

· 基础研究 ·

# 独活寄生颗粒治疗大鼠肩周炎的效果和作用机制研究

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**摘要** **目的:**探讨独活寄生颗粒治疗大鼠肩周炎的效果和作用机制。**方法:**从 50 只大鼠中随机选取 10 只作为正常对照组, 其余建立肩周炎模型。将建模成功的大鼠随机分为肩周炎模型组、独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组。独活寄生颗粒干预组每天按照  $3\text{ g} \cdot \text{kg}^{-1}$  独活寄生颗粒进行灌胃, 独活寄生颗粒联合脂多糖干预组每天按照  $3\text{ g} \cdot \text{kg}^{-1}$  独活寄生颗粒、 $3\text{ mg} \cdot \text{kg}^{-1}$  脂多糖进行灌胃, 均以生理盐水制成  $5\text{ mL}$  溶液; 正常对照组和肩周炎模型组以  $5\text{ mL}$  生理盐水灌胃; 每天灌胃 1 次, 持续 5 周。干预结束后第 1 天, 进行旷场实验, 并记录大鼠中央停留时间及活动总路程。旷场实验结束后大鼠禁食禁水 12 h, 处死, 切取肩关节组织样本, 采用酶联免疫吸附分析法检测肩关节组织中肿瘤坏死因子- $\alpha$  (tumor necrosis factor- $\alpha$ , TNF- $\alpha$ )、白细胞介素 (interleukin, IL)- $1\beta$ 、前列腺素 E2 (prostaglandin E2, PGE2) 及 5-羟色胺 (5-hydroxytryptamine, 5-HT) 含量, 采用免疫印迹法检测肩关节组织中 Toll 样受体 (Toll-like receptor, TLR)4、TLR2、髓样分化因子 88 (myeloid differentiation factor 88, MyD88) 蛋白表达量。**结果:**①模型建立及分组结果。成功建立肩周炎模型大鼠 32 只, 肩周炎模型组 10 只、独活寄生颗粒干预组 11 只、独活寄生颗粒联合脂多糖干预组 11 只。②大鼠运动能力评价结果。4 组大鼠中央停留时间、活动总路程比较, 组间差异均有统计学意义 [ $(5.18 \pm 0.52)\text{ s}$ ,  $(40.37 \pm 4.14)\text{ s}$ ,  $(24.81 \pm 2.63)\text{ s}$ ,  $(33.19 \pm 3.51)\text{ s}$ ,  $F = 253.430$ ,  $P = 0.000$ ;  $(1\ 587.43 \pm 160.12)\text{ cm}$ ,  $(1\ 008.65 \pm 104.17)\text{ cm}$ ,  $(1\ 321.71 \pm 135.87)\text{ cm}$ ,  $(1\ 156.08 \pm 120.54)\text{ cm}$ ,  $F = 35.836$ ,  $P = 0.000$ ]。肩周炎模型组、独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠的中央停留时间均长于正常对照组 ( $\text{LSD}-t = 26.670$ ,  $P = 0.000$ ;  $\text{LSD}-t = 23.143$ ,  $P = 0.000$ ;  $\text{LSD}-t = 24.930$ ,  $P = 0.000$ ), 活动总路程均短于正常对照组 ( $\text{LSD}-t = 9.581$ ,  $P = 0.000$ ;  $\text{LSD}-t = 4.113$ ,  $P = 0.001$ ;  $\text{LSD}-t = 7.017$ ,  $P = 0.000$ ); 独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠的中央停留时间均短于肩周炎模型组 ( $\text{LSD}-t = 10.385$ ,  $P = 0.000$ ;  $\text{LSD}-t = 4.300$ ,  $P = 0.000$ ), 活动总路程均长于肩周炎模型组 ( $\text{LSD}-t = 5.878$ ,  $P = 0.000$ ;  $\text{LSD}-t = 2.984$ ,  $P = 0.008$ ); 独活寄生颗粒联合脂多糖干预组大鼠中央停留时间长于独活寄生颗粒干预组 ( $\text{LSD}-t = 6.337$ ,  $P = 0.000$ ), 活动总路程短于独活寄生颗粒干预组 ( $\text{LSD}-t = 3.024$ ,  $P = 0.000$ )。③病理学观察结果。HE 染色结果显示, 正常对照组大鼠肩关节肌细胞、肌纤维排列整齐, 肌组织结构完整, 未见增生的毛细血管及炎性细胞; 肩周炎模型组大鼠肩关节肌细胞、肌纤维排列混乱, 肌组织结构不完整, 可见大量增生的毛细血管及炎性细胞; 独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节肌细胞、肌纤维排列及肌组织结构较肩周炎模型组有所改善, 增生的毛细血管及炎性细胞较肩周炎模型组少, 且独活寄生颗粒干预组大鼠肩关节肌细胞、肌纤维排列及肌组织结构改善程度大于独活寄生颗粒联合脂多糖干预组, 增生的毛细血管及炎性细胞少于独活寄生颗粒联合脂多糖干预组。④炎症相关指标检测结果。4 组大鼠肩关节组织中 TNF- $\alpha$ 、IL- $1\beta$ 、PGE2 含量比较, 组间差异均有统计学意义 [ $(5.18 \pm 0.62)\text{ pg} \cdot \text{mL}^{-1}$ ,  $(11.23 \pm 1.34)\text{ pg} \cdot \text{mL}^{-1}$ ,  $(7.81 \pm 0.91)\text{ pg} \cdot \text{mL}^{-1}$ ,  $(9.03 \pm 1.03)\text{ pg} \cdot \text{mL}^{-1}$ ,  $F = 63.048$ ,  $P = 0.000$ ;  $(102.23 \pm 11.02)\text{ pg} \cdot \text{mL}^{-1}$ ,  $(153.14 \pm 15.71)\text{ pg} \cdot \text{mL}^{-1}$ ,  $(119.59 \pm 12.02)\text{ pg} \cdot \text{mL}^{-1}$ ,  $(135.76 \pm 13.61)\text{ pg} \cdot \text{mL}^{-1}$ ,  $F = 27.584$ ,  $P = 0.000$ ;  $(185.43 \pm 19.01)\text{ pg} \cdot \text{mL}^{-1}$ ,  $(379.15 \pm 39.26)\text{ pg} \cdot \text{mL}^{-1}$ ,  $(276.71 \pm 28.04)\text{ pg} \cdot \text{mL}^{-1}$ ,  $(310.43 \pm 31.21)\text{ pg} \cdot \text{mL}^{-1}$ ,  $F = 71.207$ ,  $P = 0.000$ ]。肩周炎模型组、独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TNF- $\alpha$ 、IL- $1\beta$ 、PGE2 含量均高于正常对照组 (TNF- $\alpha$ :  $\text{LSD}-t = 12.958$ ,  $P = 0.000$ ;  $\text{LSD}-t = 8.145$ ,  $P = 0.000$ ;  $\text{LSD}-t = 10.245$ ,  $P = 0.000$ ; IL- $1\beta$ :  $\text{LSD}-t = 8.389$ ,  $P = 0.000$ ;  $\text{LSD}-t = 5.126$ ,  $P = 0.000$ ;  $\text{LSD}-t = 9.652$ ,  $P = 0.000$ ; PGE2:  $\text{LSD}-t = 14.044$ ,  $P = 0.000$ ;  $\text{LSD}-t = 12.365$ ,  $P = 0.000$ ;  $\text{LSD}-t = 8.335$ ,  $P = 0.000$ ); 独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TNF- $\alpha$ 、IL- $1\beta$ 、PGE2 含量均低于肩周炎模型组 (TNF- $\alpha$ :  $\text{LSD}-t = 6.901$ ,  $P = 0.000$ ;  $\text{LSD}-t = 5.746$ ,  $P = 0.000$ ; IL- $1\beta$ :  $\text{LSD}-t = 5.528$ ,  $P = 0.000$ ;  $\text{LSD}-t = 16.352$ ,  $P = 0.000$ ; PGE2:  $\text{LSD}-t = 6.932$ ,  $P = 0.000$ ;  $\text{LSD}-t = 12.687$ ,  $P = 0.000$ ); 独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TNF- $\alpha$ 、IL- $1\beta$ 、PGE2 含量均高于独活寄生颗粒干预组 ( $\text{LSD}-t = 2.944$ ,  $P = 0.008$ ;  $\text{LSD}-t = 2.954$ ,  $P = 0.008$ ;  $\text{LSD}-t = 2.666$ ,  $P = 0.015$ )。⑤疼痛相关指标检测结果。4 组大鼠肩关节组织中 5-HT 含量比较, 差异有统计学意义 [ $(152.14 \pm 24.73)\text{ ng} \cdot \text{mL}^{-1}$ ,  $(219.58 \pm 29.20)\text{ ng} \cdot \text{mL}^{-1}$ ,  $(180.33 \pm 21.37)\text{ ng} \cdot \text{mL}^{-1}$ ,  $(201.44 \pm 25.49)\text{ ng} \cdot \text{mL}^{-1}$ ,  $F = 13.301$ ,  $P = 0.000$ ]。肩周炎模型组、独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠

