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長春單氏肝胆病醫院

单氏中医 善治肝胆 创始于1856年

中医药抗肝纤维化 肝硬化的治疗

Traditional Chinese Medicine in the Treatment of
Liver Fibrosis and Cirrhosis

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一、概述

流行病学

据统计，全世界每年约有200万人死于肝病，其中约100万人死于肝硬化。

- 1. Overview
- Epidemiology It is estimated that about 2 million people die of liver disease each year worldwide, of which about 1 million die of cirrhosis.



一、概述

- 肝纤维化：
 - 是肝脏对慢性损伤的病理性修复反应，是各种慢性肝病发生发展的病理过程，是向肝硬化转化的关键步骤和影响慢性肝病预后的重要环节。

- 1. Overview
- *Liver fibrosis is the pathological repair reaction of liver to chronic injury, which is the pathological process of the development of various chronic liver diseases, and is the key step to the transformation of liver cirrhosis and an important link affecting the prognosis of chronic liver diseases.*





一、概述

- 肝硬化

- 是由各种病因长期损害肝脏所引起的，是各种慢性肝病进展至以肝脏慢性炎症、弥漫性纤维化、假小叶形成及肝内外血管增殖、血管扭曲变形、门静脉血回流受阻、门-体侧支循环形成等为特征的病理阶段。

- 1. Overview

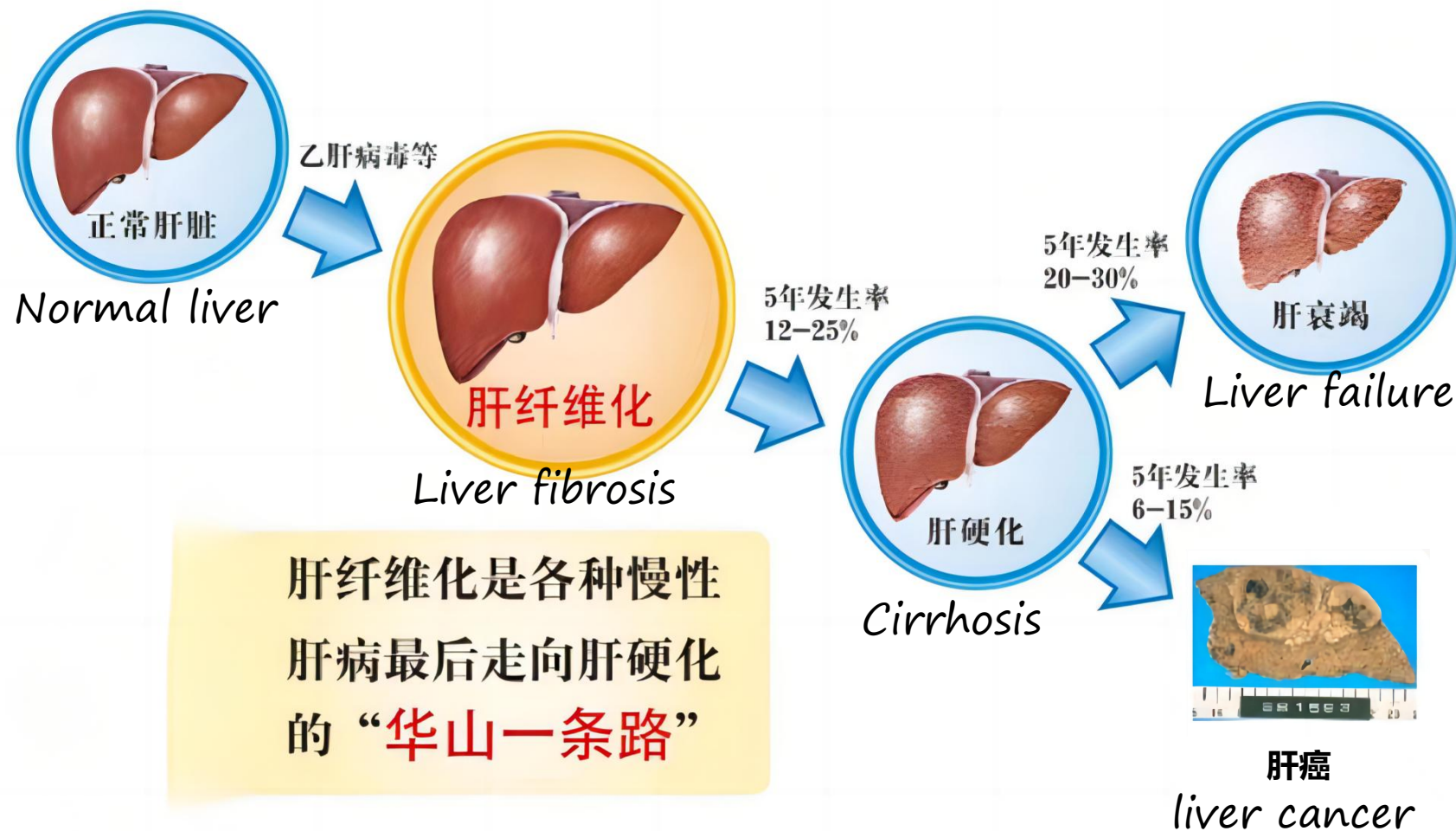
- *Cirrhosis is caused by a variety of causes of long-term damage to the liver, is a variety of chronic liver disease progresses to the chronic inflammation of the liver, diffuse fibrosis, pseudo-follicular formation, and intra- and extra-hepatic vascular proliferation, vascular distortion and deformation, obstruction of portal venous blood reflux, the formation of the portal-branching circulation and other characteristics of the pathological stage.*



