



三乌芍药汤对类风湿关节炎患者细胞因子IL-18、TNF- α 、IL-4、IL-10水平的影响

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中文摘要:目的:探讨中药三乌芍药汤治疗类风湿性关节炎(RA)外周血细胞因子(CK)的变化。方法:随机选择RA病人63例,其中治疗组41例以三乌芍药汤1剂/每天,分2次口服。对照组22例,予雷公藤多苷20 mg/次,每天3次,2组均连续服用60 d。同时观察药物对患者外周血细胞因子IL-6、TNF- α 、IL-4、IL-10的影响。结果:临床疗效、实验室指标治疗组明显高于对照($P<0.01, P<0.05$);治疗组外周血4种细胞因子治疗前后自身比较,均有显著性意义($P<0.05, P<0.01$)。与对照组比,治疗后IL-4、IL-10明显上调,有非常显著性意义($P<0.01$)。结论:三乌芍药汤治疗RA,能调节外周血异常细胞因子,明显改善病人临床症状和实验室指标。

中文关键词:类风湿性关节炎(RA);三乌芍药汤;细胞因子(IL-6 TNF- α IL-4 IL-10);中药

Effects of Sanwushaoxie decoction on IL-18, TNF- α , IL-4 and IL-10 in patients with rheumatoid arthritis

Abstract:Objective: To investigate the therapeutic effects of Sanwushaoxie decoction on alterations of serum cytokines in patients with rheumatoid arthritis (RA). Method: Sixty-three (63) RA patients were selected and randomly divided into 2 groups, with the treatment group administered with Sanwushaoxie decoction, one prescription, 2 times a day, while patients in the control group were given Common Three-wingnut Root polyglycoside 20 mg a time, 3 times a day. The treatment was lasted for 60 days. Serum concentrations of IL-6, TNF- α , IL-4, IL-10 were observed during the treatment. Result: The clinical efficacy and the experimental indexes were significantly improved in the treatment group than those did in the control group ($P<0.01, P<0.05$). There were significant differences of serum levels of 4 cytokines within the treatment group before and after the treatment ($P<0.01, P<0.05$). The serum levels of IL-4, IL-10 were significantly increased in treatment group compared with those did in the control group ($P<0.01$). Conclusion: Sanwushaoxie decoction is an effective agent in regulating cytokines, improving symptoms and experimental indexes in patients with RA.

keywords: [rheumatoid arthritis](#); [Sanwushaoxie decoction](#); [cytokines \(IL-6 TNF- \$\alpha\$ IL-4 IL-10\)](#); [Chinese medicine](#)

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