肩关节组织中 5-HT 含量均高于正常对照组 ( $LSD - t = 6.813, P = 0.000; LSD - t = 2.802, P = 0.011; LSD - t = 4.489, P = 0.000$ ); 独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 5-HT 含量均低于肩周炎模型组 ( $LSD - t = 4.892, P = 0.000; LSD - t = 2.777, P = 0.012$ ); 独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 5-HT 含量高于独活寄生颗粒干预组 ( $LSD - t = 2.105, P = 0.048$ )。⑥炎症信号通路相关蛋白检测结果。4 组大鼠肩关节组织中 TLR4、TLR2、MyD88 蛋白表达量比较,组间差异均有统计学意义 ( $0.18 \pm 0.02, 0.89 \pm 0.07, 0.28 \pm 0.03, 0.47 \pm 0.04, F = 520.473, P = 0.000; 0.22 \pm 0.02, 0.91 \pm 0.09, 0.30 \pm 0.03, 0.63 \pm 0.05, F = 353.545, P = 0.000; 0.13 \pm 0.01, 1.15 \pm 0.12, 0.37 \pm 0.04, 0.84 \pm 0.08, F = 386.907, P = 0.000$ )。肩周炎模型组、独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TLR4、TLR2、MyD88 蛋白表达量均高于正常对照组 (TLR4:  $LSD - t = 30.840, P = 0.000; LSD - t = 23.541, P = 0.000; LSD - t = 21.147, P = 0.000$ ; TLR2:  $LSD - t = 23.667, P = 0.000; LSD - t = 26.985, P = 0.000; LSD - t = 29.654, P = 0.000$ ; MyD88:  $LSD - t = 26.787, P = 0.000; LSD - t = 30.142, P = 0.000; LSD - t = 25.333, P = 0.000$ ); 独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TLR4、TLR2、MyD88 蛋白表达量低于肩周炎模型组 (TLR4:  $LSD - t = 26.409, P = 0.000; LSD - t = 20.145, P = 0.000; TLR2: LSD - t = 21.264, P = 0.000; LSD - t = 19.874, P = 0.000; MyD88: LSD - t = 20.393, P = 0.000; LSD - t = 22.987, P = 0.000$ ); 独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TLR4、TLR2、MyD88 蛋白表达量均高于独活寄生颗粒干预组 ( $LSD - t = 12.603, P = 0.000; LSD - t = 18.770, P = 0.000; LSD - t = 17.428, P = 0.000$ )。结论:采用独活寄生颗粒治疗大鼠肩周炎,能够缓解疼痛、抑制炎症反应,其作用机制可能与抑制 TLR/MyD88 信号通路相关蛋白的表达有关。

**关键词** 关节周围炎;独活寄生颗粒;信号传导;类 Toll 受体;髓样分化因子 88;大鼠;动物实验

## Efficacy and mechanism of Duhuo Jisheng(独活寄生) granules against scapulohumeral periarthritis in rats: an experimental study

