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清肺化痰逐瘀汤治疗慢性阻塞性肺疾病模型大鼠的疗效及机制研究 *

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摘要 目的:探讨清肺化痰逐瘀汤治疗慢性阻塞性肺疾病(COPD)大鼠的疗效及作用机制。**方法:**将60只SD大鼠按照随机数字表法分为空白对照组、模型对照组、低剂量组、中剂量组及高剂量组,每组各12只。空白对照组大鼠每天以生理盐水灌胃,将其他四组大鼠建立COPD模型,模型建立后,模型对照组每天以生理盐水灌胃,低剂量组、中剂量组、高剂量组分别以2mL/100g·d、3mL/100g·d、4mL/100g·d的清肺化痰逐瘀汤灌胃,各组均持续14d。比较各组大鼠症状改善情况、动脉血中氧分压(PO_2)、二氧化碳分压(PCO_2)以及血清白介素-1β(IL-1β)、白介素-8(IL-8)、肿瘤坏死因子-α(TNF-α)、白三烯B4(LTB4)及超氧化物歧化酶(SOD)水平。**结果:**低剂量组、中剂量组、高剂量组大鼠饮食、精神、毛发等状况均有所改善,且高剂量组大鼠症状缓解最为明显。模型对照组、低剂量组、中剂量组、高剂量组大鼠血清IL-1β、IL-8、TNF-α、LTB₄及 PCO_2 水平均明显高于空白对照组,血清SOD及 PO_2 水平明显低于空白对照组($P<0.05$);且模型对照组、低剂量组、中剂量组、高剂量组大鼠血清IL-1β、IL-8、TNF-α、LTB₄及 PCO_2 水平逐渐降低,血清SOD及 PO_2 水平逐渐升高($P<0.05$)。**结论:**清肺化痰逐瘀汤能明显改善COPD大鼠症状和动脉血气,疗效确切,且高剂量清肺化痰逐瘀汤改善作用最明显,其可能机制是通过降低大鼠炎症因子及LTB₄水平,提高SOD水平,从而抑制其机体炎症反应,增强抗氧化能力。

关键词:清肺化痰逐瘀汤;慢性阻塞性肺疾病;大鼠;疗效

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Effect and Mechanism of Qingfei Huatan Zhuyu Decoction on Chronic Obstructive Pulmonary Disease in Rats*

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ABSTRACT Objective: To explore effect and mechanism of Qingfei Huatan Zhuyu Decoction on chronic obstructive pulmonary disease (COPD) in rats. **Methods:** A total of 60 SD rats were randomly divided into the blank control group, the model control group, the low dose group, the middle dose group and the high dose group respectively, 12 in each group. Rats in the blank control group were intragastrically administered with saline every day. After the establishment of COPD model in the other four groups, rats in the model control group were intragastrically administered with normal saline every day, while rats in the low dose group, the middle dose group and the high dose group were intragastrically administered with Qingfei Huatan Zhuyu Decoction of 2 mL/100 g·d, 3 mL/100 g·d and 4 mL/100g·d, respectively, each group lasted for 14 days. The improvement of symptoms, partial pressure of oxygen (PO_2), partial pressure of carbon dioxide (PCO_2) in arterial blood and serum levels of interleukin-1β (IL-1β), interleukin-8 (IL-8), tumor necrosis factor-α (TNF-α), leukotriene B4 (LTB4) and superoxide dismutase (SOD) were compared. **Results:** The diet, spirit and hair of rats in the low dose group, the middle dose group and the high dose group were improved, and the symptoms of rats in the high dose group were relieved most obviously. The serum levels of IL-1β, IL-8, TNF-α, LTB4 and PCO_2 in model control group, low dose group, middle dose group, high dose group were significantly higher than those in blank control group, and the serum levels of SOD and PO_2 were significantly lower than those in blank control group ($P<0.05$). The serum levels of IL-1β, IL-8, TNF-α, LTB4 and PCO_2 in model control group, low-dose group, middle-dose group and high-dose group were decreased gradually, while the serum levels of SOD and PO_2 were increased gradually ($P<0.05$). **Conclusion:** Qingfei Huatan Zhuyu Decoction can significantly improve the symptoms and arterial blood gas of COPD rats, with definite curative effect, High dose Qingfei Huatan Zhuyu Decoction has the most obvious improvement effect. Its possible mechanism is to reduce the levels of inflammatory factors and LTB₄ in rats and increase the level of SOD, thereby inhibiting the

