

牛阳教授运用甘露消毒丹治疗结节性红斑经验

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摘 要:甘露消毒丹源自《续名医类案》,后收于王孟英《温热经纬》,又名普济消毒丹,为叶天士所创之方。牛阳教授认为结节性红斑虽病程有局限性且易于复发,但其基本病机为痰湿壅盛、热毒瘀阻,故在治疗上当清热化湿、活血通脉,在临床应用甘露消毒丹治疗取得很好的疗效。

关键词:甘露消毒丹;结节性红斑;名医经验

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Professor Niu Yang's Experience in Treating Erythema Nodosum by *GanLuXiaoDu* Pill

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Abstract *GanLuXiaoDu* Pill comes from *Xu Ming Yi Lei An* created by Ye Tianshi, later recruited in *Wen Re Jing Wei* by Wang Mengying, also known as *Pu Ji Xiao Du* Pill. Professor Niu Yang believes that the basic pathogenesis erythema nodosum is phlegm dampness and toxic heat stasis, although the course has limitations and easy to relapse. The treatment methods is relieving heat and dampness, activated blood to promote blood circulation, which has achieved good results in clinical practice.

Keywords *GanLuXiaoDu* Pill; Erythema Nodosum; Clinical Experience

牛阳教授,博士研究生导师,擅长中医内外科杂病的治疗。运用甘露消毒丹治疗结节性红斑已有 20 年临床治疗经验,且其治疗效果较显著。笔者有幸跟师学习,受益匪浅,牛阳教授认为结节性红斑基本病机为痰湿壅盛、热毒瘀阻,现将其经验总结如下。

1 甘露消毒丹的来源及方药配伍

甘露消毒丹源自《续名医类案》,原书组成:飞滑石十五两、绵茵陈十一两、淡黄芩十两、石菖蒲六两、川贝母五两、木通五两、藿香四两、射干四两、连翘四两、薄荷四两、白豆蔻四两。方中重用飞滑石、绵茵陈、淡黄芩,其中飞滑石利水渗湿、清热解

毒;绵茵陈善清利湿热;淡黄芩清热燥湿、泻火解毒。三药相合,正合湿热并重之病机,共为君药。湿热留滞,阻滞气机,故臣以石菖蒲、藿香、白豆蔻行气化湿,健脾和中,令气畅湿行;木通清热利湿,导湿热从小便而去。佐以连翘、射干、川贝母、薄荷,以清热解毒、散结消肿化瘀。纵观全方,利湿清热,两相兼顾,且以芳香行气醒脾,寓气行则湿化之义;佐以解毒化瘀,令湿热疫毒俱去,诸症自除。临床报导显示甘露消毒丹被广泛用于内科湿热病证^[1]。

牛阳教授多年潜心研究结节性红斑,结合临床,认为结节性红斑病因为外感风邪,内生痰湿、热