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**ABSTRACT Objective:** To explore the efficacy of Duhuo Jisheng(独活寄生, DHJS) granules against scapulohumeral periarthritis (SPA) in rats and its mechanism of action. **Methods:** Among the 50 rats, 10 rats were randomly selected and served as normal control group, and the remained 40 rats were used for inducing SPA. The successfully modeled rats were then randomly assigned to SPA model group, DHJS granules intervention group and DHJS granules combined with lipopolysaccharide (LPS) intervention group. The rats in DHJS granules intervention group were intragastric administrated with DHJS granules in daily dosage of 3 g/kg (DHJS granules were dissolved into 5 mL normal saline (NS)), the ones in DHJS granules combined with LPS intervention group with DHJS granules and LPS in daily dosages of 3 g/kg and 3 mg/kg respectively (DHJS granules and LPS were dissolved into 5 mL NS), and the ones in normal control group and SPA model group with 5 mL NS. All rats in each group were intragastric administration once a day for consecutive 5 weeks. On day 1 after the end of intervention, the open field test was conducted, and the time spent in the central square and total moving distance of the rats were recorded. After the end of open field test, the rats were deprived of food and water for 12 hours, then they were sacrificed and their shoulder tissues were harvested for detecting the levels of tumor necrosis factor -  $\alpha$  (TNF -  $\alpha$ ), interleukin (IL) -  $1\beta$ , prostaglandin E<sub>2</sub> (PGE<sub>2</sub>) and 5-hydroxytryptamine (5-HT) by using enzyme linked immunosorbent assay (ELISA) and the protein expression levels of Toll-like receptor (TLR)4, TLR2 and myeloid differentiation factor 88 (MyD88) by using Western blotting. **Results:** ①Thirty-two SPA rat models were successfully established, 10 ones in SPA model group, 11 ones in DHJS granules intervention group and DHJS granules combined with LPS intervention group respectively. ②There was statistical difference in the time spent in the central square and total moving distance among the 4 groups ( $5.18 \pm 0.52, 40.37 \pm 4.14, 24.81 \pm 2.63, 33.19 \pm 3.51$  seconds,  $F = 253.430, P = 0.000; 1587.43 \pm 160.12, 1008.65 \pm 104.17, 1321.71 \pm 135.87, 1156.08 \pm 120.54$  cm,  $F = 35.836, P = 0.000$ ). The time spent in the central square was longer in SPA model group, DHJS granules intervention group and DHJS granules combined with LPS intervention group in contrast to normal control group ( $LSD - t = 26.670, P = 0.000; LSD - t = 23.143, P = 0.000; LSD - t = 24.930, P = 0.000$ ), and was longer in SPA model group compared to DHJS granules intervention group and DHJS granules combined with LPS intervention group ( $LSD - t = 10.385, P = 0.000; LSD - t = 4.300, P = 0.000$ ), and was longer in DHJS granules combined with LPS intervention group compared to DHJS granules intervention group ( $LSD - t = 6.337, P = 0.000$ ). The total moving distance was shorter in SPA model group, DHJS granules intervention group and DHJS granules combined with LPS intervention group in contrast to normal control group ( $LSD - t = 9.581, P = 0.000; LSD - t = 4.113, P =$