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body's inflammatory response and enhancing the antioxidant capacity.

Key words: Qingfei Huatan Zhuyu Decoction; Chronic obstructive pulmonary disease; Rat; Efficacy

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前言

慢性阻塞性肺疾病(chronic obstructive pulmonary diseases, COPD)是以持续的气流受限为主要特征的肺部炎症和慢性气道疾病,是一种临幊上常见的不完全可逆性疾病,其临幊特征为喘息、咳痰、慢性咳嗽等^[1-3]。COPD 的发病机制较为复杂,多与烟雾、香烟等有害气体对肺部组织的慢性持续侵害有关^[4-6]。COPD 的发生和发展过程中会有气道慢性炎症的损伤,从而将引发肺泡中性粒细胞、巨噬细胞等释放多种炎性因子,进而破坏患者肺部结构^[7-9]。清肺化痰逐瘀汤是由丹参、鱼腥草、黄芩、桑白皮、全栝楼、杏仁、浙贝母、当归、厚朴、水蛭、干姜以及大黄等多种中药成分煎煮制备而成的汤剂,具有止咳化痰、活血化瘀、清肺泻热、通腹泄浊之功效^[10]。本实验通过研究清肺化痰逐瘀汤对 COPD 大鼠的治疗效果,以探讨清肺化痰逐瘀汤治疗 COPD 大鼠的作用机制,研究结果如下。

1 材料与方法

1.1 实验动物及药物

SD 大鼠:60 只,SPF 级,雌雄各半,体重 150-300g,平均体重(215.47 ± 12.35)g。饲养条件:温度 20-15°C;相对湿度 40%-60%;光照明暗交替,各 12h;自由摄食和饮水;噪音 <55Db。清肺化痰逐瘀汤:丹参 15g、鱼腥草 12g、黄芩 10g、桑白皮 10g、全栝楼 10g、杏仁 10g、浙贝母 10g、当归 10g、厚朴 6g、水蛭 6g、干姜 3g、大黄 3g,依照处方量投料煎煮,煎煮 2 次,分装,4°C 保存备用。

1.2 主要仪器及试剂

FA2004 型电子天平,购自上海良平仪器仪表有限公司;多功能酶标仪,购自北京六一仪器厂;超低温冰箱,购自海尔集团;BX51 型显微镜,购自日本 OLYMPUS 公司;高速离心机,购自美国 sigma 公司;IL3000 型动脉血气分析仪,购自美国 GEM 公司。大鼠血清白介素 -1β (interleukin-1β, IL-1β)、白介素 -8(interleukine 8, IL-8)、肿瘤坏死因子 -α(tumor necrosis factor-α, TNF-α)检测试剂盒均购自上海冠导生物工程有限公司;大鼠血清超氧化物歧化酶 (superoxide dismutase, SOD)、白三烯 B4(leukotriene B4, LTB4)检测试剂盒均购自上海星科生物科技有限公司。

1.3 实验动物分组

将 60 只 SD 大鼠适应性喂养 1 周后,按照随机数字法分为空白对照组、模型对照组、低剂量组、中剂量组及高剂量组,每组各 12 只。

1.4 COPD 模型大鼠的建立^[11]及干预措施

采用气管内注射脂多糖联合香烟熏烟法来建立 COPD 模型大鼠,具体方法为:于大鼠气管内用 1 mL 注射器注入脂多糖,剂量为 200 μg/200 μL,然后摇晃大鼠使药物充分均匀分布于两肺,缝合后置于笼内饲养。于第 1d 和第 20d 分别注入脂多

