

# 王焕生临床验案三则

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**摘 要:**王焕生副主任医师在中医临床及学术研究方面有精辟的理论见解和丰富的临床经验,其运用补肾健脾、益气养阴法,拟王氏消渴方加减治疗消渴取得满意疗效;运用利水固肾、益气温阳法,拟杜方加减治疗水肿疗效显著;运用疏肝理气、化痰消瘰法,拟王氏消亢汤加减治疗瘰癧也取得满意疗效。

**关键词:**消渴;水肿;瘰癧;王焕生

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## On Wang Huansheng's Three Clinical Trials

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**Abstract** As avice director, Wang Huansheng bears great theoretical insights and rich clinical experience in TCM clinical and academic research. He has made the Wang's Xiaoke Formula according to the method of tonifying kidney and spleen as well as nourishing qi and yin, which harvests a satisfactory effect. For dredging water and strengthening kidney as well as replenishing qi and warming yang, he has created Du Formula to treat edema with significant effect. As for thyroid diseases, he has used the Wang's Xiaokang Decoction by regulating liver qi and removing phlegm as well as resolving swelling, which also gets satisfactory results.

**Key words** diabetes, edema, thyroid disease, Wang Huansheng

王焕生副主任中医师,陕西岐山人,曾任陕西中医学院附属医院院长,中医世家出身,青年时期师从其父王正宇教授,资质颖悟,深得其传。从事中医临床工作 40 余年,集百家之长,融会贯通,勤于实践,对脾胃肝胆疾病,如胃脘痛、病毒性肝炎、慢性非特异性结肠炎、消化功能障碍等,以及内科疑难杂症颇多治验<sup>[1]</sup>。现举王老师临床案例三则,以殄同道。

### 1 消渴

李某,男,64 岁。2016 年 3 月 10 日初诊。主诉:小便频数伴消瘦 2 年余。患糖尿病 2 年余,曾多次检查空腹血糖均在 8.7~12.9 mmol/L,迭经中

西医治疗,病情时好时坏,经朋友介绍至王老师门诊治疗。现空腹血糖 11.5 mmol/L,形体消瘦,倦怠乏力,腰膝酸软,双目干涩,纳呆食少,入睡困难,小便频数,大便可,舌质淡苔薄白,脉细。中医诊为消渴,辨其脉证,属脾肾亏虚,气阴两伤。治以补肾健脾,益气养阴。拟王氏消渴方加减治疗,处方如下:炒山药 20g,黄精 30g,丹参 20g,熟地 20g,山茱萸 20g,怀牛膝 20g,天花粉 15g,炒白术 20g,苍术 15g,知母 15g,黄柏 15g,肉桂 6g,枸杞子 15g,菊花 15g,炒枣仁 20g,夜交藤 30g,龙齿 20g。

患者服用半月后,诸症大减,按原方继续服用,先后共复诊 12 次,按症状变化,原方略增增减,治

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