

# 叶天士循证医学思想探析

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**摘要:**通过对叶天士的著作研究及后世对其理论、临床的相关评价和整理,发现叶天士的学术思想与循证医学思想有着许多共同之处,包括重视临床证据的指导、收集,以及包括叶天士博采众长所得的临床经验、汲取各类医书中的精华和其选方用药的个体化性等。同时叶天士从自身临床效验出发,整理、分析得出当下最佳临床证据,这正与现代循证医学的核心思想异曲同工。

**关键词:**叶天士;循证医学;中医学

中图分类号:R24 文献标识码:A 文章编号:1672-0571(2018)04-0074-04

DOI:10.13424/j.cnki.mtcm.2018.04.025

## Ye Tianshi's Evidence - based Medicine Thought

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**Abstract** Through the study on Ye Tianshi's works and his later generations' review and evaluation on his theories and clinical practice, it was found that Ye Tianshi's academic thought has a lot in common with the evidence - based medicine, since both pay attention to the guidance of, collecting and passing on clinical evidence. So do his clinical experience, which drew essence from others, as well as his individualistic choice of prescriptions and medication. At the same time, Ye Tianshi starts from his own clinical efficacy, collates, analyzes and obtains the best clinical evidence at present, which is exactly the same as the core idea of modern evidence - based medicine.

**Key words** Ye Tianshi; evidence - based medicine; traditional Chinese medicine

循证医学(Evidence - based medicine, 缩写 EBM),意为“遵循证据的医学”,是 1992 年由加拿大的流行病学家 David Sackett 提出的,2000 年最新定义其核心思想是在对个体患者的医疗决策中慎重的、准确的、明智的使用当前所能获得的最佳证据,同时结合医生的个人专业技能和多年临床经验,考虑患者的价值和愿望,将三者完美地结合从而制定出患者的治疗措施<sup>[1]</sup>。近十几年来,循证医学在国际的医疗卫生领域中十分流行,因为它将传统的经验医疗模式和当今有效的科学证据结合

起来发展为系统性的医疗模式,开启了与高科技社会并行的医疗新篇章。而在我国循证医学的实践开展却比较滞缓,不仅因为传统的医学模式已经在人们心中根深蒂固,还有是因为对循证医学的认识不足造成了误解。其实在我们祖国医学历史上也有不少践行循证医学思想的先驱,比如清代医家叶天士,通过对《临证指南医案》等著作研究整理、总结创新,可以发现他的很多学术思想以及研究方法都与循证医学的核心思想不谋而合。相关探析如下: