

抗毒补肺汤预防 SARS 的临床观察

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摘要 目的 观察抗毒补肺汤在急性重症呼吸综合征(SARS)暴发期间对香港医务工作者的预防保护作用。**方法** 在香港 SARS 肆虐期间, 总共有 2 601 名医务工作者接受了本研究中心派发的抗毒补肺汤, 确信其中有 1 063 名按要求连续 2 周服用了该方药并寄回有效问卷, 这部分人组成了中药组, 另有未服本中药的 15 374 名组成了对照组。通过这份问卷, 可以了解受试者在研究开始的前 1 天及第 14 天、第 28 天, 其有关生活质量、感冒样症状、温病证候的变化。中药组有 37 名接受了血清免疫学检验。**结果** 中药组中无感染 SARS 者, 而对照组中有 64 名(0.4%)感染了 SARS, 而且中药组自身前后对照, 服药后在感冒样症状、温病证候、生活质量方面均得到显著改善。中药组 37 份血清免疫学结果显示, 服用中药后, 机体免疫功能得到了改善与提高。**结论** 抗毒补肺汤可能通过改善临床症状、提高生活质量及增强机体免疫功能来预防 SARS 的发生。

关键词 急性重症呼吸综合征(SARS); 中医药; 预防; 感冒

Clinical Observation on the Preventive Effect of Kangdu Bufei Decoction on Acute Severe Respiratory Syndrome LIU De-hui, LIANG Bing-zhong, HUANG Li-yi, et al *Center for Epidemiology & Biostatistics, The Chinese University of Hong Kong*

Objective To observe the preventive protection of Kangdu Bufei Decoction (KBD) on acute severe respiratory syndrome (SARS) in medical personnel of Hong Kong at the epidemic period. **Methods** At the epidemic period of SARS in Hong Kong, there were 2 601 medical staffs administered with KBD distributed by the Center. It was confirmed that 1 063 persons had taken it for successive two weeks according to the request and returned the effective questionnaire, they were regarded as the TCM group. The control group was consisted of 15 374 subjects who didn't take Chinese herbal medicine. Contents of the questionnaire including the condition of testee in terms of quality of life (QOL), changes of influenza-like symptoms and Warm disease symptoms. Serum immunological examination had been conducted in 37 of the persons in the TCM group. **Results** No one in the TCM group got SARS infection while in the control group, 64 (0.4%) had got. Self-control before and after treatment examination showed that significant improvement appeared in the TCM in aspects of influenza-like and Warm disease symptoms and QOL. The results of serum immunological examination showed that after administration of KBD, the immunity of organism was improved and elevated. **Conclusion** KBD could prevent the occurrence of SARS, it is possibly realized through improving symptoms, elevating QOL and enhancing immunity of organism.

Key words acute severe respiratory syndrome; traditional Chinese medicine; prevention; influenza

中国疾病预防控制中心将 SARS 归类为“温病”范畴, 也就是中医学称之“热病”。这类呼吸系统的疾病在中国古代就已十分流行, 并早在 500 年前开始发

展为中医学的一个独立分支——温病。按照传统温病的概念, 症状类似感冒的疾病可分为 4 个表现阶段: (1) 发热; (2) 鼻塞、流清涕; (3) 发热恶寒; (4) 咳血^[1]。对于西医来说, 前两个阶段症状表现一般被认为是无需治疗的, 后两个阶段不太常见, 被认为是支气管炎和肺炎的症状。尽管西医并无简单有效的方法治疗感冒, 但是中医学却可以有效地在早期阶段消除症状。有报道称, 中西医结合治疗 SARS^[2] 可以有效地降低

2003年嚴重急性呼吸系統綜合症(下文簡稱「沙士」)肆虐, 對香港造成沉重打擊, 短短幾個月, 全港 1700 多名市民染上沙士肺炎, 奪去 299 人的寶貴生命。當年一役, 更有 360 位公立醫院醫護人員受感染, 計 180 多名護士、130 多名職工和 20 多名醫生, 當中 6 名醫護人員不治, 令整個醫學界深感惋惜; 列位無私奉獻, 壯烈犧牲之舉, 足堪載入香港醫學史冊, 令人景仰。