0.001;  $LSD - t = 7.017, P = 0.000$ ), and was shorter in SPA model group compared to DHJS granules intervention group and DHJS granules combined with LPS intervention group ( $LSD - t = 5.878, P = 0.000$ ;  $LSD - t = 2.984, P = 0.008$ ), and was shorter in DHJS granules combined with LPS intervention group compared to DHJS granules intervention group ( $LSD - t = 3.024, P = 0.000$ ). ③The HE staining results showed that (1) the regularly arranged muscle cells and muscle fibers as well as the intact muscle tissue structure were observed, while the proliferative capillaries and inflammatory cells were unobserved in rat shoulder tissues of normal control group; (2) the disordered and irregularly arranged muscle cells and muscle fibers as well as the incomplete muscle tissue structure with numerous proliferative capillaries and inflammatory cells were observed in rat shoulder tissues of SPA model group; (3) the arrangement of muscle cells and muscle fibers as well as the structure of muscle tissues were improved, and the proliferative capillaries and inflammatory cells decreased in DHJS granules intervention group and DHJS granules combined with LPS intervention group compared with that of SPA model group; furthermore, the improvement degree was greater, and the proliferative capillaries and inflammatory cells were less in DHJS granules intervention group compared to DHJS granules combined with LPS intervention group. ④There was statistical difference in the levels of  $TNF - \alpha$ ,  $IL - 1\beta$  and PGE2 in rat shoulder tissues among the 4 groups ( $5.18 \pm 0.62, 11.23 \pm 1.34, 7.81 \pm 0.91, 9.03 \pm 1.03$  pg/mL,  $F = 63.048, P = 0.000$ ;  $102.23 \pm 11.02, 153.14 \pm 15.71, 119.59 \pm 12.02, 135.76 \pm 13.61$  pg/mL,  $F = 27.584, P = 0.000$ ;  $185.43 \pm 19.01, 379.15 \pm 39.26, 276.71 \pm 28.04, 310.43 \pm 31.21$  pg/mL,  $F = 71.207, P = 0.000$ ). The levels of  $TNF - \alpha$ ,  $IL - 1\beta$  and PGE2 in rat shoulder tissues were higher in SPA model group, DHJS granules intervention group and DHJS granules combined with LPS intervention group in contrast to normal control group ( $TNF - \alpha$ :  $LSD - t = 12.958, P = 0.000$ ;  $LSD - t = 8.145, P = 0.000$ ;  $LSD - t = 10.245, P = 0.000$ ;  $IL - 1\beta$ :  $LSD - t = 8.389, P = 0.000$ ;  $LSD - t = 5.126, P = 0.000$ ;  $LSD - t = 9.652, P = 0.000$ ; PGE2:  $LSD - t = 14.044, P = 0.000$ ;  $LSD - t = 12.365, P = 0.000$ ;  $LSD - t = 8.335, P = 0.000$ ), and were higher in SPA model group compared to DHJS granules intervention group and DHJS granules combined with LPS intervention group ( $TNF - \alpha$ :  $LSD - t = 6.901, P = 0.000$ ;  $LSD - t = 5.746, P = 0.000$ ;  $IL - 1\beta$ :  $LSD - t = 5.528, P = 0.000$ ;  $LSD - t = 16.352, P = 0.000$ ; PGE2:  $LSD - t = 6.932, P = 0.000$ ;  $LSD - t = 12.687, P = 0.000$ ), and were higher in DHJS granules combined with LPS intervention group compared to DHJS granules intervention group ( $LSD - t = 2.944, P = 0.008$ ;  $LSD - t = 2.954, P = 0.008$ ;  $LSD - t = 2.666, P = 0.015$ ). ⑤There was statistical difference in the level of 5-HT in rat shoulder tissues among the 4 groups ( $152.14 \pm 24.73, 219.58 \pm 29.20, 180.33 \pm 21.37, 201.44 \pm 25.49$  ng/mL,  $F = 13.301, P = 0.000$ ). The level of 5-HT in rat shoulder tissues was higher in SPA model group, DHJS granules intervention group and DHJS granules combined with LPS intervention group in contrast to normal control group ( $LSD - t = 6.813, P = 0.000$ ;  $LSD - t = 2.802, P = 0.011$ ;  $LSD - t = 4.489, P = 0.000$ ), and was higher in SPA model group compared to DHJS granules intervention group and DHJS granules combined with LPS intervention group ( $LSD - t = 4.892, P = 0.000$ ;  $LSD - t = 2.777, P = 0.012$ ), and was higher in DHJS granules combined with LPS intervention group compared to DHJS granules intervention group ( $LSD - t = 2.105, P = 0.048$ ). ⑥There was statistical difference in the protein expression levels of TLR4, TLR2 and MyD88 in rat shoulder tissues among the 4 groups ( $0.18 \pm 0.02, 0.89 \pm 0.07, 0.28 \pm 0.03, 0.47 \pm 0.04$ ,  $F = 520.473, P = 0.000$ ;  $0.22 \pm 0.02, 0.91 \pm 0.09, 0.30 \pm 0.03, 0.63 \pm 0.05$ ,  $F = 353.545, P = 0.000$ ;  $0.13 \pm 0.01, 1.15 \pm 0.12, 0.37 \pm 0.04, 0.84 \pm 0.08$ ,  $F = 386.907, P = 0.000$ ). The protein expression levels of TLR4, TLR2 and MyD88 in rat shoulder tissues were higher in SPA model group, DHJS granules intervention group and DHJS granules combined with LPS intervention group in contrast to normal control group ( $TLR4$ :  $LSD - t = 30.840, P = 0.000$ ;  $LSD - t = 23.541, P = 0.000$ ;  $LSD - t = 21.147, P = 0.000$ ;  $TLR2$ :  $LSD - t = 23.667, P = 0.000$ ;  $LSD - t = 26.985, P = 0.000$ ;  $LSD - t = 29.654, P = 0.000$ ;  $MyD88$ :  $LSD - t = 26.787, P = 0.000$ ;  $LSD - t = 30.142, P = 0.000$ ;  $LSD - t = 25.333, P = 0.000$ ), and were higher in SPA model group compared to DHJS granules intervention group and DHJS granules combined with LPS intervention group ( $TLR4$ :  $LSD - t = 26.409, P = 0.000$ ;  $LSD - t = 20.145, P = 0.000$ ;  $TLR2$ :  $LSD - t = 21.264, P = 0.000$ ;  $LSD - t = 19.874, P = 0.000$ ;  $MyD88$ :  $LSD - t = 20.393, P = 0.000$ ;  $LSD - t = 22.987, P = 0.000$ ), and were higher in DHJS granules combined with LPS intervention group compared to DHJS granules intervention group ( $LSD - t = 12.603, P = 0.000$ ;  $LSD - t = 18.770, P = 0.000$ ;  $LSD - t = 17.428, P = 0.000$ ). **Conclusion:** DHJS granules can relieve pain and inhibit inflammatory reaction in rats with SPA, and its mechanism of action may be that it can inhibit the expression of TLR/MyD88 signaling pathway-related proteins.

**Keywords** peri-arthritis; Duhuo Jisheng granules; signal transduction; toll-like receptors; myeloid differentiation factor 88; rats; animal experimentation

肩周炎是临床常见的关节疾病,多发生于 50 岁以上中老年人,患者多有长期劳作史或肩部外伤

史<sup>[1]</sup>。肩周炎的主要临床表现为肩关节持续疼痛和功能受限,严重影响患者的生活和工作<sup>[2]</sup>。临床上治

疗肩周炎的常用方法有药物口服、药物局部注射及关节镜下松解术,这些方法在一定程度上能够缓解临床症状,但分别存在不良反应较多、疗效持续时间短及具有创伤性等不足<sup>[3]</sup>。肩周炎属于中医学“痹证”范畴,主要病机为气滞血瘀。中医临床采用祛风散寒、温经通络的治法治疗肩周炎,取得了良好的临床疗效<sup>[4-7]</sup>。独活具有祛风除湿、散寒止痛之功,独活寄生颗粒以独活为主要成分,具有养血舒筋、祛风除湿的功效,常用于风寒湿痹所致腰膝冷痛、屈伸不利<sup>[8-9]</sup>。为了探讨独活寄生颗粒治疗肩周炎的效果和作用机制,我们建立了大鼠肩周炎模型,并进行了相关动物实验,现总结报告如下。

## 1 材料与仪器

**1.1 实验动物** 无特定病原 Sprague - Dawley 大鼠 50 只,雄性,8 月龄,体质量( $400 \pm 20$ )g,购自上海灵畅生物科技有限公司[生产许可 SCXK(沪)2018 - 0003]。

**1.2 实验试剂** 独活寄生颗粒(海南海力制药有限公司,国药准字 Z20050053),放射免疫沉淀法(radio-immunoprecipitation assay, RIPA)裂解液(上海雅酶生物医药科技有限公司),脂多糖(上海源叶生物科技有限公司),肿瘤坏死因子 -  $\alpha$  (tumor necrosis factor -  $\alpha$ , TNF -  $\alpha$ )、白细胞介素(interleukin, IL) - 1 $\beta$ 、前列腺素 E2 (prostaglandin E2, PGE2)、5 - 羟色胺(5 - hydroxytryptamine, 5 - HT)酶联免疫吸附分析(enzyme linked immunosorbent assay, ELISA)试剂盒(上海酶联生物科技有限公司),二喹啉甲酸(bicinchoninic acid, BCA)蛋白定量试剂盒(美国 Thermo Fisher Scientific 公司),兔抗大鼠 Toll 样受体(Toll - like receptor, TLR)4、TLR2、髓样分化因子 88(myeloid differentiation factor 88, MyD88)、甘油醛 - 3 - 磷酸脱氢酶(glyceraldehyde - 3 - phosphate dehydrogenase, GAPDH)一抗及山羊抗兔免疫球蛋白(immunoglobulin, Ig)G 二抗(美国 Abcam 公司)。

