

# 基于《黄帝内经》论治汗

肖媛 张景明\*

(陕西中医药大学, 陕西 咸阳 712046)

**摘要:**汗证,是由于阴阳失调,腠理不固而致汗液外泄失常的病证,也常作为他病的一种并发症而出现。汗证相关记载最早见于《黄帝内经》,其间论述了汗证的形成机理、分类、特点等内容。汗由阴津所化,由阳气蒸腾,经玄府而出,根据不同的分类标准,汗证又可分为多种类型。如按照病因病机可分为外邪致汗与内伤致汗;按照出汗时间可分为自汗与盗汗;按照预后时间可分为战汗与绝汗等。后世医家基于此多有发挥和总结,从调和营卫、疏肝补肾、滋肾调阴阳等方面来治疗汗证取得满意效果。《内经》提出“夺血者无汗,夺汗者无血”理论,认为汗血同源,相互资化,遂足以引起人们对汗证的重视。

**关键词:**汗证;分类;内经

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## Discussion on the Treatment of Sweating Based on *The Yellow Emperor's Inner Classic*

Xiao Yuan Zhang Jingming

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

**Abstract** Sweating syndrome, which is caused by imbalance of Yin and Yang and unsound management, often occurs as an accompanying symptom of other diseases. The relevant records of sweating syndrome were first found in *The Yellow Emperor's Inner Classic*, during which the formation mechanism, classification and characteristics of sweating syndrome were discussed. Sweat is transformed by Yin fluid, transpired by Yang Qi and emerged through sweat pores. According to different classification criteria, sweating syndrome can be divided into many types. For example, according to the etiology and pathogenesis, it can be divided into exogenous sweating and internal injury sweating; according to the sweating time, it can be divided into spontaneous sweating and night sweating; according to the prognosis time, it can be divided into shiver sweating and expiry sweating. Based on this, the doctors of later generations have brought into play and summarized many aspects, such as harmonizing Ying and Wei levels, soothing liver and tonifying kidney, nourishing kidney and regulating Yin and Yang, to achieve satisfactory results in the treatment of sweating syndrome. The *The Yellow Emperor's Inner Classic* put forward the theory of “despoliation of the blood diminishes sweating, despoliation of sweat diminishes the blood”. It holds that sweat and blood are from the same source and mutually capitalized, which is enough to arouse people's attention to sweating syndrome. However, due to its complex pathogenesis, the accuracy of clinical diagnosis and treatment is low. In this paper, the classification and treatment experience of sweating syndrome are summarized in order to provide reference for clinical treatment.