一、概述

慢性肝病的自然病程

Natural history of chronic liver disease





二、病因

- 1、病毒性肝炎
- 2、慢性酒精性肝病
- 3、非酒精性脂肪肝
- 4、自身免疫性肝病：AIH、PBC、PSC
- 5、药物或毒物
- 6、肝血液循环障碍：慢性右心衰、布加综合症，肝小静脉闭塞
- 7、遗传代谢性疾病：Wilson病，血色病、糖原累积病、酪氨酸血症等
- 8、血吸虫病
- 9、隐源性：病因不祥、病理无特异性表现，常与感染、肉芽肿、营养不良有关

II. Etiology

1. Viral hepatitis
2. Chronic alcoholic liver disease
3. Non alcoholic fatty liver
4. Autoimmune liver disease: AIH、PBC、PSC
5. Drugs or poisons
6. Disorders of hepatic circulation: Chronic right heart failure, Bugga syndrome, hepatic small vein occlusion
7. Genetic metabolic diseases: Wilson's disease, hemochromatosis, glucagon-accumulating diseases, tyrosinemia
- 8, schistosomiasis,
- 9, cryptogenic: ominous etiology, pathology, no specific performance, often associated with infection, granuloma, malnutrition





二、病因（中医对肝硬化的认识）

II. Etiology (Chinese medicine's understanding of cirrhosis)

- 肝硬化可归属于“黄疸”、“胁痛”、“积聚”、“鼓胀”、“肝积”等
 - 致病因素：酒食不节、虫毒侵蚀、感受外邪、情志不畅等
 - 血瘀是主要的病理因素
 - 正气亏虚是发病的内在条件
- *Cirrhosis of the liver can be attributed to "jaundice", "dystocia", "accumulation", "bulging", "hepatic stagnation", etc.*
 - *Causative factors: uncontrolled drinking and eating, erosion of insect poisons, feeling of external evils, and emotional and emotional disorders, etc.*
 - *Blood stasis is the main pathological factor,*
 - *the deficiency of positive qi is the intrinsic condition for the development of the disease.*





