

doi: 10.13241/j.cnki.pmb.2018.18.031

## 盐酸氨溴索对慢性阻塞性肺疾病患者免疫功能及炎症因子的影响 \*

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**摘要 目的:**探讨盐酸氨溴索对慢性阻塞性肺疾病(COPD)患者免疫功能及炎症因子的影响。**方法:**将2014年6月~2016年6月遂宁市中心医院收治的88例COPD患者随机分成对照组和观察组各44例。患者均先给予常规治疗,对照组再给予福莫特罗复方干粉吸入剂吸入治疗,而观察组给予盐酸氨溴索静脉滴注进行治疗,经过14 d治疗后评价患者的治疗疗效,对比两组患者治疗前后的肺功能指标、免疫功能指标及炎症因子。**结果:**观察组总有效率(90.91%)显著高于对照组(75.00%)(P<0.05)。两组患者治疗后用力肺活量(FVC)、第一秒用力呼气量(FEV1)、最大呼气峰流速值(PEF)均升高,且观察组升高更明显,差异有统计学意义(P<0.05);两组患者治疗后CD3<sup>+</sup>、CD4<sup>+</sup>、CD4<sup>+/</sup>CD8<sup>+</sup>比值均升高,同时CD8<sup>+</sup>降低,但观察组优于对照组(P<0.05)。治疗后两组血清肿瘤坏死因子-α(TNF-α)、白细胞介素-6(IL-6)水平均降低,且观察组血清TNF-α、IL-6水平明显低于对照组(P<0.05)。**结论:**盐酸氨溴索可改善COPD患者的肺功能、增强免疫功能,降低炎症因子水平,进而提高治疗效果。

**关键词:**盐酸氨溴索;慢性阻塞性肺疾病;免疫功能;肺功能;疗效;炎症因子

中图分类号:R563 文献标识码:A 文章编号:1673-6273(2018)18-3538-04

## The Effect of Ambroxol Hydrochloride for Immune Function and Inflammatory Factors in Patients with Chronic Obstructive Pulmonary Disease\*

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**ABSTRACT Objective:** To explore the effect of ambroxol hydrochloride for immune function and inflammatory factors in patients with COPD. **Methods:** 88 patients with COPD in Suining Central Hospital from June 2014 to June 2016 were randomly divided into control group and observation group, each group with 44 cases. On the base of conventional therapy, the control group applied to symbicort turbuhaler inhalation therapy, and the observation group received ambroxol intravenous injection therapy. The therapeutic effect was evaluated After 14 days of treatment. Compared the lung function index, immune function index and inflammatory factors of two groups before and after treatment. **Results:** The total effective rate of the observation group (90.91%) was significantly higher than that of the control group (75.00%) (P<0.05). After the treatment, the FVC, FEV1, PEF of two groups were increased, and the observation group increased significantly, the difference was statistically significant (P<0.05). Two groups of CD3<sup>+</sup>, CD4<sup>+</sup>, CD4<sup>+/</sup>CD8<sup>+</sup> ratio were increased, while the CD8<sup>+</sup> were reduced, but the amplitude change of observation group was significantly higher than the control group (P<0.05). After treatment, the serum levels of TNF-α and IL-6 in the two groups were decreased, and the serum TNF-α and IL-6 water in the observation group were significantly lower than those of the control group (P<0.05). **Conclusion:** Ambroxol hydrochloride can improve lung function, enhance immune function, reduce inflammatory factors, and improve therapeutic effect in patients with COPD.

**Key words:** Ambroxol hydrochloride; COPD; Immune function; Pulmonary function; Efficacy; Inflammatory factors

**Chinese Library Classification(CLC):** R563 **Document code:** A

**Article ID:** 1673-6273(2018)18-3538-04

### 前言

慢性阻塞性肺疾病(Chronic Obstructive Pulmonary Disease, COPD)是呼吸科常见的慢性疾病,且发病率呈逐年上升的

趋势<sup>[1-3]</sup>。该患者的临床表现多以咳嗽、喘息、咳痰、胸闷、气短为主,且肺功能和免疫功能降低<sup>[4,5]</sup>。COPD 好发于中老年人群,随着年龄的增加,该病的病死率也逐渐升高<sup>[6,7]</sup>。有研究显示,COPD 在全国导致死亡的疾病病因中高居第 4 位<sup>[8,9]</sup>。目前,临

\* 基金项目:国家科技支撑计划项目(2012BAI05B136);四川省卫生厅科研基金项目(1302095)

