

理论探讨

从“五脏本虚”论探讨老年病病机

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摘要:根据《灵枢·天年》篇中对老年病“五脏皆虚,神气皆去”的认识,结合多年临床经验,提出了老年病“五脏本虚,脾肾相关,痰瘀相兼”的基本病机,认为老年病的病机以五脏虚衰为主,脾肾亏虚贯穿老年病的始终,为临证运用顾护脾胃,温补肾气,滋养元气之法治疗老年病提供了理论依据。

关键词:老年病;病机;五脏本虚;脾肾相关

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Discussion on Pathogenesis of Senile Diseases from the Theory of the deficiency of five zang organs

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Abstract According to the cognition in HuangDiNeiJing that the five internal organs are empty and the spirit is all gone and many years of clinical experience, this article puts forward the idea of the geriatric disease that five viscera deficiency and spleen and kidney are related, and sputum and stasis are coincident. The main pathogenesis of geriatric diseases is that the deficiency of the spleen and kidney is always through the geriatric disease, which provides a theory for the clinical treatment of geriatric diseases with the method of protecting the spleen and stomach, warming the kidney Qi.

Key words senile disease; pathogenesis; five internal organs deficiency; spleen and kidney

老年病学是指研究老年病的病因、病理生理、临床特征、治疗、护理、康复、和预防保健的临床学科。我国老年人年龄划分参照亚太地区标准:凡年满 60 岁以上的人(含 60 岁)统称为老年人,45~59 岁为老年前期。60~89 岁为老年期。90 岁以上为长寿期。现代医学认为人体衰老是一种多环节的

生物学过程,是各脏器细胞功能减退的现象,机制十分复杂,是多种因素共同作用的结果,目前有遗传程序学说、自由基学说、免疫学说、微量元素学说等^[1]。

我国的传统医学对于老年病的养生防治有着两千多年的历史,《灵枢·天年》中以十年为期对

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