三、发病机制

III. Pathogenesis

- 血瘀阻络:纤维结缔组织增生、血液循环障碍,
- 正气虚损:肝实质细胞损伤及功能(免疫)降低
- 湿热内蕴:慢性炎症及内毒素等

- *Blood stasis: fibrous connective tissue hyperplasia, impaired blood circulation,*
- *deficiency of vital energy: liver parenchymal cell damage and reduced function (immunity),*
- *internalized dampness-heat: chronic inflammation and endotoxin, etc.*





四、治疗

IV. Treatment



“谁能阻止或延缓肝纤维化的发生,谁就将治愈大多数慢性肝病!!”

"Anyone who can stop or delay liver fibrosis would be able to cure most chronic liver diseases"

———世界著名肝病权威美国肝病学会创始人汉斯波普尔
Hans Popper, Founder of the American Association of Liver Diseases

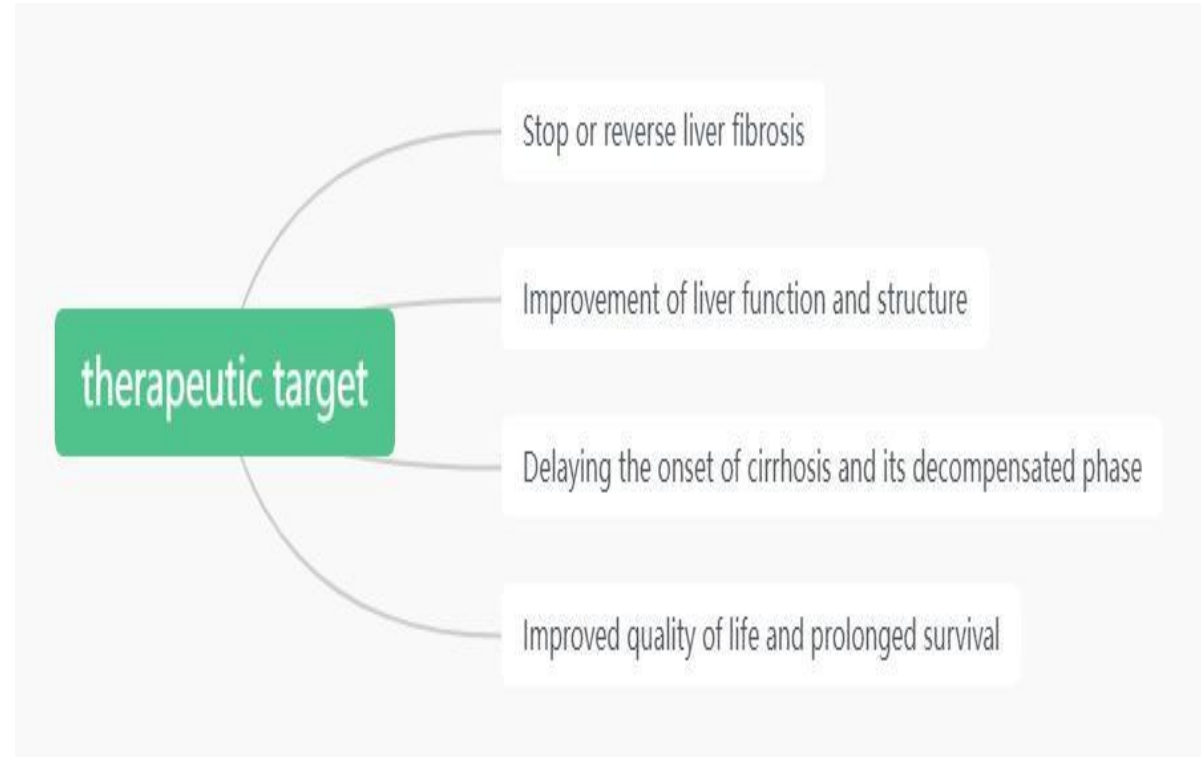
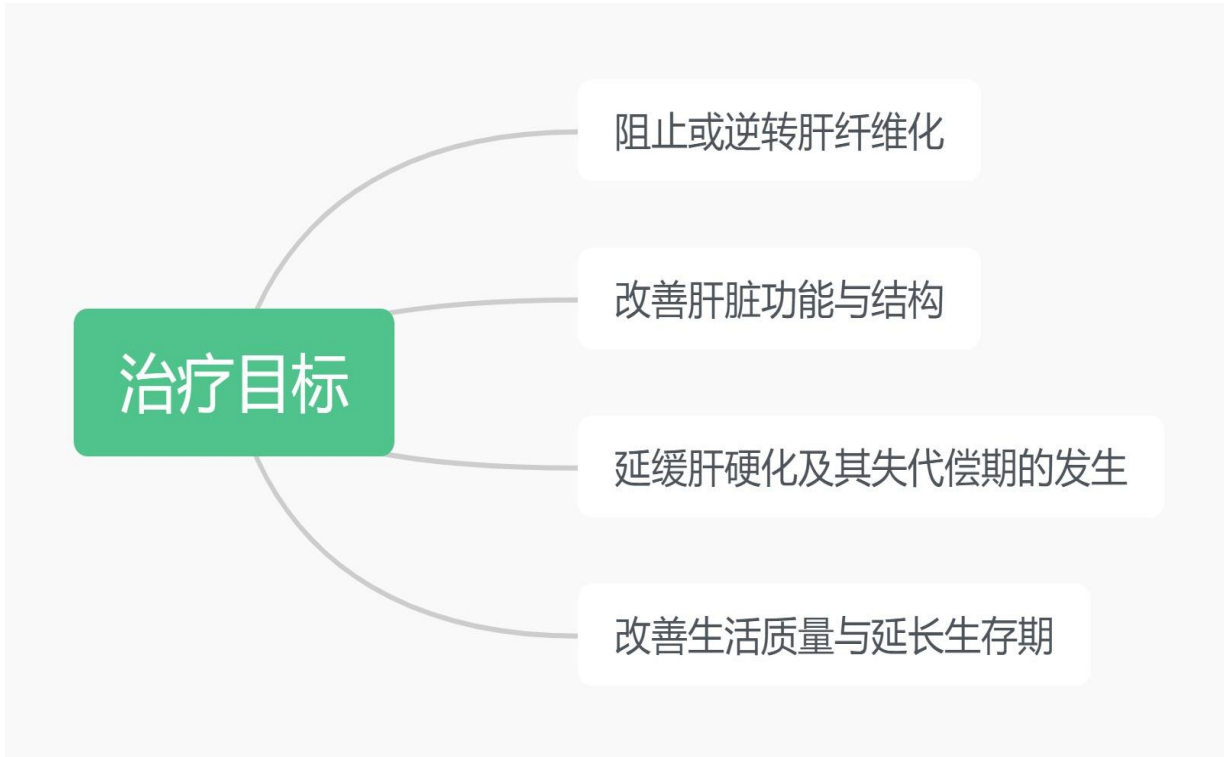




四、治疗 IV. Treatment

临床上尚无特异有效的抗肝纤维化治疗方法，主要通过治疗引起肝损伤的基础疾病来缓解肝损伤和炎症，并对肝纤维化进行防治。

There are no specific and effective anti-hepatic fibrosis treatments in the clinic, and the main focus is to alleviate liver injury and inflammation by treating the underlying disease that causes liver injury, and to combat liver fibrosis.



