

# “心在液为汗”理论研究及其临床应用

杨剑 李翠娟\*

(陕西中医药大学, 陕西 咸阳 712046)

**摘要:**目的 分析心在液为汗的理论依据及其在临床中的应用。方法 检索近20年来有关“心在液为汗”的理论文献及在这一理论指导下运用针灸疗法、中药汤剂、综合疗法治疗汗症的文献报道共计30篇。结果 论述心在液为汗的理论文献报道有13篇,占43.3%,针灸疗法治疗汗症文献报道11篇,占36.7%,用中草药治疗汗症文献报道4篇,占13.3%,综合疗法治疗汗症报道2篇,占6.7%。结论 心在液为汗的理论对于临床实践具有重要的指导作用,运用针灸疗法治疗汗症疗效显著。

**关键词:**心在液为汗;汗症;临床应用;针灸疗法

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## Theoretical Research on and Clinical Application of “The Secretion Derived from the Heart Being Sweat”

Yang Jian Li Cuijuan

(Shaanxi University of Chinese Medicine, Xianyang 712046, China)

**Abstract Objective:** To research into the theoretical basis and clinical application of “the secretion derived from the heart being sweat”. **Method:** altogether 30 pieces of theoretical literature of “the secretion derived from the heart being sweat” and literature report of treatment of hyperhidrosis by acupuncture, Chinese medicine decoction or combined therapy under the guidance of that theory were retrieved. **Result:** There were 13 pieces of theoretical literature discussing “the secretion derived from the heart being sweat”, accounting for 43.3%, 11 literature reports on the treatment of hyperhidrosis by acupuncture, accounting for 36.7%, 4 on the treatment of hyperhidrosis by Chinese medicine, accounting for 13.3%, and 2 by combined therapy, accounting for 6.7%. **Conclusion:** the theory of “the secretion derived from the heart being sweat” has an important guiding role in clinical practice, and the effect of acupuncture therapy on hyperhidrosis is significant.

**Key words** “the secretion derived from the heart being sweat”; hyperhidrosis; clinical application; acupuncture therapy

汗液是机体新陈代谢的产物,具有调节阴阳平衡的作用,简单来说汗具有调节和维持人体正常体温的功能。临床上有汗无汗,汗出多少,常常是诊断疾病、判断病情进退、吉凶的重要指征。

### 1 中医学对汗的认识

#### 1.1 汗的物质基础及汗出的原因 中医学认为汗

的物质基础是水谷与津液,如《素问·评热病论》言:“人之所以汗出者,皆出于谷,谷生于精……汗者,精气也。”此处的“精”指体内的津液<sup>[1-2]</sup>。津液从玄府排出即谓之汗,如《灵枢·决气》说:“腠理发泄,汗出溱溱,是谓津。”汗能从玄府排出的原因是阳盛于阴而阴津散于外所致,即《素问·阴阳

\* 通讯作者:李翠娟(1976-),女,医学博士,教授,硕士研究生导师,研究方向:藏象理论的实验及临床应用研究。E-mail:ligong1212@sohu.com