

疫病防治

基于体质的中医香疗在新冠肺炎治疗
中的应用思路^{*}

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摘要:**目的** 挖掘中医香疗防疫的古今运用精华,为新冠肺炎的预防提供思路。**方法** 梳理中医香疗防疫的文献资料,遴选新冠肺炎中医药防治方案中香疗防疫的相关应用,结合王琦教授的中医体质理论加以研究和探讨。**结果** 中医香疗防疫历史悠久,记载史料丰富,根据 24 个省市官方发布的新冠肺炎中医药防治方案中遴选出 7 省 1 市明确推荐香疗预防,应用形式多以香囊、香薰为主。**结论** 中医香疗需要继承创新,组方用药当因体质而异,体现因人制宜,并结合时气与疫病特点加减化裁,同时规范应用,推进其发展,也为新冠肺炎的预防与康复提供思路,体现“治未病”思想。

关键词: 中医香疗;新冠肺炎;体质;治未病
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A Study on the Application of TCM Aromatherapy in Covid - 19
Prevention and Treatment Based on Constitutionology Theory

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Abstract: **Objective** To explore the application of aromatherapy in history in terms of epidemic prevention, providing new thinking for the Covid - 19 prevention. **Methods** To sort out the literature related to epidemic prevention by means of TCM aromatherapy, and select the relevant information concerning the covid - 19 prevention applied with TCM aromatherapy and finally do a research based on Professor Wang Qi's Constitutionology Theory. **Result** It is found out that the epidemic prevention with TCM aromatherapy has a long history with rich documentation. 7 provinces and 1 city among 24 in China which have issued the proposals of preventing Covid - 19 with TCM definitely recommended the Covid - 19 prevention applied with TCM aromatherapy among which sachet and aroma are the common forms. **Conclusion** TCM aromatherapy should be inherited and innovated. The prescription should be made according to individual physical characters and modified to conform to the local climate and specific virus accordingly. Meanwhile, the application should be standardized to promote its further development, providing new thinking for prevention and treatment of Covid - 19 according to the disease prevention priority principle of TCM.

Keywords: TCM Aromatherapy; Covid - 19; physical character; the disease prevention priority principle

中医香疗^[1]是以中医药理论为基础,借助芳香中药所特有的治疗功效,将其制成适宜剂型,通

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