

《未刻本叶氏医案》健脾思想治疗 咳嗽经验简摩^{*}

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摘要:新安医家叶天士在《未刻本叶氏医案》中对咳嗽的辨治别出心裁,尤其突出顾护后天脾思想治疗咳嗽运用益气健脾,甘润养脾,燥湿运脾,清热舒脾等治法丰富了临床治疗咳嗽的经验。

关键词:新安医家;未刻本叶氏医案;咳嗽

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Experience of Spleen – invigorating Thoughts on the Treatment of Cough in Ye’s Medical Cases

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Abstract: Xi’an doctor Ye Gui (Ye Tianshi) has an ingenious approach to the identification and treatment of cough in *Ye’s Medical Cases*, especially highlighting the thought of “care of the acquired spleen” for the treatment of cough. Treatment such as tonifying qi to invigorate the spleen, moisturizing sweet to nourish the spleen, drying dampness to activate the spleen, clearing heat to relieve the spleen enrich the clinical experience in treating cough.

Keywords: Xin’an doctor; *Ye’s Medical Cases*; Cough

叶桂,字天士,号香岩,晚号上津老人,是极具代表性的明清杰出温病新安医派医家,平生忙于诊务,著作多由其门人或后人整理,如《临证指南医案》《温热论》《未刻本叶氏医案》等。《未刻本叶氏医案》是叶天士学生周仲升侍诊时随手记录医案,其载医案病种不如《临证指南医案》繁多,以咳嗽、温热、虚劳、血症等病证为多。共收入叶氏医案一千一百多例,其中咳嗽病有146例。

1 中气不足,土不生金,治以益气健脾

叶天士在《临证指南医案》中指出“劳损咳嗽,用建中法得效。乃无形之气受伤,故益气之药气

醇味甘,中土宁,金受益。”正如叶氏在治疗形寒、心悸、咳嗽,拟以建中汤从脾胃入手补金之母。久咳久嗽者中由于脾气亏虚、肺气亏耗、肺金不足所致,当以益气健脾为法,培土生金^[1]。叶天士在《未刻本叶氏医案》214条中“茹素营气不长,咳嗽妨食,天癸折断,恐延干血,黄芪、炙草、茯苓、归身、南枣肉”。方中用黄芪、炙甘草、南枣肉益气健脾。《临证指南》有载:长斋有年,土薄气馁。正如217条中因脉微,按之数、咳嗽、食下便溏,属于阴损及阳,是素体较虚之人,肺脾俱虚,殊不易复,须胃强能纳,庶可撑持,拟六君子汤去半夏加白芍补

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