

经验传承

祝光礼教授活用补药经验浅谈^{*}

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摘要:笔者有幸跟随老师临证,受益匪浅,祝老师运用补益药的临证经验如下:①根本大法:论整体,辨虚实,衡阴阳;②用药特点:宗经方,药轻灵,效卓著;③选药技巧:识虚证,求其本,活选药。

关键词:祝光礼;临床;补益药

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Clinical Experience of Professor Zhu Guangli in Flexible Usage of Reinforcing Herbs

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Abstract Deriving many benefits from the receipt-prescribing experience of Professor Zhu, I make a summary for his clinical differentiation laws as following: A. **Essential rule:** evaluation bases on holism, differentiation of deficiency and sufficiency, regulating yin-yang balance. B. **Medicating characteristics:** remarkably effective classical-following prescription in small doses. C. **Selection skills:** identification of deficient syndromes, concentration on root causes and flexible selection of herbs.

Keywords Zhu Guangli, clinic, reinforcing herbs

祝光礼主任中医师是第五批全国名老中医药专家学术经验继承工作指导老师,浙江中医药大学博士生导师,浙江中医药大学附属广兴医院心内科主任中医师,祝老师从事中医临床、教学、科研工作40余载,精于中医经典,旁及叶天士、李东垣等诸家学说,治学严谨,临证强调辨证论治,在治疗中医内科疾病及疑难杂症方面积累了丰富的经验,用药独具特色,尤其是在运用补虚类中药方面积累了丰富的临床经验。

补药又称补益药或补虚药,是指补益正气,增强体质,以提高抗病能力,治疗虚证为主的药物。从《神农本草经》首创三品分类法,补益药被奉为“上品”,至李时珍《本草纲目》总结“脏腑虚实标本用药式”,补益药亦是至为重要的一类药品。水能载舟,亦能覆舟;药能治病,也能致病,补益药也同样如此。近年来我国出现了不少服用人参、阿胶等补益药出现不良反应的报道。如张正康等^[1]报道34例人参不良反应,服人参后可出现头晕、意识障

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