糖各 1 次。将大鼠放置于 50 cm× 20 cm× 35 cm 大小的熏烟箱内,除第 1d 和第 20d 以外每日让大鼠被动吸烟 10 支,1h/d,造模 3 个月。造模结束时,每组各随机选取 1 只大鼠处死,取其肺组织进行电镜检查,可见肺泡破裂并融合、肺小血管变形、血管平滑肌增厚且有炎症细胞浸润,即判断造模成功。各组大鼠干预措施如下:空白对照组:正常 SD 大鼠,给予生理盐水灌胃,剂量为 3 mL/100 g·d,2 次 /d;模型对照组:建立 COPD 模型,建模后给予生理盐水灌胃,3 mL/100 g·d,2 次 /d;低剂量组、中剂量组、高剂量组在建立 COPD 模型后,分别给予 2 mL/100 g·d,3 mL/100 g·d,4 mL/100 g·d 清肺化痰逐瘀汤灌胃,2 mL/次,2 次 /d,均持续 14d。

1.5 观察指标

1.5.1 症状情况 观察各组大鼠饮食、精神、毛发光泽、体重、有无咳嗽、有无呼吸道分泌物等症狀改善情况。

1.5.2 检测指标 干预结束后,采集大鼠动脉血 10 mL,其中 5 mL 血液用于测定各组大鼠血气指标,包括氧分压(PO_2)、二氧化碳分压(PCO_2);另外 5 mL 血液以 2000 rpm 转速离心 15 min,分离血清,采用双抗夹心酶联免疫法检测大鼠血清 IL-1β、IL-8、TNF-α、LTB4 及 SOD 水平,所有操作均严格按照试剂盒所附说明书进行。

1.6 统计学处理

使用 SPSS19.0 软件处理数据,计量资料以均数± 标准差 ($\bar{x} \pm s$) 表示,采用 t 检验,以 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 各组大鼠症狀情况比较

实验过程中,空白对照组大鼠饮食、精神等状况正常,毛发光泽,无咳嗽症状,反应灵敏;模型对照组大鼠饮食量和活动量明显下降,精神萎靡不振,反应迟钝,毛发稀疏,体重减轻,有严重的咳嗽症状和大量呼吸道分泌物;低剂量组大鼠的饮食、精神、毛发等状况相比模型对照组有所改善,但不甚明显;中剂量组和高剂量组大鼠相比模型对照组的饮食、精神、毛发等状况明显有所改善,且咳嗽症状不明显,高剂量组大鼠症狀缓解最为明显。

2.2 各组大鼠动脉血气指标比较

模型对照组、低剂量组、中剂量组、高剂量组大鼠 PCO_2 明显高于空白对照组, PO_2 明显低于空白对照组($P < 0.05$);且模型对照组、低剂量组、中剂量组、高剂量组大鼠 PCO_2 逐渐降低, PO_2 逐渐升高($P < 0.05$)。见表 1。

2.3 各组大鼠血清炎性因子水平比较

模型对照组、低剂量组、中剂量组、高剂量组大鼠血清 IL-1β、IL-8 及 TNF-α 水平均明显高于空白对照组($P < 0.05$);且模型对照组、低剂量组、中剂量组、高剂量组血清 IL-1β、IL-8 及 TNF-α 水平逐渐降低($P < 0.05$)。见表 2。

2.4 各组大鼠血清 LTB4、SOD 水平比较

模型对照组、低剂量组、中剂量组、高剂量组大鼠血清 LTB4 水平明显高于空白对照组, 血清 SOD 水平明显低于空白对照组($P<0.05$); 模型对照组、低剂量组、中剂量组、高剂量组

