

医家精萃

王捷虹教授治疗中虚气逆型 反流性食管炎的经验*

李毅 胡玉乐 王捷虹**

(陕西中医药大学附属医院, 陕西 咸阳 712000)

摘要:反流性食管炎(reflux esophagitis, RE)是一种慢性高发病,且亦反复发作,使患者痛苦难耐,严重影响日常生活质量,王捷虹教授运用半夏泻心汤化裁,以协调寒热、和胃制酸为法,治疗中虚气逆型反流性食管炎,疗效可靠,附带验案,说明其诊疗思路及治疗效果。

关键词:反流性食管炎;中虚气逆;半夏泻心汤;临证经验

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Professor Wang Jiehong's Experience in Treating Reflux Esophagitis of Spleen – stomach Weakness and Reversed Flow of Qi

Li Yi Hu Yule Wang Jiehong

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

Abstract Reflux esophagitis (RE) is a chronic and high – incidence disease, it also recurs repeatedly, which makes the patients suffering and impairs the quality of daily life seriously. Professor Wang Jiehong used Banxia Xiexin Decoction to treat RE with spleen – stomach weakness and reversed flow of Qi by regulating cold and heat, harmonizing the stomach and relieving hyperacidity. The effect is reliable. The proved cases are attached to show its diagnosis and treatment ideas and therapeutic effect.

Key words Reflux esophagitis (RE); spleen – stomach weakness and reversed flow of Qi; Banxia Xiexin Decoction; clinical experience

反流性食管炎是指胃十二指肠内容物因各种诱因反流入食管引起烧心、反酸、胸骨后烧灼感、咽部异物感等为主要症状的临床综合征,严重影响了人类的健康及生活质量^[1]。目前西医治疗本病主要以按需甚至长期抑酸治疗、促进胃肠动力以及抗反流手术为主^[2]。而长期抑酸治疗,如使用质子泵抑

制剂,亦会带来诸多问题^[3]:如增加急慢性肾损害、低镁血症、肠道感染等风险。近年来中医辨证施治的个体化治疗前景广阔,对反复发作以及难治性 RE 的治疗,有着显著优势。笔者有幸师从陕西省名中医王捷虹主任医师,现将王老师治疗中虚气逆型反流性食管炎的经验归纳总结如下。

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** 通讯作者:王捷虹,主任医师。E-mail:wangjiehong68@163.com