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(收稿日期:2018-04-04 接受日期:2018-04-27)

临上治疗 COPD 多以药物治疗为主,手术治疗为辅,抗感染和改善通气功能是常用的治疗手段,但患者大多有咳痰,此类治疗手段祛痰效果不明显,而盐酸氨溴索是常用的祛痰药物,在治疗 COPD 方面具有较好的疗效<sup>[10,11]</sup>,但是该药对 COPD 患者肺功能、免疫功能以及炎症因子影响的研究还尚有不足。本研究应用盐酸氨溴索治疗 COPD 患者取得不错的疗效,现进行如下报道。

## 1 资料与方法

### 1.1 一般资料

选择 2014 年 6 月~2016 年 6 月在遂宁市中心医院就诊并且采取治疗的 88 例 COPD 患者作为研究对象,纳入标准:患者均符合《慢性阻塞性肺疾病诊治指南》<sup>[12]</sup>的诊断标准,患者以气流受限为主要特征,并伴有咳嗽、喘息、咳痰、胸闷、气短等症状体征,同时患者的肺功能及免疫功能降低。排除标准:患有其他慢性肺部疾病如肺结核、各型肝炎、慢性肾脏疾病、严重神经系统疾病、严重血液病、肿瘤等疾病的患者。其中男性有 42 例、女性有 46 例,年龄为 42~75 岁,病程 1~10 年。采用随机数字表法将纳入的 88 例患者随机分成对照组和观察组。对照组 44 例,其中男 19 例,女 25 例,年龄 43~75 岁,平均年龄为 (57.5±9.5) 岁,病程 1~10 年,平均病程为 (4.4±3.0) 年;合并糖尿病患者 8 例,高血压患者 10 例,冠心病患者 6 例,高血脂患者 5 例。观察组 44 例,其中男 23 例,女 21 例,年龄 42~75 岁,平均年龄为 (60.2±7.3) 岁,病程 1~10 年,平均病程为 (4.5±2.6) 年;合并糖尿病患者 7 例,高血压患者 11 例,冠心病患者 8 例,高血脂患者 6 例。两组临床基线资料组间均无统计学差异 ( $P>0.05$ )。本研究经患者知情同意,获得我院伦理委员会审核批准。

### 1.2 治疗方法

两组患者入院后均进行相同的常规治疗,即吸氧治疗,另给予解痉平喘、祛痰、抗生素抗感染、具有扩张支气管功能的  $\beta$  受体激动剂和氨茶碱、营养支持等常规治疗。在常规治疗的基础上,对照组的 COPD 患者加用布地奈德福莫特罗粉吸入剂(厂家:瑞典阿斯利康有限公司(AstraZeneca AB, 规格:30  $\mu\text{g}/\text{格}$ ), 国药准字 H201440458)吸入治疗,用量与用法为 1 格/次,2 次/d。观察组患者在常规治疗的基础上联合盐酸氨溴索

(厂家:天津药物研究院药业有限责任公司,规格:15 mg, 国药准字 H20113062)30 mg+5%葡萄糖注射液(厂家:东北制药有限公司,国药准字 H20113174) 250 mL 静脉滴注治疗,2 次/d。在治疗期间,两组患者均保持清淡饮食,大便通畅,适量运动,戒烟限酒并保持积极乐观的心态。两组患者疗程均为 2 周。

### 1.3 观察指标

(1)肺功能:于治疗前后应用呼吸功能监护仪检测患者第一秒用力呼气量(FEV1)、用力肺活量(FVC)、最大呼气峰流速值(PEF)变化情况。(2)免疫功能:采用流式细胞仪 TBNK 计数法测定 COPD 患者的免疫功能,比较治疗前后两组患者的 CD3 $^{+}$ 、CD4 $^{+}$ 、CD8 $^{+}$  及 CD4 $^{+}$ /CD8 $^{+}$  水平变化。(3)炎症因子:空腹采集患者静脉血 6 mL,以 2200 r/min 的转速,15 cm 的离心半径离心 8 min 以分离血清待检。检测患者治疗前后血清肿瘤坏死因子- $\alpha$ (TNF- $\alpha$ )、白细胞介素-6(IL-6)水平,采用双抗夹心酶联免疫(ELISA)法,试剂盒由北京普恩光德生物科技开发有限公司提供。

