

## 医家精萃

## 艾儒棣教授治疗皮肤病药对撷萃

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**摘要:**药对是中药配伍中的最小单位,是临床医家长期医疗实践的经验结晶,是探讨组方规律、启迪思维的最重要组成部分,具有丰富的内涵。艾儒棣教授临床治疗皮肤病时常用黄精配椒目,淡海藻配甘草,菟丝子配泽泻,大枣配仙鹤草,益母草配蚕沙,地肤子配白鲜皮等,取精用简,寓意双药配伍,或有协同互助之功,或起佐制剔除之效,均以扶正祛邪,重建平衡为目的,收到良好效果。

**关键词:**艾儒棣; 皮肤病; 药对

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## Professor Ai Rudi's Choice of Couplet Medicines for Skin Disease

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**Abstract** Couplet medicine is the smallest unit in compatibility of traditional Chinese medicine, the crystallization of long-term medical practice of clinicians and the most important part of exploring prescription rules and enlightening thinking, with rich content and mysterious connotation. Professor Ai Rudi often uses solomonseal rhizome with zanthoxylum bungeanum maxim, light seaweed with liquorice root, dodder seed with oriental waterplantain rhizome, Chinese date with hairyvein agrimonia herb, motherwort herb with silkworm droppings, belvedere fruit with densefruit pittany root-bark in the clinical treatment of skin disease. He takes simplified use, which implies the combination of two medicines has the function of cooperating with each other, or has the effect of assisting and eliminating pathogens, rebuilding balance as the purpose, and achieves good results.

**Key words** Ai Rudi; skin disease; couplet medicine

艾儒棣教授系四川省名中医, 医德高尚, 医术精湛, 从事中医外科、皮肤科临床教学科研工作 40 余载, 累积了极为丰富的临床经验。笔者有幸入室侍医, 发现其遣方用药中精于配伍, 妙用药对, 形成一系列独特的用药经验, 现将艾教授治疗皮肤病常用药对经验介绍如下。

## 1 艾儒棣教授治疗皮肤病常用药对

**1.1 黄精与椒目** 黄精味甘、性平, 归肺、脾、肾经, 本品上能补肺阴, 中能益脾气, 下能滋肾水, 主

要用于肺肾阴虚所致的劳嗽久咳、脾胃气虚所引起的倦怠乏力、食欲不振, 肾精亏虚的头晕、腰膝酸软, 须发早白及消渴等证。椒目, 为花椒的种子, 以四川产者为佳, 故又名川椒、蜀椒。本品始载于清孙星衍《神农本草经》, 气香, 味苦、性寒, 归肺、肾、膀胱经, 具有利尿消肿、祛痰平喘之效<sup>[1]</sup>。多用于水肿胀满, 痰饮咳喘等证。《唐本草》云: “主水, 腹胀满, 利小便。”本品上能降气喘, 中能燥湿痰, 下能利小便, 二药相配有攻补兼施、通调水道、补脾、保