginitis who were treated in our hospital from January 2015 to December 2016 were selected and randomly divided into two groups, the control group was given Live Lactobacillus Capsule, the observation group was given Rehmanniae Decoction of Six Ingredients. The clinical efficacy, the serum progesterone, estradiol, luteinizing hormone and follicle-stimulating hormone levels and the recurrence of two groups were observed and compared. **Results:** After treatment, the effective rate of observation group was 91.11% (41/45), which was significantly higher than that of the control group (71.11%, $P<0.05$); the serum progesterone and estradiol, luteinizing hormone and follicle stimulating hormone levels of both groups showed no significant difference between two groups before and after treatment ($P>0.05$). At 6 months and 1 year after treatment, the recurrence rate of observation group was 4.44% (2/45) and 11.11% (5/45), which were significantly lower than those of the control group (17.77%, 24.44%, $P<0.05$). **Conclusion:** Live Lactobacillus Capsule for vaginal use combined with Rehmanniae Decoction of Six Ingredients could effectively improve the clinical efficiency of senile vaginitis with no effect on the serum sex hormone levels, it could effectively reduce the recurrence rate.

Key words: Live Lactobacillus Capsule for vaginal use; Rehmanniae Decoction of Six Ingredients; Senile vaginitis; Serum hormone level

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前言

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老年性阴道炎是常发生于绝经后妇女的阴道感染性疾病,主要表现为白带增多、阴道灼热痛以及阴道不适^[1],其发生原因是随着机体年龄的增长,卵巢功能逐渐衰退,雌激素水平相对不足,使得阴道黏膜更为脆弱,乳酸产生减少,阴道pH值升高,局部抵抗力降低,极易受到病菌的感染而致病^[2]。由于

老年性阴道炎与机体的老化有关,往往难以彻底治愈,极易反复发作。

中医药在治疗老年性阴道炎方面具有独特的优势。中医认为老年阴道炎属于中医带下、阴痒范畴;与脾虚、肾虚、湿热有关。六味地黄汤中,熟地黄、山药、山茱萸、泽泻、牡丹皮、茯苓等清热解毒,燥湿止痒,补肾活血^[3,4]。有研究显示六味地黄汤中含有类黄酮物质,可以发挥类似雌激素的生理效应,使阴道的抵抗力增强^[5,6]。乳杆菌是阴道内环境中非常重要的菌群,研究显示乳杆菌可分解阴道壁上皮细胞产生乳酸,维持阴道微环境的酸碱平衡^[7,8]。本研究采用阴道用乳杆菌活菌胶囊联合六味地黄汤治疗老年性阴道炎,探讨了其临床效果和对血清性激素水平的影响,以期老年性阴道炎的临床治疗提供更多的参考依据。

1 资料与方法

1.1 一般资料

选择 2015 年 1 月~2016 年 12 月在我院进行诊治的老年性阴道炎患者 90 例并将其随机分为两组,所有患者均符合相关的诊断标准^[9],排除念珠菌性阴道炎、滴虫性阴道炎、阴道癌以及子宫恶性肿瘤患者。观察组 45 例,年龄 61~83 岁,平均(69.12±8.37)岁;病程 7~52 天,平均(12.69±4.38)天;停经时间在 3~16 年,平均停经时间为(9.32±1.65)年;初次发病 30 例,二次发病 15 例;阴道粘膜轻触出血 13 例、点状出血 15 例、薄且脆性较大 17 例。对照组 45 例,年龄 61~85 岁,平均(69.73±9.34)岁;病程 7~55 天,平均(13.18±4.72)天;停经时间在 3~17 年,平均停经时间为(9.45±1.83)年;初次发病 31 例,二次发病 14 例;阴道粘膜轻触出血 14 例、点状出血 15 例、

薄且脆性较大 16 例。所有患者均知情同意。两组的基线资料比较差异均无统计学意义($P>0.05$),具有可比性。

1.2 治疗方法

对照组采用阴道用乳杆菌活菌胶囊治疗,每次阴道放置 0.25 g,每晚给药 1 次;观察组:联合采用六味地黄汤治疗,基本药物组成包括:熟地黄 15 g,山药 12 g,山茱萸 12 g,泽泻 10 g,牡丹皮 10 g,茯苓 10 g。每天服用 1 剂,常规水煎分早中晚 3 次服用。两组均治疗一个月。

1.3 观察指标

观察两组的临床治疗效果,疗效标准^[9]:① 显效:经过一个月的治疗后,患者的宫颈黏膜和阴道壁基本恢复正常,阴道的清洁度为 I 度;② 有效:经过一个月治疗后,患者的宫颈黏膜和阴道壁与治疗前相比有一定程度的改善,阴道的清洁度为 II 度;③ 无效:经过一个月的治疗后,患者的宫颈黏膜和阴道壁炎症无任何改善,阴道的清洁度为 III~IV 度。检测两组患者治疗前后血清孕酮、雌二醇、促黄体生成激素以及促卵泡生成激素水平,并且于治疗后随访观察 1 年,观察两组的复发情况。

1.4 统计学分析

采用 SPSS15.00 软件进行统计学分析,计量资料以 $\bar{x} \pm s$ 表示,组间对比用 t 检验,组间率的比较用 χ^2 检验,以 $P<0.05$ 表明差异有统计学意义。

2 结果

2.1 两组临床疗效的对比

治疗后,观察组的有效率为 91.11%(41/45),明显高于对照组[71.11%(32/45)]($P<0.05$),见表 1。

表 1 两组临床疗效的对比[例(%)]

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

Groups	n	Effective	Valid	Invalid	The total effect rate
Observation group	45	25	16	4	91.11*
Control group	45	20	12	13	71.11

Note: Compared with the control group, * $P<0.05$.

