



刘兰英, 冯斌, 王佩蓉, 魏建波, 沈悦娣, 陈炜. 柴胡疏肝散合并文拉法辛对抑郁症患者血清T淋巴细胞亚群及NK细胞的影响[J]. 中国现代应用药学, 2012, 29(5): 393-397

柴胡疏肝散合并文拉法辛对抑郁症患者血清T淋巴细胞亚群及NK细胞的影响

Effects of Chaihu Shugan Powder Combined with Venlafaxine on T Cell Subgroup and NK Cell in Patients with Depression

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中文关键词: [抑郁症](#) [柴胡疏肝散](#) [文拉法辛](#) [T淋巴细胞亚群](#) [自然杀伤细胞](#)

英文关键词: [depression](#) [Chaihu Shugan powder](#) [venlafaxine](#) [T-lymphocytes subgroup](#) [NK cell](#)

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| 作者 | 单位 | E-mail |
|---|---|--|
| 刘兰英^{1,2} , 冯斌^{2*} , 王佩蓉² , 魏建波² , 沈悦娣³ , 陈炜^{1*} | 1. 浙江大学医学院附属邵逸夫医院精神卫生科, 杭州 310016; 2. 浙江省立同德医院, 杭州 310012; 3. 杭州师范大学, 杭州 310036 | balindaliu@163.com |

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中文摘要:

目的 研究柴胡疏肝散合并文拉法辛对抑郁症患者血清T淋巴细胞亚群及NK细胞的影响。方法 对20例柴胡疏肝散合并文拉法辛治疗的抑郁症患者(研究组), 采用流式细胞仪测定治疗前、治疗4周后外周血T淋巴细胞亚群细胞浓度及自然杀伤细胞(NK细胞)表达的百分率, 并与21例文拉法辛治疗的抑郁症患者(对照组)比较。结果 与对照组比较, 研究组总T淋巴细胞(CD3⁺)、辅助T淋巴细胞(CD4⁺)、自然杀伤细胞(NK细胞)表达的百分率治疗前、后的差值有统计学意义。与治疗前比较, 研究组、对照组经4周的治疗, CD3⁺、CD4⁺、抑制性T淋巴细胞(CD8⁺)明显下降, 差异有统计学意义。相关性分析显示, 抑郁症患者血清CD8⁺与HAMD评分呈负相关($P < 0.05$)。研究组4周后不良反应发生率比对照组少。结论 柴胡疏肝散能改善抑郁症患者免疫功能, 降低抗抑郁药物不良反应率。

英文摘要:

OBJECTIVE To explore the effects of Chaihu Shugan powder combined with venlafaxine on T-lymphocytes subgroup and natural killer cell (NK cell) in patients with depression. METHODS Twenty patients treated by chaihu Shugan powder combined with venlafaxine were assigned to trial group, and the other twenty-one patients treated by venlafaxine alone were assigned to control group. Serum levels of T-lymphocytes subgroups and express percent of NK cell between the two groups were compared before treatment and four weeks after treatment respectively in both treatment and control groups. RESULTS Significant difference was found in the serum levels of T cell (marker: CD3⁺), helper T cell(phenotypic marker: CD4⁺) and NK cell in the trial group after treatment($P < 0.05$), CD3⁺, CD4⁺ and CD8⁺ T cell declined significantly after treatment in both trial and control group($P < 0.05$). In addition, serum level of CD8⁺ was negatively associated with HAMD score of patients with depression($P < 0.05$). Furthermore, incidence of adverse reaction was lower in the trial group than that in the control group. CONCLUSION Chaihu Shugan powder can improve immune function of patients with depression and decrease the adverse reaction of antidepressants.

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