

经验传承

汤小虎主任医师治疗痛风的经验介绍^{*}

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摘 要:汤小虎主任医师学验颇丰,精于风湿免疫性疾病的辨治,在痛风的治疗上,依据病情的寒热虚实,标本缓急,提出治疗痛风“三期六候,九方论治”的学术观点。“三期”指急性期、间歇期和缓解期,“六候”即证候分型,指湿热阻络证、肝经湿热证、湿蕴化热证、痰瘀痹阻证、脾气亏虚证和脾肾阳虚证。治疗时急性期主要以清热利湿、宣通经络为法;间歇期当辨明湿、热、痰、瘀、虚之别,或分消,或兼顾;缓解期主要以温阳化气泄浊为法度。临证擅用四妙散、五苓散,并根据病情灵活选用竹叶石膏汤、身痛逐瘀汤、真武汤等九方加减化裁,常能取得满意的临床疗效。

关键词:汤小虎;痛风;辨证施治;临床经验

中图分类号:R255.6 文献标识码:A 文章编号:1672-0571(2018)01-0001-04

DOI:10.13424/j.cnki.mtcm.2018.01.001

Chief Physician Tang Xiaohu's Experience in Treating Gout

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Abstract Chief Physician Tang Xiaohu is both learned and experienced and is proficient in the diagnosis and treatment of rheumatic immune disease. In treating gout, he put forward the academic point of view “nine prescriptions for the three phases and six syndromes” based on the condition of the illness (cold, heat, deficiency and excess as well as superficiality, origin, chronic or acute case). “Three phases” refers to acute phase, intermittent phase and remission phase and “six syndromes” refers to the syndrome classification: syndrome of dampness-heat blocking collaterals, syndrome of dampness-heat of liver channel, syndrome of dampness transforming into heat, syndrome of blockade of phlegm stagnation, syndrome of qi deficiency of spleen, syndrome of yang deficiency of spleen and kidney. His treatment of the disease in acute phase mainly follows the approach of clearing heat and promoting diuresis while dredging channels and collaterals. In the intermittent phase, the treatment firstly distinguishes dampness, heat, phlegm as well as stasis and deficiency, then treats them respectively or together. And warming yang, transforming qi and dispelling turbidity are often adopted in the remission phase. Clinically, he is good at applying Simiao and Wuling powder and flexibly chooses the best one from nine modified prescriptions such as lophatheri and gypsi fibrosi decoction, Shentong Zhuyu decoction and Zhenwu decoction according to the condition. Those practise can often achieve satisfactory clinical effect.

Key words Tang Xiaohu;gout;treatment based on syndrome classification;clinical experience

* 基金支持:云南省高校中医防治风湿病科技创新团队编号(IRTSTYN2);云南省应用基础研究一中医联合专项(2015FB205(-032))

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