**1.3 实验仪器** Varioskan LUX 多功能酶标仪(美国 Thermo Fisher Scientific 公司),DSX 100 光学显微镜(日本 Olympus 株式会社),DYCZ - 26C 电泳仪(北京六一生物科技有限公司)。

## 2 方法

**2.1 模型建立方法** 从 50 只大鼠中随机选取 10 只作为正常对照组,其余建立肩周炎模型<sup>[10]</sup>:将大鼠仰

卧位固定于台面上,右肩用眼科剪剪去毛发(面积  $3 \text{ cm} \times 3 \text{ cm}$ )。将右前肢远端以绷带固定于电动震荡器,以  $50 \text{ 次} \cdot \text{min}^{-1}$  频率、1.5 cm 振幅摇动,每天摇动 5 h,持续摇动 3 d。摇动过程中观察并及时调整震荡器角度,避免大鼠受伤。摇动结束后第 1 天,大鼠再次固定于台面上,将内装冰块的塑料袋外敷于大鼠右肩,每天冰敷 5 h,持续冰敷 3 d。冰敷过程中注意及时补充冰块。冰敷结束后,大鼠右侧肩关节活动受限,关节周围软组织可见轻度红肿、充血、部分瘀斑,表明肩周炎模型建立成功。

**2.2 分组干预方法** 将建模成功的大鼠随机分为肩周炎模型组、独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组,独活寄生颗粒干预组每天按照  $3 \text{ g} \cdot \text{kg}^{-1}$  独活寄生颗粒进行灌胃,独活寄生颗粒联合脂多糖干预组每天按照  $3 \text{ g} \cdot \text{kg}^{-1}$  独活寄生颗粒、 $3 \text{ mg} \cdot \text{kg}^{-1}$  脂多糖进行灌胃,均以生理盐水制成 5 mL 溶液;正常对照组和肩周炎模型组以 5 mL 生理盐水灌胃;每天灌胃 1 次,持续 5 周。

**2.3 大鼠运动能力评价方法** 干预结束后第 1 天,进行旷场实验:将大鼠置于上方安装全方位摄像头、体积  $80 \text{ cm} \times 120 \text{ cm} \times 100 \text{ cm}$  的黑箱中央,记录大鼠 3 min 内的活动影像,计算并记录大鼠中央停留时间及活动总路程。注意将大鼠提前带入实验房间以适应环境,实验期间保持房间安静;每只大鼠实验结束后擦拭、消毒黑箱底面与内壁,避免气味残留对后续实验造成影响。

**2.4 病理学检查方法** 旷场实验结束后大鼠禁食禁水,12 h 后于大鼠腹腔注射戊巴比妥钠深度麻醉,采用颈椎脱位法处死大鼠,于肩关节切取面积  $3 \text{ cm} \times 3 \text{ cm}$  的组织样本,并将其分成 4 份,1 份用于组织病理学观察,3 份于液氮中保存备用。取 1 份肩关节组织标本以 4% 多聚甲醛固定 24 h,梯度酒精脱水、透明、浸蜡、包埋,切为厚度  $5 \mu\text{m}$  的切片。用二甲苯脱蜡,无水乙醇冲洗后自来水冲洗 30 s;苏木精染色液染色 5 min,自来水冲洗;加入盐酸酒精分化液分化,自来水冲洗后反蓝;伊红染色液染色 2 min,梯度乙醇脱水、透明;滴入中性树胶封片,采用光学显微镜观察组织病理变化。

**2.5 炎症相关指标检测方法** 取保存于液氮中的肩关节组织,充分剪碎后加入 PBS,放入匀浆器中裂解组织和细胞。将匀浆倒入离心管中,于  $4 \text{ }^{\circ}\text{C}$  下以

10 000  $r \cdot \min^{-1}$  的转速(离心半径 8 cm)离心 15 min, 取上清液。按照 ELISA 试剂盒说明书,采用 ELISA 法检测肩关节组织中 TNF- $\alpha$ 、IL-1 $\beta$ 、PGE2 含量,酶标仪测定波长 570 nm。采用标准曲线法计算样品中 TNF- $\alpha$ 、IL-1 $\beta$ 、PGE2 浓度。

**2.6 疼痛相关指标检测方法** 参照 2.5 中方法制备肩关节组织样品,按照 ELISA 试剂盒说明书,采用 ELISA 法检测肩关节组织中 5-HT 含量,酶标仪测定波长 570 nm。采用标准曲线法计算样品中 5-HT 浓度。

**2.7 炎症信号通路相关蛋白检测方法** 取保存于液氮中的肩关节组织,充分剪碎后加入 PBS,制成匀浆后加入 RIPA 裂解液,转移至离心管,以 8000  $r \cdot \min^{-1}$  的转速(离心半径 10 cm)离心 20 min,取上清。采用 BCA 法测定蛋白浓度,调整样品蛋白浓度使蛋白上样量一致,采用十二烷基硫酸钠-聚丙烯酰胺凝胶进行电泳。电泳结束后,将凝胶上的蛋白湿转至硝酸纤维素膜,5% 脱脂牛奶封闭 2 h,加入兔抗大鼠 TLR4、TLR2、MyD88 一抗(1:500),于 4  $^{\circ}\text{C}$  摇床孵育 2 h, TBST 洗膜,加入山羊抗兔 IgG 二抗(1:2000),常温孵育 2 h, TBST 洗膜,加入发光液显色,采用凝胶成像系统进行拍照和分析。目标蛋白相对表达量 = 目标蛋白灰度值/GAPDH 灰度值。

