

方药研究

乌梅丸治疗儿科杂症举隅

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摘要:郭亚雄主任医师根据小儿的生理病理特征及疾病的病因、病机,认为小儿杂症临证中多有寒热错杂、虚实夹杂之证,治疗以清上温下,温补脾肾为法,乌梅丸若投之得当,能在儿科杂症中取得佳效。

关键词:乌梅丸;寒热错杂;郭亚雄;儿科杂症

中图分类号:R272 **文献标识码:**A **文章编号:**1672-0571(2019)01-0077-03

DOI:10.13424/j.cnki.mtcm.2019.01.027

Examples of the Treatment of Pediatric Diseases by Wumei Pill

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Abstract According to the physiological and pathological characteristics of children and etiology and pathogenesis of the pediatric diseases, Dr. Guo Yaxiong believes that there are many mixed syndromes of cold and heat, deficiency and excess in the clinical manifestations of children's miscellaneous diseases. The treatment should be based on clearing the upper heat and warming the spleen and kidney, as well as warmly invigorating spleen and kidney. If Wumei pill was properly used, it could achieve good results in pediatric diseases.

Key words Wumei pill; intermingled heat and cold; Guo Yaxiong; pediatric diseases; clinical experience

乌梅丸为厥阴病之主方,厥阴病为寒热错杂之证,导师认为厥阴上热下寒证形成的病机关键在于中焦脾胃升降枢纽功能,是以脾土不能升清则肝气陷郁而下寒,胃土失降则相火郁上而上热。论其标本,上热为标,下寒为本。上热常有胃热、心火、肝火,亦有肺热,下寒多为脾寒、肾寒^[1]。而乌梅丸一方由乌梅、细辛、肉桂、黄连、黄柏、当归、党参、花椒、干姜、附子共 10 味药组成,具有清热安蛔,温阳止痛之功。全方阴阳、寒热、气血并重,清上温下,又兼顾中焦,使整体阴阳调和,临证常以原方加减应用,每获奇效。临床上乌梅丸被历代医家广泛应

用于各种疾病,故曰:“乌梅丸为厥阴之主,非只为蛔厥之剂矣。”方中乌梅酸敛收涩,安胃降逆;连、柏清相火;附子能上助心阳,中温脾阳,下补肾阳,合肉桂温下寒,使阳气盛而足以抗邪外出,寒热得以调和;当归滋木柔肝舒肝;细辛、蜀椒、姜温胃而降逆;人参培补中土。全方清上温下,补益中洲,使脾胃复健,升降有序,上下水火交通相济,病常愈。

小儿在生理上脾、肺、肾常虚,肝心有余;病理上易虚易实,易寒易热,因其为稚阴稚阳之体,发病容易,传遍迅速,寒热虚实转化迅速,故易寒热错杂而为病。上热则头面痤疮,舌尖红;下寒则厥逆,畏