

“和法”在脾胃病中的临床应用

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摘要:和法是祖国医学主要治法之一,源于《黄帝内经》,明确提出和完善首推《伤寒论》。和法是调节阴阳平衡、脏腑气机、气血胜衰的一种治法,他的治疗特点是寒热并用、正邪兼顾、升降相配。脾胃系统疾病的发病率非常高,其生理和病理特性有其独特性,病理因素主要是“脾虚、湿阻、气滞”,病机主要是“脾胃不和、肝胃不和、肝脾不和以及胆胃不和”四个方面,疾病特点多为升降失调、寒热互见、虚实夹杂。和法在治疗脾胃系统疾病时能起到调和肝脾、寒热平调、正邪兼顾、升降并枢的独特作用,因此运用和法治疗脾胃系统疾病有临床广泛性和实际意义。

关键词:和法;脾胃病;临床应用

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Application of “Harmonizing Therapy” in Clinically Treating Spleen and Stomach Diseases

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Abstract Harmonizing therapy, originating from Huangdi Neijing, definitely put forward and perfected by Treatise on Febrile Diseases, is one of main therapies of Chinese medicine. It is a curative method for regulating yin-yang balance, zang-fu and qi movement, as well as exuberance and deficiency of qi and blood, clinically characterized by heat and cold combination, both consideration of healthy qi and pathogenic factors as well as fit regulation of ascending and descending. There are high incidence of disease in spleen and stomach system, which has its own unique biological and pathological characteristics; the main pathological factors are spleen deficiency, dampness accumulation and qi stagnation; the pathogeneses are mainly disharmony of spleen and stomach, liver and stomach, liver and spleen as well as gallbladder and stomach; the characteristics are mainly disorder of heat and cold, accumulation of cold and heat as well as deficiency and sufficiency. Harmonizing therapy has the function of regulating liver and spleen, adjusting cold and heat, considering both healthy qi and pathogenic factors as well as dredging ascending and descending qi, therefore it has universal and practical significance in treating spleen and stomach diseases.

Keywords harmonizing therapy, spleen and stomach diseases, clinical application

和法是中医学主要治法之一,源于《黄帝内经》,明确提出和完善首推《伤寒论》。何新慧等^[1]提出和法是纠正机体失和状态的一种精妙微调治

法,是一种涉及多个角度的缓和调整,从而使机体处于一种“中和”状态。和解法和调和法是和法的两个方面,临床应用时,和解法以祛邪为主,调和法

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