**2.8 数据统计方法** 采用 SPSS22.0 统计软件对所得数据进行统计学分析。4 组大鼠中央停留时间、活动总路程及肩关节组织中 TNF- $\alpha$  含量、IL-1 $\beta$  含量、PGE2 含量、5-HT 含量、TLR4 蛋白表达量、TLR2 蛋白表达量、MyD88 蛋白表达量的组间总体比较均采用单因素方差分析,组间两两比较均采用 LSD- $t$  检验;检验水准  $\alpha = 0.05$ 。

### 3 结果

**3.1 模型建立及分组结果** 建立肩周炎模型成功 32 只,肩周炎模型组 10 只、独活寄生颗粒干预组 11 只、独活寄生颗粒联合脂多糖干预组 11 只。

**3.2 大鼠运动能力评价结果** 4 组大鼠中央停留时间、活动总路程比较,组间差异均有统计学意义。肩周炎模型组、独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠的中央停留时间均长于正常对照组(LSD- $t = 26.670, P = 0.000$ ; LSD- $t = 23.143, P = 0.000$ ; LSD- $t = 24.930, P = 0.000$ ),活动总路程均短于正常对照组(LSD- $t = 9.581, P = 0.000$ ; LSD- $t = 4.113, P = 0.001$ ; LSD- $t = 7.017, P = 0.000$ );独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠的中央停留时间均短于肩周炎模型组(LSD- $t = 10.385, P = 0.000$ ; LSD- $t = 4.300, P = 0.000$ ),活动总路程均长于肩周炎模型组(LSD- $t = 5.878, P = 0.000$ ; LSD- $t = 2.984, P = 0.008$ );独活寄生颗粒联合脂多糖干预组大鼠中央停留时间长于独活寄生颗粒干预组(LSD- $t = 6.337, P = 0.000$ ),活动总路程短于独活寄生颗粒干预组(LSD- $t = 3.024, P = 0.000$ )。见表 1。

**3.3 病理学检查结果** HE 染色结果显示,正常对照组大鼠肩关节肌细胞、肌纤维排列整齐,肌组织结构完整,未见增生的毛细血管及炎性细胞;肩周炎模型组大鼠肩关节肌细胞、肌纤维排列混乱,肌组织结构不完整,可见大量增生的毛细血管及炎性细胞;独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节肌细胞、肌纤维排列及肌组织结构较肩周炎模型组有所改善,增生的毛细血管及炎性细胞较肩周炎模型组少,且独活寄生颗粒干预组大鼠肩关节肌细胞、肌纤维排列及肌组织结构改善程度大于独活寄生颗粒联合脂多糖干预组,增生的毛细血管及炎性细胞少于独活寄生颗粒联合脂多糖干预组。见图 1。

**3.4 炎症相关指标检测结果** 4 组大鼠肩关节组织中 TNF- $\alpha$ 、IL-1 $\beta$ 、PGE2 含量比较,组间差异均有统计学意义。肩周炎模型组、独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TNF- $\alpha$ 、IL-1 $\beta$ 、PGE2 含量均高于正常对照组

表 1 4 组大鼠运动能力评价结果

组别	样本量/只	中央停留时间/( $\bar{x} \pm s, s$ )	活动总路程/( $\bar{x} \pm s, \text{cm}$ )
正常对照组	10	5.18 $\pm$ 0.52	1 587.43 $\pm$ 160.12
肩周炎模型组	10	40.37 $\pm$ 4.14	1 008.65 $\pm$ 104.17
独活寄生颗粒干预组	11	24.81 $\pm$ 2.63	1 321.71 $\pm$ 135.87
独活寄生颗粒联合脂多糖干预组	11	33.19 $\pm$ 3.51	1 156.08 $\pm$ 120.54
$F$ 值		253.430	35.836
$P$ 值		0.000	0.000

(TNF- $\alpha$ :LSD- $t$  = 12.958,  $P$  = 0.000; LSD- $t$  = 8.145,  $P$  = 0.000; LSD- $t$  = 10.245,  $P$  = 0.000; IL-1 $\beta$ :LSD- $t$  = 8.389,  $P$  = 0.000; LSD- $t$  = 5.126,  $P$  = 0.000; LSD- $t$  = 9.652,  $P$  = 0.000; PGE2:LSD- $t$  = 14.044,  $P$  = 0.000; LSD- $t$  = 12.365,  $P$  = 0.000; LSD- $t$  = 8.335,  $P$  = 0.000);独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TNF- $\alpha$ 、IL-1 $\beta$ 、PGE2 含量均低于肩周炎模型组 (TNF- $\alpha$ :LSD- $t$  = 6.901,  $P$  = 0.000; LSD- $t$  = 5.746,  $P$  = 0.000; IL-1 $\beta$ :LSD- $t$  = 5.528,  $P$  = 0.000; LSD- $t$  = 16.352,  $P$  = 0.000; PGE2:LSD- $t$  = 6.932,  $P$  = 0.000; LSD- $t$  = 12.687,  $P$  = 0.000);独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TNF- $\alpha$ 、IL-1 $\beta$ 、PGE2 含量均高于独活寄生颗粒干预组 (LSD- $t$  = 2.944,  $P$  = 0.008; LSD- $t$  = 2.954,  $P$  = 0.008; LSD- $t$  = 2.666,  $P$  = 0.015)。见表 2。

**3.5 疼痛相关指标检测结果** 4 组大鼠肩关节组织中 5-HT 含量比较,差异有统计学意义[(152.14  $\pm$  24.73) ng  $\cdot$  mL $^{-1}$ , (219.58  $\pm$  29.20) ng  $\cdot$  mL $^{-1}$ , (180.33  $\pm$  21.37) ng  $\cdot$  mL $^{-1}$ , (201.44  $\pm$  25.49) ng  $\cdot$  mL $^{-1}$ ,  $F$  = 13.301,  $P$  = 0.000]。肩周炎模型组、独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 5-HT 含量均高于正常对照组 (LSD- $t$  =

