

## 少阴三急下之我见

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**摘要:**少阴三急下为《伤寒论》中存在诸多争议的条文之一,笔者对比历代医家的观点,对其进行总结,并结合条文前后互参,得出己之浅见,之所以要急下,320、321条均有急下存阴之意,322条为少阴病转属阳明,腹满燥实,需急下之。此仅为个人观点,希望能为同仁提供新的理解思路及研读《伤寒论》的新方法。

**关键词:**少阴病;三急下;伤寒论

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## On Three Urgent Purgations for Shaoyin Disease

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**Abstract** Three urgent purgations for Shaoyin disease is one of the most argued articles in Treatise on Cold Damage. The author summarized opinions of doctors of dynasties, took the references before and after the articles into consideration and finally reached the conclusion; as for the reason for urgent purgation, 320, 321 articles revealed the purpose of preserving yin, 322 suggested that Shaoyin disease had transformed into Yangming disease with abdominal fullness and dry excess and needed urgent purgation. The paper only represents a personal point of view of the author, hoping to provide new ideas and new ways to study Treatise on Cold Damage for colleagues.

**Key words** Shaoyin disease; three urgent purgations; Treatise on Cold Damage

《伤寒论》的320、321、322条,被历代医家简称为“少阴三急下”,其是理解的难点之一,历代医家对此说法众多,莫衷一是。部分医家认为是少阴转属阳明,也有部分医家认为是大实有羸状等等,虽言之凿凿,但大部分未能提出详实有力的证据。笔者认为要想剖析条文的深意,了解仲景先师论述此条文的意图,还需从《伤寒论》的原文中寻找依据,故笔者详读《伤寒论》之全文,采用条文前后互参的方法,分析少阴三急下证,希望能为有志于此的同道提供新的思路。以下仅为笔者之拙见,若有不当,望斧正。

### 1 古今医家的认识

**1.1** 320条曰:“少阴病,得之二三日,口燥咽干者,急下之,宜大承气汤。”清代著名医家钱天来认为在此条中病患得病才二三日,即出现口燥咽干之症,乃少阴之变证。少阴病转属阳明,在口燥咽干的基础上出现阳明腑实,故需急下之(《伤寒溯源集·少阴篇》)。

柯韵伯认为患者肾阴素亏,经二三日后转属阳明,胃火上炎,进一步耗伤津液,此时出现口干咽燥之阴液不足的表现,需急下之以存阴(《伤寒来苏集·伤寒论注·阳明脉证》)。方有执从经络循行分析本条病机曰:“少阴之脉,循喉咙夹舌本,邪热客于其经,肾水枯竭,水干则土燥,故口燥咽干,故需急下存阴。”(《伤寒论条辨·辨少阴病脉证并治》)。舒驰远认为本条应本为少阴夹火之证,后转入阳明,除口燥咽干外,必有潮热、大便不通等阳明胃家实之症候,故需大承气汤急下之(《新增伤寒论集注·少阴后篇》)。清代吴谦等人编著的《医宗金鉴》中论述此条文为邪入少阴,经过几日即出现口燥咽干者,必是其人素体阳明火盛,肾水素亏,当以急下之以救阴液(《医宗金鉴·订正仲景全书·伤寒论注·辨少阴病脉证并治》)。民国的吴鞠通、陆渊雷在《伤寒论今释》中曰其为“阳明失下证”,即认为是由于阳明腑实证该下失下,耗伤真阴,致使“大实有羸状”,形似少阴。