

肝脂汤配合饮食护理对非酒精性脂肪肝患者的影响

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摘要:目的 探讨肝脂汤配合饮食护理对非酒精性脂肪肝患者的影响。方法 选取 2013 年 1—12 月收治于上海中医药大学附属普陀医院的非酒精性脂肪肝患者 60 例, 随机分为肝脂汤组和肝脂汤配合饮食护理组各 30 例, 观察两组患者 1 个疗程后血脂指标、肝功能指标、体质指数 (BMI)、B 超影像及患者不适主症情况。**结果** 服用肝脂汤后两组患者的血脂指标、肝功能指标、BMI、B 超影像及患者不适主症等均有改善, 但观察组改善更为明显, 两组比较差异有统计学意义 ($P < 0.05$)。**结论** 肝脂汤配合饮食护理可提高非酒精性脂肪肝患者的治疗效果, 有利于促进患者康复, 提高患者的生活质量。

关键词: 非酒精性脂肪肝; 肝脂汤; 饮食护理; 影响

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Effect of liver fat soup combined with diet nursing on prognosis of patients with nonalcoholic fatty liver disease (Puotuo Hospital, Shanghai University of Traditional Chinese Medicine, Shanghai 200062, China)
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Abstract: Objective To investigate the effect of liver fat soup combined with diet nursing on the prognosis of nonalcoholic fatty liver disease (NAFLD) with deficiency of yin and blood. **Methods** A total of 60 NAFLD cases with deficiency of yin and blood in Puotuo Hospital, Shanghai University of Traditional Chinese Medicine were selected from January to December 2013. They were randomly and equally divided into the liver fat soup group and the liver fat soup combined with diet nursing group. The blood lipids, liver function, body mass index (BMI), B ultrasound imaging and main symptoms of discomfort were observed. The therapeutic effects were further compared. **Results** After the application of liver fat soup the blood lipid, liver function, BMI, B ultrasound imaging and main symptoms of discomfort were significantly improved ($P < 0.05$). The free fat acid (FFA), triglyceride (TG), alanine aminotransferase (ALT), BMI, aspartate aminotransferase (AST) in the liver fat soup combined with diet nursing group were significantly improved compared with the liver fat soup group ($P < 0.05$). **Conclusion** The liver fat soup combined with diet nursing can improve the prognosis of NAFLD patients with deficiency of yin and blood, promote rehabilitation and improve the quality of life.

Key Words: Nonalcoholic fatty liver; Liver fat soup; Diet nursing; Effect

随着物质生活水平的不断提高, 非酒精性脂肪肝病 (nonalcoholic fatty liver disease, NAFLD) 在全球范围内已经成为最常见的肝脏疾病之一。流行病学表明,

20% 的正常人群和 50% ~ 100% 的超重或肥胖人群存在非酒精性脂肪肝病^[1]。据统计, 我国东部发达地区成年人中非酒精性脂肪肝病发病率的中位数约为 15%^[2]。若不及时治疗, 最终将进展为脂肪性肝硬化及肝癌。中医认为, 非酒精性脂肪肝属本虚标实, 以气阴两虚为本, 以痰、热、瘀为标, 病位在肝、脾、肾^[3]; 临床以阴血亏虚型证的患者为多见。目前, 单纯西药治疗脂肪肝存在一定的不良反应, 中药治疗脂肪肝虽疗

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