红蓝光联合复方黄柏液涂剂治疗中重度寻常痤疮效果观察

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[摘要]目的：观察红蓝光联合复方黄柏液涂剂湿敷治疗中重度寻常痤疮效果。方法：采用随机数字表法将2020年5月-2021年8月笔者医院收治的80例中重度寻常痤疮患者分为观察组与对照组，各40例。两组患者均使用夫西地酸软膏+维A酸软膏进行常规治疗，在此基础上对照组患者给予红蓝光治疗，观察组患者给予红蓝光联合复方黄柏液涂剂湿敷治疗。治疗结束时，对比两组患者临床疗效、皮损积分（GAGS），皮疹好转时间及不良反应发生情况，皮肤生理指标（毛孔、面部红色区、紫质、棕色斑）、血清炎性因子[肿瘤坏死因子（TNF-α）、白细胞介素-6（IL-6）、白细胞介素-8（IL-8）、白细胞介素-1β（IL-1β）]及免疫功能（外周血CD14+单核细胞TLR2、IgA、IgG、IgM）变化情况。结果：观察组临床疗效总有效率明显高于对照组（P＜0.05）；观察组GAGS评分低于对照组，皮损好转时间短于对照组（P＜0.05）；观察组患者不良反应发生率低于对照组，但差异无统计学意义（P =0.210）；观察组皮肤生理指标、血清炎性因子水平均低于治疗前及对照组（P＜0.05）；外周血CD14+单核细胞TLR2蛋白均低于治疗前及对照组，免疫因子（IgA、IgG、IgM）水平均高于治疗前及对照组（P＜0.05）。结论：红蓝光联合复方黄柏液涂剂湿敷治疗中重度寻常痤疮患者效果显著，能有效改善患者皮肤生理状态，缩短皮疹好转时间，降低血清炎症因子水平，提高机体免疫力，且不增加不良反应。[关键词]寻常痤疮；红蓝光；复方黄柏液涂剂；湿敷；疗效[中图分类号]R758.73+3 [文献标志码]A [文章编号]1008-6455（2022）09-0063-04

Effect of Red-blue Light Combined with Compound Huangbai Liquid in the Treatment of Moderate-to-severe Acne Vulgaris

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Abstract: Objective To observe the effect of red-blue light combined with wet compress of compound Huangbai liquid on moderate-to-severe acne vulgaris. Methods 80 patients with moderate-to-severe acne vulgaris treated in the hospital between May 2020 to October 2021 were divided into observation group and control group by using the random number table method, with 40 cases in each group. Both groups of patients were treated with fusidic acid ointment + tretinoin ointment for conventional treatment, and on this basis, patients in the control group were treated with red-blue light and patients in the observation group were given red-blue light combined with wet compress of compound Huangbai liquid. Both groups of patients were treated for 2 courses with 4 weeks as a course of treatment. At the end of treatment, the clinical efficacy and skin lesion score (GAGS) were compared between the two groups of patients, and the rash improvement time and occurrence of adverse reactions in the two groups of patients were statistically analyzed, and the skin physiological indicators (pores, facial red area, sclererythrin, brown spots), serum infl ammatory factors [tumor necrosis factor (TNF-α), interleukin-6 (IL-6), interleukin-8 (IL-8), interleukin-1β (IL-1β)] and immune function [peripheral blood CD14+ monocyte TLR2, (IgA, IgG, IgM)] were observed in the two groups before treatment and after 2 courses of treatment. Results The total effective rate of clinical efficacy in the observation group was significantly higher than that in the control group (P＜0.05), The GAGS score in the observation group was lower than that in the control group, and the lesion improvement time was shorter than that in the control group (P＜0.05), and the incidence of adverse reactions in the observation group was lower than that in the control group, but the difference was not statistically significant (P=0.210). The skin physiological indexes and serum inflammatory factor levels in the observation group were lower than those in the pre-treatment and control groups (P＜0.05), the Peripheral blood CD14+ monocyte TLR2 protein was lower than that in the pre-treatment and control groups, and the levels of immune factors (IgA, IgG, IgM) were higher than those in the pre-treatment and control groups (P＜0.05). Conclusion Red-blue light combined with wet compress of compound Huangbai liquid has a significant effect in treating patients with moderate-to-severe acne vulgaris. It can effectively improve the skin physiology status, shorten the recovery time of skin rash, and it has a low recurrence rate and does not increase adverse reactions.Key words: acne vulgaris; red-blue light; compound huangbai liquid; wet compress; efficacy