四、治疗

IV. Treatment

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肝纤维化治疗必须**双管齐下**

病因治疗

+ 抗纤维化治疗

肝纤维化治疗的
基础
间接抗纤作用



针对肝纤维化形成的
病理过程
直接抗纤作用





四、治疗

病因治疗

- 1、有效抑制和清除慢性肝炎病毒（HBV和HCV）、
- 2、药物根除血吸虫感染、
- 3、解除胆汁淤积或治疗相关的病因、
- 4、非酒精性脂肪性肝病患者控制体质量及改善相关的代谢紊乱、
- 5、酒精性肝病患者戒酒、
- 6、血色病患者进行放血治疗、
- 7、自身免疫性肝病患者应用激素和免疫抑制剂治疗等、

IV. Treatment

etiology

- 1、Effective suppression and removal of chronic hepatitis viruses (HBV and HCV),
- 2、Drug eradication of schistosome infection,
- 3、Discharge of cholestasis or treatment of related etiology,
- 4、Control of body mass in patients with nonalcoholic steatohepatopathy and improvement of related metabolic disorders,
- 5、Alcoholic hepatopathy patients abstaining from drinking alcohol,
- 6、Hemochromatosis patients undergoing hemorrhagic therapy,
- 7、Application of hormones and immunosuppressants to autoimmune hepatopathy patients treatment, etc.





四、治疗

IV. Treatment

病因治疗

- 单纯抗病毒治疗不能完全解决病毒性肝炎肝纤维化的问题。尽管有效的病因治疗可以减缓甚至逆转部分肝纤维化，但仅少部分患者肝硬化可逆转。
- 某些肝病目前缺乏病因治疗方法，故病因治疗并不能完全治疗肝纤维化，也未改善肝纤维化患者结局，需要有效的抗肝纤维化治疗。

- *etiology*
- *Antiviral therapy alone does not completely resolve viral hepatitis liver fibrosis. Although effective etiologic therapy can slow or even reverse some liver fibrosis, cirrhosis is reversible in only a small percentage of patients.*
- *There is a lack of etiologic treatments for certain liver diseases, so etiologic therapy does not completely treat liver fibrosis or improve outcomes for patients with liver fibrosis, and effective anti-hepatic fibrosis therapy is needed.*





四、治疗

- 中医药治疗：
- 从上世纪五十年代开始我国中医药专家学者经过长期探索在中医药抗肝纤维化肝硬化方面取得了可喜的进展和成果。

- IV. Treatment
- Chinese medicine treatment: Since the 1950s, Chinese medicine experts and scholars in China have made promising progress and achievements in Chinese medicine against liver fibrosis and cirrhosis after long-term exploration.





四、治疗

- 抗肝纤维化的单味中药研究（例如）：
 - 1、丹参:改善微循环障碍、提高免疫力、抑制肝纤维化。
 - 2、黄芪:不仅能抑制肝纤维化的形成，还能抑制肝纤维化时的免疫反应，起到抗肝纤维化作用。
 - 3、苦参素:是从苦豆子级苦参根中提取出来的有效成分，可以减轻或逆转肝纤维化。
- IV. Treatment
- Research on single herbs against liver fibrosis (e.g.):
 - 1. *Salvia miltiorrhiza*:improves microcirculation disorders, enhances immunity, and inhibits hepatic fibrosis.
 - 2. *Astragalus*:not only inhibits the formation of hepatic fibrosis, but also inhibits immune response during hepatic fibrosis, and acts as an antifibrotic against hepatic fibrosis.
 - 3. Bitter saxifragein:an active ingredient extracted from the root of the bitter ginseng of the Bitter Bean seed class, and it can attenuate or reverse hepatic fibrosis.