大鼠血清 LTB4 水平逐渐降低, 血清 SOD 水平逐渐升高($P<0.05$)。见表 3。

表 1 各组大鼠动脉血气指标比较($\bar{x}\pm s$)Table 1 Comparison of arterial blood gas indexes in rats of each group($\bar{x}\pm s$)

Groups	n	PO_2 (mmHg)	PCO_2 (mmHg)
Blank control group	12	95.32± 19.47	28.25± 5.20
Model control group	12	38.35± 17.15*	65.95± 6.13*
Low dose group	12	50.38± 25.37**#	56.34± 7.05**#
Middle dose group	12	61.40± 18.32**#@	45.37± 4.82**#@
High dose group	12	84.39± 17.77**#@△	36.15± 3.67**#@△

Note: compared with the blank control group, * $P<0.05$; compared with the model control group, ** $P<0.05$; compared with the low dose group, **#@ $P<0.05$; compared with the middle dose group, △ $P<0.05$.

表 2 各组大鼠血清炎性因子水平比较($\bar{x}\pm s$)Table 2 Comparison of serum inflammatory factor levels in rats of each group($\bar{x}\pm s$)

Groups	n	IL-1β(pg/mL)	IL-8(pg/mL)	TNF-α(pg/mL)
Blank control group	12	27.64± 2.86	43.35± 8.42	30.69± 5.49
Model control group	12	85.48± 8.67*	93.39± 7.50*	105.37± 11.66*
Low dose group	12	75.31± 9.35**#	82.67± 7.95**#	96.39± 12.84**#
Middle dose group	12	64.68± 5.40**#@	70.05± 4.38**#@	71.15± 8.96**#@
High dose group	12	49.81± 3.37**#@△	45.67± 5.14**#@△	43.42± 4.37**#@△

Note: compared with the blank control group, * $P<0.05$; compared with the model control group, ** $P<0.05$; compared with the low dose group, **#@ $P<0.05$; compared with the middle dose group, △ $P<0.05$.

表 3 各组大鼠血清 LTB4、SOD 水平比较($\bar{x}\pm s$)Table 3 Comparison of serum LTB4 and SOD levels in rats of each group($\bar{x}\pm s$)

Groups	n	LTB ₄ (μg/L)	SOD(U/L)
Blank control group	12	32.69± 3.10	527.39± 57.41
Model control group	12	109.54± 10.37*	226.72± 35.17*
Low dose group	12	95.76± 12.25**#	268.60± 29.55**#
Middle dose group	12	71.14± 4.51**#@	354.38± 41.11**#@
High dose group	12	44.80± 2.64**#@△	420.54± 38.84**#@△

Note: compared with the blank control group, * $P<0.05$; compared with the model control group, ** $P<0.05$; compared with the low dose group, **#@ $P<0.05$; compared with the middle dose group, △ $P<0.05$.

3 讨论

目前,COPD 的发病机制仍尚不明确, 研究认为主要与患者肺部组织在有害颗粒或香烟烟雾等有害气体的侵袭下引发炎症反应有密切联系, 炎症失控、氧化-抗氧化失调及蛋白酶-抗蛋白酶失调是 COPD 发病的三大因素, 其中炎症机制是其主要的发病机制^[12-14]。目前临床治疗 COPD 主要以控制急性发作、改善肺功能、调节免疫功能、提高患者生活质量为主, 大多选择糖皮质激素、茶碱类、支气管舒张剂、白三烯受体拮抗剂、大环内酯类抗生素等是具有抑制气道炎症反应、支气管扩张、免疫调节等作用的药物, 虽然以上药物具有明确的临床疗效, 但产生的不良反应也较严重, 同时价格也昂贵, 影响了其在临幊上

