

学术探讨

# 丹溪滋阴学说在阳痿治疗中的应用

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**摘要:**丹溪滋阴学说尊刘完素“火热论”、易理及自然法象等,以滋阴保精为治病之要,观临床阳痿之因机证方,尤从丹溪滋阴学说。通过文献梳理,总结滋阴学说在阳痿治疗中的应用原理与方法,提出以下观点:阳痿发病多系肾中阴精之盛衰,分肾阴不足致相火妄动及阴损及阳致命门火衰。前者以二地鳖甲煎滋阴降火,后者以还少丹填精益阴,温补肾阳。以滋阴学说指导阳痿治疗,另当以清心淡泊、节欲保精、惜养真阳为要。

**关键词:**朱丹溪;滋阴学说;阳痿;二地鳖甲汤;还少丹;肾精耗损

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## Application of Zhu Danxi's Theory of Nourishing Yin in the Treatment of Impotence

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**Abstract** Zhu Danxi's theory of nourishing Yin respects Liu Wansu's theory of "heat and fire", philosophy of Yi and natural law, etc. It regards nourishing yin and preserving essence as the key to cure diseases, and the observation of the cause and mechanism of impotence clinically is especially in line with Zhu Danxi's theory of nourishing Yin. Based on the literature review, this paper summarizes the application principle and method of nourishing Yin theory in the treatment of impotence, and puts forward the following points of view: The onset of impotence is mostly caused by the rise and fall of Yin essence in kidney, which includes deficiency Yin in kidney leading to hyperactivity of ministerial fire and Yin deficiency involving Yang leading to decline of vital gate fire. As for the former, Erdi Biejia Decoction could be used to nourish Yin for lowering fire. As for the latter, Huanshao Pill could be used to supplement essence for benefiting Yin and warmly invigorating kidney Yang. The treatment of impotence should be guided by the theory of nourishing Yin, and be based on purity of mind, abstinence and preservation of essence, and cherishing the nourishment of the true Yang.

**Key words** Zhu Danxi; theory of nourishing Yin; impotence; Erdi Biejia Decoction; Huanshao Pill; consumption of kidney essence

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