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中医药在防治胃癌术后复发转移中的研究进展

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[摘要] 本文综述中医药防治胃癌术后复发转移的研究进展, 分别从癌毒、痰核、毒生病络理论阐述胃癌术后复发转移的中医病因病机, 从滋肾运脾、益气化痰、清热解毒、消痰散结几方面阐述其治则治法, 并概述单味药、中成药、中药复方、外治法、针灸疗法、情志疗法、气功疗法、中医饮食护理在防治胃癌术后复发转移中的应用。

[关键词] 中医药; 胃癌术后; 复发转移

Research progress of traditional Chinese medicine in prevention of postoperative gastric cancer recurrence and metastasis

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Abstract This paper reviews the respects of traditional Chinese medicine in the prevention of postoperative gastric cancer recurrence and metastasis, mainly including etiology and pathogenesis from the theory of cancer, phlegm nucleus and toxic disease; therapeutic principle and method from the aspects of nourishing the kidney and the spleen, promoting qi and removing stasis, clearing heat and detoxifying and eliminating phlegm; and reviews the application of single drug, Chinese patent drug, compound Chinese medicine, external application, acupuncture, emotional therapy, qigong, and Chinese diet care in the recurrence and metastasis of gastric cancer.

Keywords traditional Chinese medicine; postoperative gastric cancer; recurrence and metastasis

胃癌是发病率最高的恶性肿瘤之一, 好发年龄40~60岁, 男女比为1.28:1~3.28:1^[1]。胃癌病死率高, 根治性手术后肿瘤的复发转移是患者死亡的主要原因, 中医药通过“整体观念、辨证论治”的思想改善全身并局部驱邪, 在防治胃癌术

后复发转移领域疗效显著、独具特色。

关于胃癌术后复发转移的中医病因病机, 各医家持不同见解。周仲瑛^[2]认为“癌毒”致癌症发生, 癌毒的增生性、流注性是复发转移的重要原因。魏品康^[3]将肿瘤恶痰的构成分为“痰核”“痰

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浊”及“痰络”。痰络连接痰核,为痰核生长提供营养物质及转移通道。李平^[4]的“毒生病络”理论认为瘤毒一旦生,病络亦随之出现,“瘀血”“痰浊”及“湿毒”等沿病络增生、游走,致瘤毒复发转移。上述虽观点不同,但癌症复发转移之本不外正气亏虚、脾胃虚弱基础上,内蕴伏邪痰毒等流窜经络,客于脏腑^[5]。因此,扶正祛邪、既病防变为防治复发转移的关键。

张志娣^[6]采用扶正固本法通过培运脾土、滋肾固本兼清余毒防复发转移;刘沈林^[7]采用益气化痰法减小瘤栓,减少肿瘤的复发转移;徐咏梅等^[8]治疗胃癌时将清热解毒之品与疏肝、益气、养血之品配伍应用;毛艳^[9]以补脾消痰散结之品防胃癌复发转移。由此可见,“养正驱邪”是中医药抗胃癌复发转移治则之核心。

1 单味药

许多实验研究证实众多单味中药及其提取物能扶正抗癌、防复发转移。王秋兰等^[10]经实验发现白花蛇舌草通过减少恶性肿瘤间质的形成阻止肿瘤的浸润与转移。张弘等^[11]证实莪术提取物能通过诱导胃癌细胞的凋亡发挥抗肿瘤作用。郭莉婷等^[12]经实验证明中药薏苡仁提取物可抑制胃癌细胞生长,下调胃癌相关基因及蛋白的表达,以发挥抗肿瘤增殖、迁移的作用^[13]。王杰等^[14]通过实验发现:蟾毒灵可抑制胃癌细胞增殖并能够抑制胃癌细胞侵袭转移。于庆生等^[15]研究中药丹参对人胃癌细胞凋亡的影响,发现丹参可引起人胃癌细胞形态变化,诱导胃癌细胞凋亡。另外,现代药理研究^[16]证实:中药丹参的提取物丹参酮,抑制肿瘤细胞生长的作用显著,极具药物研发前景。

2 中成药

徐建林等^[17]经研究证实艾迪注射液联合SOX方案化疗可显著改善中晚期胃癌临床症状、提高疗效并延长生存期。丁祥林^[18]研究复方斑蝥注射液联合化疗治疗晚期胃癌临床疗效,发现中药联合化疗可明显提高实体瘤缓解率,提高短期治疗效果。林燕等^[19]通过实验发现复方苦参注射液具有明显抗胃癌作用。姚小健^[20]经实验证实康莱特注射液有抗肿瘤作用,对预防肿瘤复发转移具有重要意义。李妮等^[21]对消癌平联合化疗治疗胃癌的疗效进行临床观察后发现:消癌平注射液联合

化疗治疗晚期胃癌不良反应发生率低,临床疗效显著。谢晓东^[22]研究参一胶囊对胃癌术后患者的作用,比较后发现参一胶囊可明显降低胃癌术后患者的复发率。榄香烯注射液目前被广泛用于胃癌的康复治疗,研究^[23]表明其可杀伤肿瘤细胞并通过抑制肿瘤血管形成抗肿瘤转移。

