

疫病防治

“易阳通元”防治新冠肺炎作用探讨*

张瑞雪** 张彩云 袁亚美 方正清 王茜 朱林

(安徽中医药大学护理学院, 安徽合肥 230012)

摘要:由于尚无特异性的靶向 COVID-19 的抗病毒治疗药物,目前对 NCP 主要采取支持及对症治疗,中医药在防治该病中亦发挥了重要作用。中医主张“辨病为主、专病专方,结合辨证”,拟定在“清肺解毒汤”组方的基础上加减治疗,取得良好效果。目前疫情防控正进入一个重要的阶段,防止疫情发生社区传播,是现今疫情防控的重中之重,降低病死率也是面临的严峻挑战。“易阳通元”法则,其思想根源于易学的气“一元论”思想,以及张仲景“元真失畅”的病理观,主张温阳培元通畅元真的防、治思想,临证采用艾灸配合方药治疗。故基于对清肺排毒汤的深入解析,探讨“易阳通元”法则抗疫的作用,以期防控疫情找到普遍适合、简单易行的方法。

关键词:新冠肺炎;清肺解毒汤;易阳通元;中医治疗;艾灸;抗疫作用;畅通元真

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A Discussion on the Prevention and Treatment of COVID-19 by The Law of Yiyang Tongyuan

Zhang Ruixue, Zhang Caiyun, Yuan Yamei, Fang Zhengqing, Wang Qian, Zhu Lin

(School of Nursing in Anhui University of Chinese Medicine, Hefei Anhui 230012)

Abstract: The primary treatment of NCP is practised by symptomatic therapy since there is no the antiviral medicine of COVID-19 in the specific targeted therapy. TCM has played an important role in the prevention and treatment of it. Chinese Medicine conform to the principle of “disease differentiation priority, unique prescription targeted the specialized disease, and combination with syndrome differentiation”, thereby the QingFei Jiedu (Lung-clearing and Detoxification) Decoction is effective if it is combined with modified treatment as a basis. Currently, the epidemic prevention and control step into a critical period, thus the prevention of community transformation is the first priority and reducing the fatality rate is also a severe challenge. Yiyang Tong Yuan law is derived from the monism of Qi theory in Yi-ology and Zhang Zhongjing’s pathological view of “Yuanzhen Shichang” (the blocked primordial essence) which proposed the prevention and treatment viewpoint of warming the yang and cultivating the yuan to unblock primordial essence, collaborating Chinese medicine with the moxibustion in clinical practice. Therefore, this paper discusses the effect of “Yiyang Tongyuan” Law in terms of treating COVID-19 based on an in-depth analysis of QingFei Jiedu Decoction in order to seek a generally applicable and feasible way to fight the virus.

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** **通讯作者:**张瑞雪,副教授。E-mail:1196490096@qq.com