

## 雷根平主任医师辨治口咸经验辑录

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**摘要:**口咸,指未食用咸食自觉口中有咸味,与多食或少食咸味食物无明显关系,通过记录总结两例跟师伺诊中的病案,反映了口咸患者的症状表现及辨证施治,通过滋补肾阴、清降虚火,以及温阳补肾、培土制水法,取得较好疗效。

**关键词:**口咸;辨证论治;雷根平

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## Chief Physician Lei Genping's Experience in the Diagnosis and Treatment of Salty Taste in Mouth

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**Abstract** Salty taste in mouth refers to the feeling of salty taste in the mouth without taking in salty food, it has no obvious relationship with the amount of salty food intake. Through recording and summarizing two cases when the author was learning diagnosis and treatment of diseases from his teacher, the syndromes and diagnosis and treatment based on an overall analysis of the illness and the patients' conditions were reflected. Nourishing kidney yin, subduing deficient fire, warm yang and invigorating kidney, supplementing spleen to control fluid metabolism were adopted and received significant curative effect.

**Key words** Salty taste in mouth; treatment based on syndrome differentiation; Lei Genping

口咸,指自觉口中有咸味。多与肾虚及寒水上泛有关<sup>[1]</sup>。中医并无具体的病名分类,但也无妨我们以证测病,以证测方。通过参考近代前人针对此证的诊疗经验,结合门诊跟师伺诊的经历,总结尊师用药思路,与大家分享口咸辨证治疗经验。

《灵枢·五味》记载:“五味各走其所喜,谷味酸,先走肝;谷味苦,先走心;谷味甘,先走脾;谷味辛,先走肺;谷味咸,先走肾。”《素问·阴阳应象大论》中述:“咸生肾……肾在味为咸。”根据五行学说理论,以及长期的生活经验总结,古人认识到咸

味与肾的相互关系,同时在对疾病的治疗中发现,可把口咸的病位归于肾脏的病变,口中咸味的浓淡由肾脏来调节。《素问·宣明五气》曰:“肾为唾。”即肾在液为唾,根据肾脏的经络循行,张志聪注曰:“肾络上贯膈入肺,上循喉咙夹舌本,舌下廉泉玉英,上液之道也。”口中咸味即唾液为咸味,唾为肾液,故口味的异常反应了肾脏的病理变化<sup>[2]</sup>。肾主水,全身各脏腑的活动都受肾阴、肾阳的调节,全身水液的代谢由肾阳之蒸腾气化来完成,并由肺脏的通调水道功能输布全身,上至口中唾液,下至膀