四、治疗

- **常用治法:**
- **1、活血化瘀法:**
 - 可以抑制结缔组织的异常增生，促进增生的结缔组织的吸收和分解。方剂：丹参、桃仁、当归、川芎等
- **2、清热利湿法:**
 - 具有抗炎、保护肝细胞和退黄阻断肝坏死的作用。
 - 方剂：茵陈蒿汤，黄芩、汉防己、苦参等。
- **3、扶正补益法:**
 - 可保护肝细胞、调控机体免疫功能，同时还可不同水平上影响结缔组织的代谢，与活血化瘀药同时运用可起到相得益彰的作用。方剂：黄芪、甘草、冬虫夏草、女贞子、白芍等益气养阴

IV. Treatment

Commonly used treatments

1. Activating blood circulation and removing blood stasis: It can inhibit the abnormal proliferation of connective tissue and promote the absorption and decomposition of proliferated connective tissue. Formulas: Danshen, peach kernel, angelica, chuanxiong, etc.

2. Clearing heat and removing dampness has the effect of anti-inflammation, protecting hepatocytes and retiring yellowness to block hepatic necrosis. Formulas: Rui Chen Artemisia Tang, Huang Ling, Han Fenghuang, Bitter Ginseng, etc.

3. Fuzheng and tonic method can protect hepatocytes and regulate the immune function of the body, and also affect the metabolism of connective tissues at different levels, which can be complemented by the simultaneous application of blood-activating and stasis-eliminating medicines. Formulas: Astragalus, licorice, cordyceps, chasteberry, white peony, etc. to benefit qi and nourish yin.



四、治疗 IV. Treatment

中医药是逆转肝纤维化/肝硬化的希望

1. 中医药抗纤维化优势:

多环节、多层次、多靶点

抑制纤维增生因子

抑制肝内ECM主要生成细胞HSC的活化与增

抑制肝KC旁分泌和HSC自分泌激活HSC的途径

抗炎保肝等

2. 高标准临床研究

国家“十二五、十三·五”传染病重大专项课题中医药辨证论

治阻断、逆转乙型肝炎相关肝纤维化的临床疗效评价研究:

“双抗”治疗5年,显著提升肝纤维化逆转率

“双抗”治疗7年,患者肝症发生率和肝脏相关死亡率显著降低

Chinese medicine is the hope for reversing liver fibrosis/cirrhosis

1. Advantages of Chinese medicine against fibrosis

Multi-link, multi-level, multi-targets

Inhibition of fibroproliferative factors

Inhibit the activation and proliferation of HSC, the main ECM-producing cell in the liver.

Inhibit hepatic KC paracrine and HSC autocrine pathway to activate HSC.

Anti-inflammatory and hepatoprotective

2. High standard clinical research

National "Twelfth Five-Year Plan and Thirteenth Five-Year Plan" Infectious Diseases Major Special Project of Traditional Chinese Medicine

Evaluation of clinical efficacy of the treatment of hepatitis B related liver fibrosis: "Double Antibiotic".

5 years of "double antibiotic" treatment significantly increased the rate of liver fibrosis reversal.

The incidence of liver disease and liver-related mortality were significantly reduced after 7 years of "double antibiotic" treatment.





四、治疗

- 长春单氏肝胆病医院依据我国温病学派创始人叶天士的卫气营血辩证大纲和吴鞠通的三焦辩证学说延伸发展独创：
 - **三焦治肝理论体系：**
 - 宣上：宣上焦、益心肺。
 - 开中：开中焦，调脾胃。
 - 导下：导下焦，通肝肾。



IV. Treatment

Changchun Shan's Liver and Bile Disease Hospital based on the founder of the school of Febrile disease Ye Tianshi's dialectical outline of Wei qi Ying blood and Wu Jutong's dialectical theory of three jiao extended original development

Academic theory of treating liver with three jiao:

Xuan Shang: Publicize upper jiao, benefit heart and lung.

Open the middle: open the middle jiao, regulate the spleen and stomach.

Guide down: Guide down Jiao, through the liver and kidney.





四、治疗

IV. Treatment



院内制剂：获得批号的20余种院内制剂进入医保报销目录，对各种证型的肝病均有相应的药物，辩证后还可联合应用，安全方便效果好。

Hospital preparations: to obtain batch number of more than 20 kinds of hospital preparations into the medical insurance reimbursement directory, for a variety of syndrome types of liver disease have the corresponding drugs, dialectical after the joint application, safe, convenient and effective.





