抗毒补肺汤预防 SARS 的临床观察

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摘要  目的 本研究就抗毒补肺汤在急性重症呼吸综合征 (SARS) 病情进展对香港医务人员的中医疗法作用进行观察。方法  在香港 SARS 疫情期间，总共有 2,601 名医务人员接受了本研究中心推出的抗毒补肺汤治疗，其中约有 1,063 名患者连续 2 周服用了该方药并保持有效服药，这些数据提供了抗毒补肺汤的临床应用价值。结果  本研究组 1063 名患者中 64 名 (0.4%) 感染了 SARS，而对照组中 64 名 (0.4%) 感染了 SARS。抗毒补肺汤组的生存率明显高于对照组，生存率分别为 98% 和 94%。结论  抗毒补肺汤能够有效改善临床症状，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

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Objective  To observe the preventive effect of Kangdu Bufei Decoction (KBD) on the 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 administrated 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 1537 persons 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

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