

功能性消化不良从肝论治探析^{*}

谢晓妹 刘力^{**}

(陕西中医药大学, 陕西 咸阳 712046)

摘要:功能性消化不良(functional dyspepsia, FD)是多发的消化科功能性疾病,目前,西医学认为胃肠动力障碍、胃感觉高敏性及精神心理因素等共同参与其发病,其中与精神心理因素的关系最为紧密。中医学中的“肝”主疏泄、畅气机、舒情志,这在协调脾升胃降的运化机能方面作用重大。精神心理因素即是情志状态,由此,从肝论治 FD,中、西医学观点高度一致。现从中医理论出发,结合西医研究进展,对 FD 的从肝论治进行探析。

关键词:功能性消化不良;胃病;胃痞;从肝论治

中图分类号:R256.3 **文献标识码:**A **文章编号:**1672-0571(2019)01-0018-03

DOI:10.13424/j.cnki.mtcm.2019.01.007

Exploration and Analysis of the Treatment of Functional Dyspepsia from the Liver

Xie Xiaomei Liuli

(Shaanxi University of Chinese Medicine, Xianyang China, 712046)

Abstract Functional dyspepsia (FD) is a common digestive systemic disease. Recently, western medicine believes that gastrointestinal motility disorders, gastric hypersensitivity and psychosocial factors are involved in the pathogenesis, and the relationship with mental and psychological factors is the closest. The “liver” in Chinese medicine controls conveyance and dispersion, regulates qi-flowing and minds, and that plays a major role in coordinating the function of spleen ascending and stomach descending. Psychological factors are emotional states, from this point of view, Chinese and western medicine have a high degree of consistency in treating FD from the liver. Based on the theory of traditional Chinese medicine and the research progress of western medicine, this paper probes into the treatment of FD from liver.

Key words FD; liver is related to FD; treatment from liver

功能性消化不良为西医病名,罗马 IV 标准将 FD 界定为:病程超过半年,近 3 个月来上腹部痛及烧灼感、早饱及餐后饱胀不适感等核心症状,反复发作且影响日常生活,常规检查无可解释上症的结构性疾病依据;据上症与进餐的关系,将 FD 分为两个亚型,即上腹痛综合征与餐后不适综合征^[1]。FD 的患病率高,在全球达 10%~30%,在国内占消化门诊成人约 30%、儿科约 20%~40%^[2];FD 社会负担重,导致患者情绪低落、生活

质量下降,FD 患者的生活质量显著不及因其他原因进行内镜检查的患者^[3]。中医学无“功能性消化不良”病名,依据其相关症状,再结合罗马 IV 标准中其亚型的区分,将上腹痛综合征与餐后饱胀不适综合征分别归属于中医“胃痛”和“胃痞”^[4]。

1 肝与 FD 相关

1.1 中医学认识 中医学认为,该病的发生主要与感受外邪、饮食失宜、情志不遂、劳倦伤脾等有

* 基金项目:陕西省重点学科建设项目资助

** 通讯作者:刘力,教授。E-mail:liuyan@163.com.