6.813,  $P$  = 0.000; LSD- $t$  = 2.802,  $P$  = 0.011; LSD- $t$  = 4.489,  $P$  = 0.000);独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 5-HT 含量均低于肩周炎模型组 (LSD- $t$  = 4.892,  $P$  = 0.000; LSD- $t$  = 2.777,  $P$  = 0.012);独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 5-HT 含量高于独活寄生颗粒干预组 (LSD- $t$  = 2.105,  $P$  = 0.048)。

**3.6 炎症信号通路相关蛋白检测结果** 4 组大鼠肩关节组织中 TLR4、TLR2、MyD88 蛋白表达量比较,组间差异均有统计学意义。肩周炎模型组、独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TLR4、TLR2、MyD88 蛋白表达量均高于正常对照组 (TLR4:LSD- $t$  = 30.840,  $P$  = 0.000; LSD- $t$  = 23.541,  $P$  = 0.000; LSD- $t$  = 21.147,  $P$  = 0.000; TLR2:LSD- $t$  = 23.667,  $P$  = 0.000; LSD- $t$  = 26.985,  $P$  = 0.000; LSD- $t$  = 29.654,  $P$  = 0.000; MyD88:LSD- $t$  = 26.787,  $P$  = 0.000; LSD- $t$  = 30.142,  $P$  = 0.000; LSD- $t$  = 25.333,  $P$  = 0.000);独活寄生颗粒干预组、独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TLR4、TLR2、MyD88 蛋白表达量低于肩周炎模型组 (TLR4:LSD- $t$  = 26.409,  $P$  = 0.000; LSD- $t$  = 20.145,  $P$  = 0.000; TLR2:LSD- $t$  = 21.264,  $P$  = 0.000; LSD- $t$  = 19.874,  $P$  = 0.000; MyD88:LSD- $t$  =

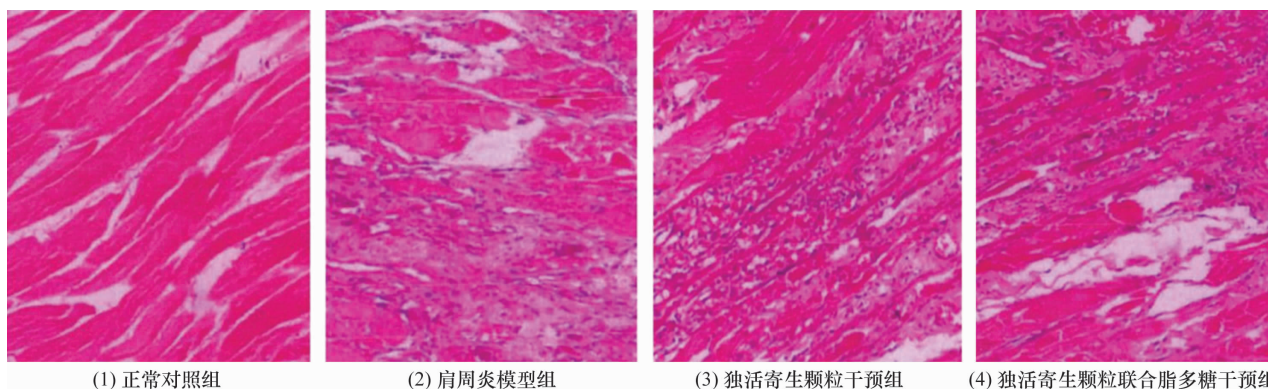


图 1 4 组大鼠肩关节组织病理学检查结果 (HE 染色,  $\times 100$ )

表 2 4 组大鼠肩关节组织炎症相关指标检测结果

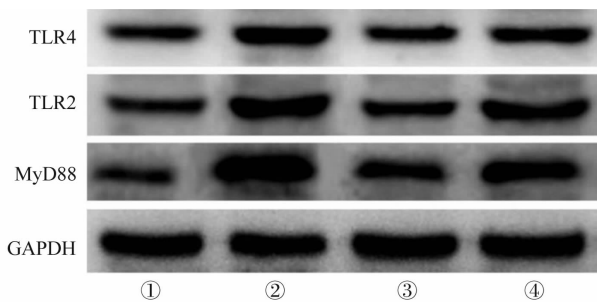
组别	样本量/只	肿瘤坏死因子- $\alpha$ / ( $\bar{x} \pm s$ , pg $\cdot$ mL $^{-1}$ )	白细胞介素-1 $\beta$ / ( $\bar{x} \pm s$ , pg $\cdot$ mL $^{-1}$ )	前列腺素 E2/ ( $\bar{x} \pm s$ , pg $\cdot$ mL $^{-1}$ )
正常对照组	10	5.18 $\pm$ 0.62	102.23 $\pm$ 11.02	185.43 $\pm$ 19.01
肩周炎模型组	10	11.23 $\pm$ 1.34	153.14 $\pm$ 15.71	379.15 $\pm$ 39.26
独活寄生颗粒干预组	11	7.81 $\pm$ 0.91	119.59 $\pm$ 12.02	276.71 $\pm$ 28.04
独活寄生颗粒联合脂多糖干预组	11	9.03 $\pm$ 1.03	135.76 $\pm$ 13.61	310.43 $\pm$ 31.21
$F$ 值		63.048	27.584	71.207
$P$ 值		0.000	0.000	0.000

20.393,  $P=0.000$ ;  $LSD-t=22.987$ ,  $P=0.000$ ); 独活寄生颗粒联合脂多糖干预组大鼠肩关节组织中 TLR4、TLR2、MyD88 蛋白表达量均高于独活寄生颗粒

干预组 ( $LSD-t=12.603$ ,  $P=0.000$ ;  $LSD-t=18.770$ ,  $P=0.000$ ;  $LSD-t=17.428$ ,  $P=0.000$ )。见表 3、图 2。

表 3 4 组大鼠肩关节组织炎症信号通路相关蛋白检测结果

组别	样本量/只	Toll 样受体 4 ( $\bar{x} \pm s$ )	Toll 样受体 2 ( $\bar{x} \pm s$ )	髓样分化因子 88 ( $\bar{x} \pm s$ )
正常对照组	10	0.18 ± 0.02	0.22 ± 0.02	0.13 ± 0.01
肩周炎模型组	10	0.89 ± 0.07	0.91 ± 0.09	1.15 ± 0.12
独活寄生颗粒干预组	11	0.28 ± 0.03	0.30 ± 0.03	0.37 ± 0.04
独活寄生颗粒联合脂多糖干预组	11	0.47 ± 0.04	0.63 ± 0.05	0.84 ± 0.08
<i>F</i> 值		520.473	353.545	386.907
<i>P</i> 值		0.000	0.000	0.000



