

谈《伤寒论》的疾病辨治方法

王妍

(山西省特殊教育中等专业学校,山西太原 030032)

摘要:目的从中医整体观念出发,详细探讨了张仲景《伤寒论》辨治疾病的不同方法及其相互之间的关系。方法从辨证论治、辨病论治、辨体论治及三者之间相互关系的角度,梳理了《伤寒论》对于疾病的辨治方法。结果《伤寒论》不仅开创了辨证论治的历史先河,同时根据因人制宜、因地制宜、因时制宜的中医指导思想,仲景在诊疗疾病中充分运用了辨病论治、辨体论治,并将三者相结合,真正彰显出中医学在治疗上的整体观念思想。结论在临床实践中,我们必须将辨证论治、辨病论治、辨体论治三者相结合综合运用,形成基于中医整体观念对于疾病的一体化诊疗模式。

关键词:伤寒论;辨证;辨病;辨体

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On Treatment of Diseases Based on Syndrome Differentiation in Treatise on Cold Damage

Wang Yan

(Shanxi Secondary Professional School of Special Education, Datong 030032, China)

Abstract Objective: To discuss different ways of treating diseases based on syndrome differentiation and their relations in Zhang Zhongjing's Treatise on Cold Damage from the holistic concept of TCM. **Method:** From the perspectives of syndrome differentiation, disease differentiation and constitution differentiation, treatment methods based on differentiation were sorted out. **Result:** Treatise on Cold Damage not only pioneered the history of the treatment of syndrome differentiation, but also highlighted the holistic concept of TCM on treatment, which was reflected by Zhang Zhongjing's making full use of syndrome differentiation, disease differentiation and constitution differentiation and his combining the three, under the guiding thought of TCM of individuality-concerned treatment, condition-concerned treatment and time-concerned treatment. **Conclusion:** Combined use of the three methods forms an integrated model of diagnosis and treatment based on holistic concept of TCM.

Key words Treatise on Cold Damage; syndrome differentiation; disease differentiation; constitution differentiation

“整体观念”是中医学关于人体自身的完整性及人与自然、社会环境统一性的认识,并认为人体自身在结构上不可分割,功能、病理上相互协调、相互影响。所以在诊疗疾病的过程中,我们必须从整体把握疾病,将辨证论治、辨病论治、辨体论治三者结合,真正形成基于中医整体观念对于疾病的一体化诊疗模式。张仲景《伤寒论》中的辨证论治理论体系,是中医特有的诊疗思维方法,同时也针对性的提出相应的方案以及理念,而且其中规则严格、特点显著,为后世医家所大力推崇,但

仲景在其诊疗过程中也使用了“辨病论治”“辨体论治”这两种诊治方法,下面逐一分析讨论。

1 辨证、辨病、辨体论治在《伤寒论》中的体现

1.1 辨证论治 在《伤寒论》太阳病的理念中,仲景根据“中风”与“伤寒”证候类型的不同,其诊疗方法也不同。前者有发热、头痛、汗出、恶风等症,治法以解肌祛风、调和营卫为主,桂枝汤主之;后者有发热、恶寒、周身疼痛、无汗而喘等表现,治法以发汗解表为主,麻黄汤主之。为什么同一种疾病,治疗方法却不尽相同呢?仲景认为桂枝解