四、治疗

- 长春单氏肝胆病医院经过五代人不懈的努力研制了丹七软胶囊和鳖甲软坚散结颗粒在治疗肝纤维化、肝硬化中取得了满意的疗效，深受患者好评。



IV. Treatment

- Changchun Shan's Hepatobiliary Disease Hospital has developed Danqi Soft Capsules and Compound Tetrapod Soft Firming and Dispersing Granules after five generations of unremitting efforts in the treatment of hepatic fibrosis and cirrhosis with satisfactory efficacy, which is highly praised by the patients.





四、治疗

IV. Treatment

成分:三七、熊胆粉、姜黄、龙胆、醋延胡索、牡丹皮、醋龟甲、醋鳖甲、赤芍、醋香附、羚羊角、水牛角、鸡内金、五灵脂

功能主治:活血化瘀，理气止痛。用于气滞血瘀所致的胁痛、肝积。症见腹胀满、鼻衄、齿衄、面色晦暗、乏力等。急慢性肝炎、肝硬化见上述症候者。

- **Ingredients:** Panax notoginseng, bear bile powder, turmeric, gentian, vinegar corydalis, peony bark, vinegar tortoise shell, vinegar turtle shell, red peony root, vinegar cyperus, antelope horn, buffalo horn, chicken gizzard lining, aconiti lobata
Functions and indications: promote blood circulation and remove blood stasis, regulate qi and relieve pain. Used for hypochondriac pain and liver accumulation caused by qi stagnation and blood stasis. Symptoms include abdominal distension, epistaxis, bleeding from the teeth, dark complexion, fatigue, etc. Acute and chronic hepatitis and cirrhosis with the above symptoms.





四、治疗

IV. Treatment

成分：鳖甲、当归、柴胡、牡蛎、丹参、鹿角霜、桂枝、白芍、川贝母、女贞子、桑螺蛳。

功能主治：活血化瘀,软坚散结。用于癥瘕积聚所致胁痛、腹胀满、下肢浮肿、纳呆、便秘或腹泻、皮肤干枯粗糙、面色灰暗黧黑等症。

- **Ingredients:** turtle shell, angelica, bupleurum, oyster, salvia, miltiorrhiza, antler frost, cinnamon twig, white peony root, fritillaria cirrhosa, glossy privet fruit, mulberry snail. **Functions:** promoting blood circulation and removing blood stasis, softening and dispersing lumps. It is used for symptoms such as flank pain, abdominal distension, lower limb edema, poor appetite, constipation or diarrhea, dry and rough skin, and dark complexion caused by accumulation of lumps.





小结

- 肝纤维化是发展至肝硬化的必经阶段，并与肝癌密切相关
- 对于肝硬化而言，导致肝功能衰竭通常是瘢痕形成而不是损伤，因此抗肝纤维化的治疗十分重要
- 彻底祛除原发病因后纤维化仍可进展，故病因治疗不能代替抗肝纤维化的治疗
- 肝纤维化发病机理的复杂性决定抗肝纤维化作用的多途径与综合性，单一靶点较难凑效，中药具有明显优势和潜力。

summarize

- Liver fibrosis is a necessary stage in the development of cirrhosis, and is closely related to liver cancer.
- For cirrhosis, the cause of liver failure is usually scar formation rather than injury, so anti-hepatic fibrosis treatment is very important
- To completely remove the primary cause of the fibrosis can still be progressed, therefore, the cause of the disease can not be a substitute for anti-hepatic fibrosis treatment.
- The complexity of the pathogenesis of liver fibrosis determines the multi-pathway and comprehensive nature of the anti-hepatic fibrosis effect, and it is difficult to achieve the effect of a single target.





谢 谢 聆 听

T h a n k s f o r l i s t e n i n g .

