

方药新用

达原饮治疗小儿厌食症的方药探讨

刘雅楠 指导:郭亚雄  
(陕西中医药大学,陕西 咸阳 712046)

**摘 要:**达原饮原名达原散,载自明代医家吴又可的《瘟疫论》,其组成有槟榔、草果、厚朴、黄芩、芍药、知母及甘草。小儿厌食症的主要病位在脾胃,病机为湿热盘伏,脾胃不和。达原饮理气、燥湿、清热对小儿厌食有一定疗效。

**关键词:**达原饮;方药;小儿厌食;脾胃  
**中图分类号:**R272 **文献标识码:**A **文章编号:**1672-0571(2018)01-0073-03  
**DOI:**10.13424/j.cnki.mtcm.2018.01.026

A Probe into the Treatment of Infantile Anorexia by Dayuan Decoction

Liu Yanan<sup>1</sup> Supervisor: Guo Yaxiong<sup>2</sup>  
(Shaanxi University of Chinese Medicine, Shaanxi 712046, China)

**Abstract** Dayuan decoction, originally named Dayuan powder, is referred to by physician Wu Keyou of the Ming Dynasty in his work Theory of Plague, which is composed of areca nut, amomum tsao-ko, magnolia officinalis, Scutellaria, peony, anemarrhena and licorice. The disease location of infantile anorexia are mainly in the spleen and stomach, and the pathogenesis is the lingering damp heat as well as spleen and stomach disharmony. Dayuan Decoction can regulate the flow of vital energy and remove obstruction to it, can clear heat and dry dampness, thus it has certain curative effect on infantile anorexia.

**Key words** Dayuan decoction; prescription; infantile anorexia; spleen and stomach

小儿厌食症表现以长时期不思进食,不欲进食,食量减少为特征。《幼幼新书·乳食不下》提到:“夫脾者,脏也;胃者,腑也。脾胃二气合为表里,胃受谷而脾磨之,二气平调则谷化而能食。若虚实不等,水谷不消……谓脾胃气不和,不能饮食也。”这都表明厌食症的主要病位在于脾胃。脾胃运化受纳,食谷易消<sup>[1]</sup>,若脾胃运化受纳失常,则食积过多,化热生湿,胃被热邪所扰,脾为湿邪所困,不思饮食<sup>[2]</sup>。由此不难看出,小儿厌食症的病机为湿热盘伏,脾胃不和。小儿脏腑娇嫩,体质柔弱,气血未坚,成而未全,全而未壮,而小儿不断地生长发育,对于营养的需求量不断增加,脾胃负担加重,彼

此之间的相互矛盾更加剧了小儿厌食症的发生。

1 达原饮功效与小儿厌食症病机的对应关系

达原饮原名达原散,载于《瘟疫论》,其方由槟榔、草果、厚朴、黄芩、芍药、知母及甘草七味药组成。达原饮证的病机要点为湿浊阻于膜原,气机迫于闭阻,湿遏热伏。开达膜原为其治法,以行气破滞为先导,佐以燥湿化浊,清泄里热。膜原者,内与胃腑相近,外与肌肤相通,为三焦开闭之门户,脾胃为三焦之中焦,由此可见,膜原与脾胃相互关联。湿热之邪侵于膜原,三焦门户受邪气所犯,气机闭阻,则三焦气机不得畅达,从而也可导致脾胃运化功能失常<sup>[3]</sup>。而小儿压食的病机为湿热蕴结于脾