

## 理论探讨

张锡纯从脾胃论治肝病<sup>\*</sup>

徐新宇 许家祥 颜蕾 徐志远 李凤

(安徽中医药大学, 安徽 合肥 230000)

**摘要:**张锡纯在肝病的论治上见解独到,反对单纯平肝、升肝、柔肝之法,而以五行及经脉理论为根据,参中医经典及前人著述中对于肝病的解读,主张治肝当实脾,并进行相关拓展,主张以补养脾胃为前提治疗肝系脑气筋膜病,同时以疏肝之法治饮食不化。创制新拟和肝丸,临床价值尤大,沿用至今。

**关键词:**张锡纯;肝病;实脾;新拟和肝丸

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Analysis of Zhang Xichun's Treatment of  
Liver Disease from Spleen and Stomach

Xu Xinyu Xu Jiexiang Yan Lei Xu Zhiyuan Li Feng

(Anhui University of Chinese Medicine, Anhui China, 230000)

**Abstract** Zhang Xichun has a unique insight into the treatment of liver disease, and opposed the method of simply suppressing hyperactive liver, ascending the liver qi or softening the liver. Based on the five-phase theory and the theory of meridians, along with his interpretation of liver disease from the classics of traditional Chinese medicine and from works by his predecessors, he advocated that the treatment of liver disease should focus on reinforcing the spleen, the treatment of liver-type cerebral fascia disease should base on the premise of nourishing the spleen and stomach and at the same time dispersing stagnated liver qi to treat dyspepsia. Thus, Xinni Hegan Pill was made with significant clinical value and is still in use today.

**Key words** Zhang Xichun; liver disease; reinforce the spleen; Xinni Hegan Pill

张锡纯(1860—1933),字寿甫,河北盐山县人,是近代中西汇通学派的代表医家之一,代表作《医学衷中参西录》在近代中医著作之中有最高刊行量,产生了较大的学术影响,有“轩峻之功臣,医

林之楷模”<sup>[1]</sup>之誉。此书以论述温病、伤寒等35类内科疾病的治法为主,各类均以方名作目,并随方进行附加论述。《医学衷中参西录》中从脾胃论治肝病,特色显著,笔者试浅析于下。

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