### 1.4 疗效评价

参考文献<sup>[12]</sup>对将疗效分为 3 级:其中治疗后患者的肺功能得到有效改善,痰培养结果转阴,相关症状及体征消失或有明显的好转,且治疗过程未复发,定义为显效;治疗后肺功能有一定程度的改善,痰培养转阴性,相关症状、体征好转,但未完全消失为有效;治疗后患者肺功能改善不明显,痰培养阳性,相关症状和体征无明显好转甚至加重为无效。总有效率 = 显效率 + 有效率。

### 1.5 统计学方法

本文数据应用 SPSS20.0 进行分析,肺功能、免疫功能、炎症因子等计量资料以( $\bar{x}\pm s$ )表示,采用 t 检验;治疗有效率等计数资料以率(%)表示,行  $\chi^2$  检验, $P<0.05$  定义为有统计学差异。

## 2 结果

### 2.1 疗效

观察组总有效率为 90.91%(40/44),对照组为 75.00%(33/44),两组之间差异具有统计学意义( $\chi^2=3.938, P=0.047$ )。见表 1。

表 1 两组临床疗效比较[n(%)]

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

Groups	n	Excellent	Effectivity	Invalid	Total effectivity
Observation group	44	26(59.09)	14(31.82)	4(9.09)	40(90.91)
Control group	44	24(54.55)	9(20.45)	11(25.00)	33(75.00)

### 2.2 肺功能

治疗后,两组患者的 FVC、FEV1、PEF 水平均升高,且观察

组以上各指标均高于对照组( $P<0.05$ ),见表 2。

表 2 治疗前后两组患者肺功能指标的变化情况( $\bar{x}\pm s$ )

Table 2 Changes of lung function index in two groups of patients before and after treatment( $\bar{x}\pm s$ )

Groups	Time	FEV1(L)	FVC(L)	PEF(L/s)
Control group (n=44)	Before treatment	1.53±0.23	1.65±0.20	3.21±0.22
	After treatment	2.01±0.26 <sup>a</sup>	2.27±0.32 <sup>a</sup>	3.94±0.32 <sup>a</sup>
Observation group (n=44)	Before treatment	1.56±0.21	1.67±0.18	3.22±0.24
	After treatment	2.87±0.34 <sup>ab</sup>	2.95±0.36 <sup>ab</sup>	4.38±0.36 <sup>ab</sup>

Note: Compare with before treatment, <sup>a</sup>P<0.05, Compare with the control group after treatment, <sup>b</sup>P<0.05.

### 2.3 免疫功能

经过治疗,两组 CD3<sup>+</sup>、CD4<sup>+</sup>、CD4<sup>+/CD8<sup>+</sup> 均上升,而 CD8<sup>+</sup></sup>

下降低,且观察组 CD3<sup>+</sup>、CD4<sup>+</sup>、CD4<sup>+/CD8<sup>+</sup> 高于对照组,CD8<sup>+</sup>  
低于对照组( $P<0.05$ ),见表 3。</sup>

表 3 治疗前后两组患者免疫功能指标变化情况(± s)

Table 3 Changes of immune function indexes in two groups of patients before and after treatment(± s)

Groups	Time	CD3 <sup>+</sup> (%)	CD4 <sup>+</sup> (%)	CD8 <sup>+</sup> (%)	CD4 <sup>+/CD8<sup>+</sup></sup>
Control group(n=44)	Before treatment	68.41± 9.32	41.34± 5.14	37.14± 3.95	1.12± 0.04
	After treatment	73.71± 8.33 <sup>a</sup>	44.91± 6.35 <sup>a</sup>	32.46± 4.37 <sup>a</sup>	1.42± 0.02 <sup>a</sup>
Observation group (n=44)	Before treatment	68.74± 9.65	41.17± 5.35	37.35± 3.72	1.12± 0.01
	After treatment	84.27± 8.74 <sup>ab</sup>	54.45± 6.57 <sup>ab</sup>	24.77± 4.67 <sup>ab</sup>	2.24± 0.02 <sup>ab</sup>

Note: Compare with before treatment, <sup>a</sup>P<0.05, Compare with the control group after treatment, <sup>b</sup>P<0.05.

