

祛风解痉法治疗支气管哮喘慢性持续期探究^{*}

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摘 要:支气管哮喘是一种由多种炎性细胞参与的气道慢性非特异性疾病,以气道慢性炎症、反复气道阻塞和气道高反应性为主要特征,多反复发作,缠绵难愈。对哮喘全病程的诊疗,指南将其分为急性发作期、慢性持续期、临床缓解期。其中慢性持续期处于哮喘发作的过渡阶段,被认为是哮喘治疗的黄金时期,研究显示,尽管现代医学治疗该病效果显著,但哮喘慢性持续期患者往往存在激素依赖或抵抗。中医中药与现代医学相结合,辨证准确,施治及时,可减少患者发病几率,改善患者生存质量。通过探讨风邪特性与支气管哮喘慢性持续期的关系,认为“肺肾气虚,痰饮内伏;风动气逆,肺气失宣,气道挛急”是支气管哮喘慢性持续期的重要病因病机,治疗当以疏风解痉为要,为提高中医临床疗效提供思路。

关键词:祛风解痉;支气管哮喘;慢性持续期
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Treatment of Chronic Persistent Bronchial Asthma
by Dispelling Pathogenic Wind for Resolving Convulsion

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Abstract Bronchial asthma is a chronic non-specific airway disease involving many inflammatory cells. It is characterized by chronic airway inflammation, repeated airway obstruction and airway hyper-responsiveness. It is often recurrent and lingering. The guidelines for the diagnosis and treatment of asthma are divided into acute episode, chronic duration and clinical remission stages. Chronic duration stage is in the transitional stage of asthma attack and is considered to be the golden age of asthma treatment. Studies have shown that despite the significant effect of modern medical treatment of this disease, patients with chronic persistent asthma often have hormone dependence or resistance. Traditional Chinese medicine combined with modern medicine, accurate diagnosis and timely treatment, can reduce the incidence of patients and improve the quality of life of patients. By discussing the relationship between the characteristics of wind evil and the chronic persistence of bronchial asthma, this paper holds that "deficiency of lung and kidney qi, accumulation of phlegm and fluid; adverse wind-driven qi, loss of

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