的应用^[15-17]。中医认为,COPD 属“咳嗽、肺胀、喘证”等范畴, 是由于肺、肾、脾俱虚, 痰浊瘀血阻肺所致, 其治疗应以止咳化痰、活血化瘀、清肺泻热、通腹泄浊为主^[18]。清肺化痰逐瘀汤是由丹参、鱼腥草、黄芩、桑白皮、全栝楼、杏仁、浙贝母、当归、厚朴、水蛭、干姜以及大黄等多种中药成分煎煮制备而成的汤剂, 其中丹参、当归具有活血化瘀通络之功效, 鱼腥草、黄芩、桑白皮、全栝楼、杏仁、浙贝母具有止咳平喘、清热化痰之功效, 厚朴具有平喘化湿降气之功效, 水蛭具有通络破血逐瘀之功效, 干姜、大黄具有逐瘀泄浊、清热通腹之功效, 诸药合奏, 发挥止咳化痰、活血化瘀、清肺泻热、通腹泄浊的作用^[19,20]。现代药理学研究发现, 丹参、水蛭、当归还具有抗凝血、抑制血小板聚集、抗血栓的作用, 鱼腥草、黄芩、桑白皮、厚朴、大黄还具有消炎抗菌,

抑制气道炎症进展的作用^[21-23]。

本实验结果显示,低剂量组、中剂量组和高剂量组大鼠相比模型对照组的饮食、精神、毛发等状况明显有所改善,且高剂量组大鼠症状缓解最为明显,说明清肺化痰逐瘀汤可以改善COPD大鼠的症状,具有较好的效果。本实验结果还显示,低剂量组、中剂量组和高剂量组大鼠PCO₂、PO₂较模型对照组明显改善,且高剂量组改善程度优于低剂量组和中剂量组,提示清肺化痰逐瘀汤能够改善COPD大鼠动脉血气。这可能是由于清肺化痰逐瘀汤能够改善COPD大鼠的肺通气功能,增加弥散面积和氧合,从而使缺氧状态和CO₂潴留得到缓解^[24]。IL-1β是一个重要的细胞炎症因子,参与多种炎症介质或炎症效应细胞支气管腔内的自分泌环路^[25]。IL-8是T淋巴细胞和中性粒细胞的趋化因子,参与炎症反应过程^[26]。TNF-α能够诱导气道粘液分泌增加,引发肺气肿的形成,是导致COPD炎症反应和肺实质损伤的一个炎症因子^[27]。血清SOD水平能够反应机体清除自由基的能力,反应患者机体的代谢能力。而LTB₄也是一种中性粒细胞趋化因子,参与局部或全身炎症反应,引发COPD的炎症过程^[28,29]。本实验结果显示,模型对照组、低剂量组、中剂量组、高剂量组大鼠血清IL-1β、IL-8、TNF-α及LTB₄水平均明显高于空白对照组,血清SOD水平明显低于空白对照组($P<0.05$);低剂量组、中剂量组和高剂量组以上各指标水平均所有改善,且高剂量组优于中剂量组、低剂量组($P<0.05$)。提示清肺化痰逐瘀汤能降低COPD大鼠血清IL-1β、IL-8、TNF-α、LTB₄水平,提高SOD水平。分析原因可能是因为清肺化痰逐瘀汤中多种中药成分发挥协同作用,共同发挥止咳化痰、活血化瘀、清肺泻热、通腹泄浊的作用。另外鱼腥草、黄芩、桑白皮、厚朴、大黄还具有消炎抗菌的作用,黄芩具有抑制LTB₄生成、提高SOD活性的作用,从而使COPD大鼠血清IL-1β、IL-8、TNF-α、LTB₄水平下降,SOD水平升高^[30]。

综上所述,清肺化痰逐瘀汤能够改善COPD大鼠症状和动脉血气,且呈剂量依赖性,其可能机制是通过降低血清IL-1β、IL-8、TNF-α及LTB₄水平,提高SOD水平,从而抑制其机体炎症反应,增强抗氧化能力。

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