### 2.4 炎症因子

经过治疗,两组血清 TNF- $\alpha$ 、IL-6 水平均降低,且观察组的

炎症指标水平均明显低于对照组( $P<0.05$ )。见表 4。

表 4 两组治疗前后 TNF- $\alpha$ 、IL-6 水平比较(± s)

Table 4 Comparison of the levels of TNF- $\alpha$  and IL-6 before and after treatment in the two groups(± s)

Groups	Time	TNF- $\alpha$ (ng/L)	IL-6(umol/L)
Control group(n=44)	Before treatment	253.25± 28.12	41.52± 3.25
	After treatment	231.58± 18.25 <sup>a</sup>	35.68± 2.59 <sup>a</sup>
Observation group(n=44)	Before treatment	260.42± 28.98	40.95± 3.49
	After treatment	198.24± 15.89 <sup>ab</sup>	28.74± 2.67 <sup>ab</sup>

Note: Compare with before treatment, <sup>a</sup>P<0.05, Compare with the control group after treatment, <sup>b</sup>P<0.05.

## 3 讨论

COPD 是临幊上常见的呼吸系统疾病之一,尤其在 40 岁以上的中老年人群中具有较高的发病率,全球 40 岁以上人群 COPD 的发病率达到 9%<sup>[13-15]</sup>,但该病目前越来越趋向于年轻化,且 COPD 的发病率仍呈增长趋势,给社会、家庭造成极大压力和负担,同时 COPD 患者的病死率也较高<sup>[16,17]</sup>。另外,COPD 患者由于气道阻塞导致呼吸急促、通气不畅,并且痰液不易咳出,加重了气道阻塞和感染,造成肺气体交换功能削弱,使患者的肺功能下降<sup>[18,19]</sup>。除此以外,COPD 患者长期处于炎症抵制,加上患者处于中老年阶段,体质明显下降,长期以往很容易出现机体细胞免疫功能降低,主要表现为免疫功能的 T 淋巴细胞中的 CD8<sup>+</sup>增加,CD4<sup>+</sup>以及 CD3<sup>+</sup>均减少<sup>[20-22]</sup>。目前临幊上治疗 COPD 时主要通过保守治疗,即以药物治疗为主,手术治疗为辅,来缓解 COPD 患者的相关症状和体征和改善肺功能及免疫功能<sup>[23-25]</sup>。

注射用盐酸氨溴索为新型黏液溶解剂,并且是一种祛咳止痰类内科药物,其能够显著促进肺泡表面活性物质分泌,并促进纤毛运动以及呼吸液的分泌,增加呼吸道黏膜浆液腺的分泌,减少黏液腺分泌,缓解气道阻塞,进而改善 COPD 患者的肺功能<sup>[26]</sup>。同时盐酸氨溴索还具有一定的细胞免疫调节作用,在 T 淋巴细胞分化、成熟过程中起着重要的作用<sup>[27,28]</sup>。在本次研究中,治疗后,两组患者的肺功能指标 FVC、FEV1、PEF 均呈上升趋势,且观察组显著高于对照组( $P<0.05$ );治疗后,两组患者的细胞免疫功能指标,即 T 细胞中的 CD8<sup>+</sup>数降低,而 CD4<sup>+</sup>、CD3<sup>+</sup> 及 CD4<sup>+/CD8<sup>+</sup> 比值均升高,且观察组的变化幅度显著高于对照组( $P<0.05$ )。推测可能是因为盐酸氨溴索具有前述的促</sup>

进痰液排出、缓解气道阻塞等特性,能够有效地改善 COPD 患者的肺功能、免疫功能。经过 2 周治疗后,观察组总有效率为 90.91%(40/44),对照组为 75.00%(33/44),提示氨溴索具有增加痰液中抗菌药物浓度的作用,其可协同抗菌药物提高抗感染的功效,从而进一步改善及提升 COPD 患者的肺功能及免疫功能,提高临床治疗效果,优化 COPD 患者的临床预后,最终提升其生活质量。经治疗,两组患者的炎症指标均降低,且观察组下降更明显,提示氨溴索能够明显降低 COPD 患者的血清炎性因子水平。COPD 受到病原菌、环境污染物等因素影响,释放大量气道炎性细胞和介质,从而加重气道炎症反应,引起支气管痉挛、水肿、黏液分泌物增多等,另外肺部炎症的溢出还能够引起全身性炎症反应<sup>[29]</sup>。氨溴索可能通过抑制炎性细胞因子的产生,减轻肺部炎症反应,降低血清炎性因子水平<sup>[30]</sup>。

综上所述,在常规治疗 COPD 的基础上,加用盐酸氨溴索静脉注射,临床治疗效果显著,并且能够有效改善及提高 COPD 患者的肺功能及免疫功能,增强对疾病的免疫力,降低炎症反应。

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