

肾性蛋白尿中医治疗体会

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摘要:蛋白尿是肾脏疾病最主要的临床症状,是由于肾损伤引起的尿中蛋白质排泄量增加而出现的一种病理状态。蛋白尿不仅是肾脏损伤的特异性指标,也是预测肾病转归的重要指标。目前若单纯从西医方面进行降蛋白尿治疗并不能取得良好的疗效,临床上往往需要中西医结合治疗,故不能忽略中医在治疗蛋白尿方面的独特优势,本文论述了从中医肺、脾、肾、肝四脏治疗肾性蛋白尿的思路。

关键词:蛋白尿; 中医治疗; 肺; 脾; 肾; 肝

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Experience in the Treatment of Renal Proteinuria with Traditional Chinese Medicine

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Abstract Proteinuria is the most important clinical symptom of kidney disease, and it is a pathological state that occurs due to an increase in protein excretion in the urine caused by kidney damage. Proteinuria is not only a specific indicator of kidney damage, but also an important indicator for predicting the outcome of kidney disease. At present, the treatment of proteinuria by western medicine alone can not achieve good results, and the clinical treatment often requires the combination of traditional Chinese and Western medicine. Therefore, the unique advantages of traditional Chinese medicine in the treatment of proteinuria can not be neglected. This paper discusses the idea of treating renal proteinuria from four of the five zang organs of TCM: lung, spleen, kidney and liver.

Key words proteinuria; TCM treatment; lung; spleen; kidney; liver

蛋白尿是指由于免疫复合物的沉积,肾小球毛细血管通透性发生改变,导致血浆白蛋白不断漏出,继而形成蛋白质含量高出正常范围的蛋白尿^[1]。其特点是:蛋白尿的成分是白蛋白,24 小时蛋白定量大于 150mg,甚至数 10g 以上。中医文献中并无蛋白尿有关记载,但在“虚劳”“水肿”“腰痛”等与肾脏有关的疾病中可见到与之相对应的症状^[2]。

1 蛋白尿与各脏的关系

中医认识蛋白尿应从精的生成和异常外泄来理

解,蛋白质为“精”或“精微物质”,源于水谷,由后天之脾胃所化生,经心肺作用输布经络,营运全身,其盛者贮存于肾,依赖肾的封藏作用而储存体内,同时肺脾肾三脏功能的正常发挥又依赖于肝之疏泄功能的正常^[3]。时振声教授认为,蛋白尿与脾肾虚弱有关,脾虚则健运失司,清浊不分,肾虚则气化无权,封藏失司;周鸣岐教授认为蛋白尿除与脾肾相关,还与肺的宣发输布,肝的疏泄升降功能密切相关^[4]。故蛋白尿当从肺、脾、肾、肝四脏论治为主。

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