

健脾益气法在治疗慢性乙型肝炎中的优势探讨

刘瑞珊 周永学*

(陕西中医药大学, 陕西 咸阳 712046)

摘要:慢性乙肝的治疗一直是医学上的一大难题,乙肝可归属于中医学肝郁、肋痛、黄疸、癥积、疫毒等病症范畴,有伤津耗气的病理特点,其病势缠绵,迁延难愈。见肝之病,当知传脾,肝病往往波及脾脏,脾脏受累而反侮肝木,至使肝病更甚,临床实践及理论研究表明健脾益气疗法可控制肝脾病理性传变、提高患者抗病能力,对减缓慢性乙肝的发生发展、提高其疗效和慢性乙肝后期所致肝纤维化、肝硬化、肝癌的防治有着积极意义。

关键词:慢性乙肝;健脾益气;正气;优势;探讨

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Discussion on the Advantages of Invigorating Spleen and Replenishing Qi in Treating Chronic Hepatitis B

Liu Ruishan Zhou Yongxue

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

Abstract The treatment of chronic hepatitis B has always been a major medical problem. Hepatitis B can be attributed to liver depression, rib pain, jaundice, dysentery, and epidemic diseases in traditional Chinese medicine. It has the pathological features of damage of body fluids and consumption of qi, its disease tendency is lingering and prolonged, and is hard to recover. The liver disease usually affects the spleen. The spleen, when involved, would counter-restrict the liver and make the liver disease worse. Clinical practice and theoretical study show that invigorating spleen and replenishing qi can control the pathological transmission of liver and spleen and improve the patient's resistance to disease. It has positive significance to slow down the occurrence and development of chronic hepatitis B, to improve its curative effect and to prevent and treat liver fibrosis, liver cirrhosis and liver cancer caused by chronic hepatitis B in the late stage.

Key words chronic hepatitis; invigorating spleen and replenishing qi; healthy qi; advantage; discussion

慢性乙型肝炎(简称慢性乙肝)是指乙肝病毒检测为阳性,病程超过半年或发病日期不明确而临床有慢性肝炎表现者。慢性乙肝病程长、临床表现

多样,可以归属于中医学肝郁、肋痛、黄疸、癥积、疫毒等病症范畴。现代医学治疗慢性乙肝通常使用干扰素,虽然在抗病毒方面,干扰素效果明显,但其

* 通讯作者:周永学(1956-),男,二级教授,博士研究生导师,研究方向:方剂配伍规律与辨证论治技巧研究。E-mail:zhou8521@163.com