2.2 两组治疗前后的血清性激素水平的对比

两组治疗后的血清孕酮、雌二醇、促黄体生成激素以及促

卵泡生成激素水平与治疗前相比均无明显差异($P>0.05$),且观察组与对照组相比也无明显差异($P>0.05$),见表 2。

表 2 两组治疗前后的血清性激素水平对比($\bar{x} \pm s$)

Table 2 Comparison of the serum sex hormone levels between two groups before and after treatment($\bar{x} \pm s$)

Group	n		P	E2	LH	FSH
Observation group	45	Before treatment	0.53± 0.32	18.06± 4.75	59.83± 18.72	79.45± 12.39
		After treatment	0.55± 0.33	18.12± 4.28	60.29± 19.38	80.27± 12.53
Control group	45	Before treatment	0.53± 0.34	18.07± 4.25	59.59± 18.46	79.57± 12.62
		After treatment	0.54± 0.35	18.11± 4.37	59.28± 18.93	79.34± 12.82

2.3 两组不良反应的发生情况比较

两组治疗期间均未出现明显的药物不良反应。

2.4 两组治疗后复发情况的对比

观察组治疗后 6 个月的复发率为 4.44%(2/45),明显低于对照组[17.77%(8/45)]($P<0.05$);观察组治疗后 1 年的复发率

为 11.11%(5/45),明显低于对照组[24.44%(11/45)]($P<0.05$),见表 3。

3 讨论

老年性阴道炎一种老年女性的多发病和常见病,其发生主

表 3 两组复发情况的对比[例(%)]
Table 3 Comparison of the recurrence rate between two groups[n(%)]

Group	n	At 6 months after treatment	At 1 year after treatment
Observation group	45	2 (4.44) *	5 (11.11) *
Control group	45	8 (17.77)	11 (24.44)

Note: Compared with the control group, *P<0.05.

要与阴道微环境平衡失调和机体雌激素水平降低紧密相关。如果治疗不及时、或者治疗不彻底会引发盆腔感染继而加重病情,对女性的生活质量和身体健康造成严重影响^[10-13]。目前,临床上治疗老年性阴道炎主要采用局部给予罗红霉素、奥硝唑、甲硝唑、克拉霉素、双唑泰等抗生素抑制细菌的生长繁殖,并采用雌激素替代治疗^[14-19]。但抗生素在抑制细菌生长的同时也会对机体阴道内的正常菌群造成不同程度的破坏,极易造成二重感染,并且还会出现细菌耐药问题^[20-24]。而采用雌激素替代治疗的时间较长,易引发阴道流血以及乳房胀痛等不良反应^[25-29]。

中医认为老年性阴道炎属于“带下”范畴,肾虚为本、本虚标实,其病机与雌激素减少紧密相关,故治疗以滋补肝肾为主。六味地黄汤方中,熟地黄具有补血滋阴、益精填髓之功效,山药具有助消化、滋养强壮、敛虚汗、止泻之功效,山茱萸具有补肝肾、止汗之功效,泽泻具有渗湿、利水、泄热之功效,牡丹皮具有活血化淤、清热凉血、退虚热之功效,茯苓具有健脾、利水渗湿、宁心之功效。茯苓、泽泻利尿除湿,引热由小便下行;山茱萸、熟地黄以及山药滋补肝肾之阴;牡丹皮凉血清热。本研究结果显示乳杆菌活菌胶囊联合六味地黄汤治疗老年性阴道炎的有效率为 91.11%(41/45),明显高于单用乳杆菌活菌胶囊治疗[71.11%(32/45)],表明阴道用乳杆菌活菌胶囊联合六味地黄汤治疗老年性阴道炎的临床效果明显优于单纯使用阴道用乳杆菌活菌胶囊治疗。王芳等^[30]对 106 例老年性阴道炎患者给予六味地黄汤治疗,结果显示采用此疗法可以明显改善患者的临床症状,提高治疗效果,有效抑制复发,与本研究结果一致。

阴道用乳杆菌活菌胶囊与六味地黄汤联合使用可以从多个方面增强阴道的抗感染能力,防止单纯使用乳杆菌活菌胶囊治疗在作用机制方面的不足,因此可以取得较为满意的治疗效果。两组治疗后的血清孕酮、雌二醇、促黄体生成激素以及促卵泡生成激素水平与治疗前相比无明显差异,且两组相比也无明显差异,两组治疗期间均未出现明显的药物不良反应。这些结果表明阴道用乳杆菌活菌胶囊联合六味地黄汤不会对老年性阴道炎患者的激素水平造成较大的影响,患者的耐受性较好,安全性更高。成为,阴道用乳杆菌活菌胶囊联合六味地黄汤治疗老年性阴道炎的远期疗效较好,可以显著降低其复发率。对老年性阴道炎患者采用中西医结合治疗具有较为显著的优越性,不仅可以有效发挥西药治疗效果较为快速的优点,还可以发挥中药治疗效果持久稳固的功能,防止长时间使用西药所出现的不良作用。

综上所述,阴道用乳杆菌活菌胶囊联合六味地黄汤可以有效提高老年性阴道炎的临床治疗效果,且不会对机体内的性激素水平造成严重影响,还可以有效降低其复发率。

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