

“颤证”的用药规律研究

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摘要:目的 通过频数分析法对治疗颤证的中药进行统计描述,探索颤证的用药规律及病机本质,为临床处方用药提供依据。**方法** 根据相关标准纳入文献 97 篇,对所用中药进行分类,采用频数统计方法进行描述性统计及频数分析。**结果** 治疗颤证的核心药物是白芍、天麻、熟地黄、当归、川芎;使用率最高的中药类别是补虚药、平肝息风药以及活血化瘀药;药物归经以入肝经为主。**结论** 颤证多属本虚标实之证,病位在肝,基本病机为筋脉失养、肝风内动。临床用药应注意补虚药与平肝息风药的结合使用,在滋阴养血息风基础上根据患者具体表现配以解表药、活血化瘀药、清热药、化痰止咳平喘药等,同时重视脾功能的调节才能取得更确切的临床疗效。

关键词:颤证;文献研究;用药规律

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Tremble Syndrome Medicinal Regularity Study

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Abstract Objective To explore the Tremble syndrome medicinal regularity and the pathogenesis by the frequency analysis method for the herbs in treating tremble syndrome, which provides the basis for clinical prescription. **Methods** 97 literature were collected in accordance with the relevant standard literature. Frequency descriptive statistics and frequency analysis were employed. **Results** The core herbs in Tremble syndrome were baishao, Tianma, shudihuang, danggui, chuanxiong. the highest frequency of utilization of traditional Chinese medicine category were tonic medicine, suppressing hyperactive liver for calming endogenous wind herbs and activating blood circulation drugs, which belonged to liver meridian. **Conclusion** Tremble syndrome mostly is asthenia in origin and asthenia in superficiality, locating in liver meridian, and the pathogenesis is tendons dystrophy causing liver wind. It should be noted in conjunction with tonification and suppressing hyperactive liver, accompanied by drugs for relieving exterior syndrome, activating blood circulation, on the basis of nourishing yin and blood to calming endogenous wind, while regulating the spleen function should be focused on in order to obtain more precise clinical efficacy.

Key words Tremble syndrome; literature; medicinal regularity

颤证又称“振掉”“颤振”“震颤”,是以头部或肢体摇动颤抖,不能自制为主要临床表现的一种老年常见病、多发病。轻者表现为头摇动或手足微颤,重者可见头部振摇,肢体颤动不止,甚则肢节拘急,失去生活自理能力。根据本病的临床表现,现代医学中的帕金森病、帕金森综合征、肝豆状核变

性、小脑病变的姿位性震颤、特发性震颤、甲状腺机能亢进等可参照本病进行认识^[1]。实践证明,运用中医药治疗颤证疗效确切,尤其是对患者症状的缓解、生活质量的提高都有独到之处^[2-3]。本研究以颤证相关中医文献为对象,以中医处方中的用药频次作为切入点,探索颤证用药规律,旨在为该病的