

痹证渊源及现代医家论治经验

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摘要:中医学关于痹证的论述最早见于《黄帝内经》。其对痹证的论述设有专篇,不仅定义了痹证,并且阐明了痹证的病因病机,对后世医家辨证论治痹证奠定了基础。但在治疗方面,《黄帝内经》只提出了针灸施治痹证的方法,对方药如何论治未有说明。因此,现将中医学对痹证的认识以及现代医家的研究进展加以分析整理,以期对临床治疗痹证有所帮助。

关键词:中医学;痹证;病名;分类;治疗经验

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The Origin of Arthralgia – synadrome and Modern Doctors’ Experience of Its Diagnosis and Treatment

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Abstract In Chinese medicine, the discussion on arthralgia – synadrome is first seen in the The Yellow Emperor’s Inner Classic. It has a special chapter on the discussion of arthralgia – synadrome, which not only defines the word “arthralgia – synadrome”, but also clarifies the etiology and pathogenesis of it, laying a foundation for the syndrome differentiation of the later generations. However, in terms of treatment, The Yellow Emperor’s Inner Classic only proposed the method of acupuncture and moxibustion for treating arthralgia – synadrome, and the? treatment variation was not mentioned. Therefore, the understanding of arthralgia – synadrome by Chinese medicine and research progress of modern doctors are analyzed and sorted out in the hope to help the clinical treatment of arthralgia – synadrome.

Key words TCM; arthralgia – synadrome; name of disease; classification; treatment experience

痹证指风、寒、湿、热等外邪杂至,影响气血运行,使肢体筋骨、关节、肌肉等处经络闭阻,从而发生疼痛、重着、酸楚、麻木,严重时关节屈伸不利、僵硬、肿大、变形等临床症状的一种多发性疾病。与近代西医学中风湿性关节炎、类风湿性关节炎、痛

风、强直性关节炎、增生性骨关节炎等疾病类似。在中医学中,对痹证的认识最早见于《黄帝内经》。在《黄帝内经》中未直接提出痹证之病名,称痹证为“痹”,首次提出“痹”的概念。认为“痹”,闭也,指经脉阻塞,营卫凝滞,脏腑气血瘀滞不畅,而出现

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