3 中药复方

3.1 经典方加减

段富津教授^[24]运用“补中益气汤”加减,调理胃癌术后患者,降低了肿瘤的复发转移率,提高了患者生活质量。闵亮等^[25]将二陈汤和血府逐瘀汤合用,理气化痰、化痰散结,防治胃癌复发转移。郁仁存教授^[26]以四君子汤、香砂六君子汤为基础方,加用补肾之品治疗胃癌术后患者,肿瘤复发转移率有所降低。

3.2 效验专方

黄立萍等^[27]应用养胃抑瘤方联合化疗治疗胃癌术后患者40例,加用中药组转移例数低于化疗组($P<0.05$)。刘炜^[28]联合消痰散结方和化疗治疗胃癌术后患者,联合用药组复发转移率29.6%,对照组复发转移率66.7%。孙太振等^[29]发现健脾解毒汤可降低胃癌术后复发转移率。薛兴存等^[30]对自拟方温中化痰汤进行研究,结果表明中药组的术后复发转移率及中位TTP均明显低于化疗组($P<0.05$)。

4 外治法

中医外治法包括外敷法、灌肠法、熏洗法、泡脚法等,其通过药物的局部吸收治疗癌痛并通过调节整体机能达一定程度地抗复发转移之功。张晓羽^[31]将中药制成不同的剂型(如粉剂、糊剂、膏剂等)敷贴于患者脐部,配合艾灸、拔罐、热熨、针刺等方法治疗肿瘤,收敛人体的精气,增强机体免疫能力,激发人体抗癌潜能,从而发挥抗肿瘤转移的作用。

5 针灸疗法

程新慧等^[32]通过针灸关元、足三里、大椎穴提高胃癌术后患者免疫力、调节神经内分泌,从而防肿瘤复发和转移。罗光宇等^[33]为胃癌术后患者针刺治疗,改善了患者消化道症状、减少了化疗不良反应和胃癌术后复发转移率。

6 情志疗法

明代李中梓《医宗必读》中谓：“大抵气血亏损，复因悲思忧患，则脾胃皆伤……噎塞所由成也。”更有云：“境缘不偶，所求未遂，深情牵挂，良药难医”，可见情志因素对胃癌的影响。胃癌患者若情志乐观，则气机调畅，病情向愈；若情绪低落，则气滞郁滞，癌肿恶化^[34]。刘玮玮等^[35]用扶正舒肝方联合心理疗法治疗胃癌术后患者，结果示可改善患者抑郁，增强患者希望，提高患者生活质量。代静^[36]用六君子汤合半夏厚朴汤治疗胃癌术后情志抑郁者，发现中药有利于减轻患者抑郁程度，利于患者康复。

7 气功疗法

气功是传统医学的瑰宝，通过调息、调形、调心，使天人合一，除疾防病，并可提高抗癌潜力，促进血液循环，使瘤体缩小。王玉侠等^[37]指出适宜的运动如气功，对癌症患者大有裨益，能有效降低癌症发病率，提高癌症患者生活质量及心理机能，促进患者康复。

8 中医饮食调护

机体的免疫状态是决定肿瘤发生发展和复发转移的重要因素之一。饮食调护对免疫功能的影响显而易见。胃癌术后往往脾胃虚弱，患者的饮食及营养状况影响免疫功能。杨宏辉等^[38]将患者在常规饮食基础上加以中医药膳，主要有赤小豆10 g，龙眼肉20 g，黄芪10 g，当归15 g，阿胶20 g等。结果示中医饮食调护可显著改善胃癌术后患者营养状况，提高机体功能状态。因此，中医饮食调护可通过提高营养状况，改善机体免疫功能，从而一定程度防治胃癌复发转移。

9 结语

中医药防治癌症术后复发转移已取得显著成效，但仍有许多问题。如：文献报道以小样本临床总结或个案报道为主；治疗主要依据个人遣方用药经验，缺乏规范化中医诊疗体系；对中药的抗肿瘤成分机制研究仍不完善等。因此，为发挥中医药防治癌症的最大优势，笔者提出以下几点建议：1)建立一套中医药辅助治疗癌症的规范化治疗体系。包括癌前病变期治疗，围手术期治

疗，配合放化疗期增效减毒及术后康复治疗，使中药全程参与癌症治疗成为现实。2)发挥病因治疗优势。外在环境、个人体质、精神情志压力、饮食不当等多种内外因致肿瘤在某些人群中高发，应发挥中医治未病优势，通过辩证论治调理个人生理状态、提高免疫力，降低肿瘤发生率，或将其遏制在萌芽状态。3)加强中医疗法与基因组疗法的联系。通过对中药单体成分的实验研究，进一步挖掘中药对癌基因的作用，进一步开展中药对耐药基因的研究，解决化疗药物耐药性问题。4)提高老年晚期癌症患者的中医药治疗比重。对身体机能状态差、不能接受或耐受化疗的患者，中医药治疗应成为主要治疗措施，通过顾护整体、局部驱邪，达到人瘤共存，提高生活质量，延长生存时间。

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