TLR: Toll 样受体; MyD88: 髓样分化因子 88; GAPDH: 甘油醛-3-磷酸脱氢酶; ①正常对照组; ②肩周炎模型组; ③独活寄生颗粒干预组; ④独活寄生颗粒联合脂多糖干预组。

图 2 4 组大鼠肩关节组织炎症信号通路相关蛋白检测结果

## 4 讨 论

肩周炎是一种肩关节周围软组织无菌性炎症, 主要表现为肩关节的持续疼痛和活动障碍<sup>[11]</sup>。激素、外伤、长期劳作等均是肩周炎发生的危险因素<sup>[12]</sup>。组织病理学检查显示, 肩周炎的病变部位累及肩关节囊、滑膜、韧带及肌腱, 关节囊呈现明显挛缩、滑膜呈现纤维化<sup>[13-14]</sup>。肩周炎属于中医学“痹证”范畴, 其主要病因病机为急慢性劳损而致气滞血瘀, 故治疗应以祛风散寒、温经通络为主<sup>[15-16]</sup>。独活味苦、辛, 性微温, 具有祛风寒湿邪、解表止痛等功效, 是中医常用的祛风通络药物。独活中含有的异欧前胡素、蛇床子素、 $\beta$ -谷甾醇等有效成分均具有抗氧化、抗炎、镇痛等作用<sup>[17-18]</sup>。Xu 等<sup>[19]</sup>研究发现, 蛇床子素能通过抑制体内炎症反应和细胞应激, 发挥治疗关节炎的作用。独活寄生颗粒以独活为主要有效成分, 主要用于风寒湿痹所致腰膝冷痛, 屈伸不利。乙军等<sup>[20]</sup>分别采用独活寄生颗粒联合塞来昔布(试验组)和塞来昔布(对照组)治疗膝骨性关节炎, 结果显示治疗后 30 d 试验组患者临床症状显著改善, 且

超敏 C 反应蛋白、IL-1、IL-6、TNF- $\alpha$  血清含量均低于对照组, 提示独活寄生颗粒具有一定的抗炎、镇痛作用。本研究采用独活寄生颗粒治疗大鼠肩周炎, 以大鼠运动能力评价独活寄生颗粒改善肩周炎症状的效果。旷场实验是基于大鼠因对陌生环境畏惧而沿墙壁活动的天性设计的经典动物实验, 该实验通过大鼠的中央停留时间和活动总路程反映大鼠的运动能力: 中央停留时间越短、活动总路程越长表明大鼠运动能力越强<sup>[21-22]</sup>。本研究结果显示, 独活寄生颗粒干预组大鼠的中央停留时间短于肩周炎模型组、活动总路程长于肩周炎模型组, 提示独活寄生颗粒能够改善肩周炎大鼠的疼痛等症状, 从而提高其运动能力。肩关节组织中 TNF- $\alpha$ 、IL-1 $\beta$ 、PGE2 含量能够反映组织炎症水平; 5-HT 属于抑制性神经递质, 病变组织释放 5-HT, 通过激活不同的 5-HT 受体参与机体疼痛感觉的传递<sup>[23-24]</sup>。华浩昌等<sup>[25]</sup>采用激痛点推拿配合关节松动手法治疗肩周炎气滞血瘀证患者, 结果显示患者疼痛显著缓解, 且治疗后 5-HT 血清含量显著降低。本研究结果显示, 独活寄生颗粒干预组大鼠肩关节组织中 TNF- $\alpha$ 、IL-1 $\beta$ 、PGE2 及 5-HT 含量均低于肩周炎模型组, 提示独活寄生颗粒能够发挥降低炎症反应、改善疼痛的作用。

TLR/MyD88 信号通路是机体重要的炎症反应信号通路之一<sup>[26-27]</sup>。Lopez-Bergami 等<sup>[28]</sup>研究发现, 在骨髓单核细胞中激活 TLR/MyD88 信号通路, 能够抑制抗炎细胞因子 IL-10 的合成, 引发炎症反应。TLR 主要在巨噬细胞、树突状细胞的表面表达, 是一种抗原识别受体, 能够识别内源性和外源性配体。TLR 在受到抗原刺激后能够激活下游 MyD88, 再通过细胞内信号传导激活核因子- $\kappa$ B, 诱导巨噬细胞释放 IL-6、TNF- $\alpha$ 、IL-1 $\beta$  等炎症因子<sup>[29]</sup>。本研究结果

显示,肩周炎模型大鼠肩关节组织中 TLR4、TLR2、MyD88 蛋白表达量较正常组显著提高,而采用独活寄生颗粒干预后大鼠肩关节组织中 TLR4、TLR2、MyD88 蛋白表达量显著降低。脂多糖是 TLR/MyD88 信号通路的激活剂,独活寄生颗粒联合脂多糖干预组大鼠肩关节组织 TLR4、TLR2、MyD88 蛋白表达量均高于独活寄生颗粒干预组,表明脂多糖在一定程度上能够抑制独活寄生颗粒的治疗作用,也提示独活寄生颗粒治疗大鼠肩周炎的作用机制与抑制 TLR/MyD88 信号通路相关蛋白的表达有关。

本研究结果表明,采用独活寄生颗粒治疗大鼠肩周炎,能够缓解疼痛、抑制炎症反应,其作用机制可能与抑制 TLR/MyD88 信号通路相关蛋白的表达有关。

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重度 KOA 的疗效尚需进一步研究。此外,今后还需开展痛宁凝胶与经典外用药物如青鹏膏<sup>[17-18]</sup>或双氯芬酸二乙胺乳胶剂等<sup>[19-20]</sup>对比的等效性或优效性研究。

本研究结果显示,痛宁凝胶外用能减轻轻中度 KOA 肾虚筋脉瘀滞证患者的膝关节疼痛和僵硬,改善患膝功能,且安全性较高。

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