

学述探讨

《圣济总录》脾瘕用药及证治规律分析^{*}呼兴华¹ 宋子豪² 李玲¹ 许建秦^{1**}

(1. 陕西省中医药研究院, 陕西 西安 710003; 2. 陕西中医药大学, 陕西 咸阳 712046)

摘要:目的 对《圣济总录》治疗脾瘕组方证治规律与药物功效进行分析,为临床治疗糖尿病前期提供参考。方法 整理《圣济总录》中所载治疗脾瘕 11 首方(38 味),分析其处方用药规律。结果 《圣济总录》论治脾瘕,以多饮、烦热、口甜为主要症状,组方药物对应四气依次寒(25)、平(11),对应五味依次甘(24)、苦(23)、辛(21)。组方药物功效归类:清热生津类药物 20 味、化气生津类药物 15 味、养阴生津类药物 17 味。38 味组方药物中,清热类 13 味,化气类 8 味,养阴类 11 味。结论 《圣济总录》诊治脾瘕,治法以清热生津、化气生津、养阴生津为主,用药以甘寒为主,辛、平为次,为临床应用中药治疗糖尿病前期辨证属脾为湿困兼湿热伤津证提供参考。

关键词:糖尿病前期;脾瘕;生津;方药分析;圣济总录

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An Analysis of the Medication and Diagnosis and Treatment Regulation of Pi Dan in *Shengji Zonglu*

Hu Xinghua, Song Zihao, Li Ling, Xu Jianqin

(1. Shaanxi Academy of Traditional Chinese Medicine, Xi'an Shaanxi 710003;

2. Shaanxi University of Chinese Medicine, Xianyang Shaanxi 712046)

Abstract: **Objective** To analyze the diagnosis and treatment regulation of prescription and effect of the medicine in the treatment of Pi Dan (a kind of disease which is similar to diabetes) in *Shengji Zonglu* (*General Records of Holy Universal Relief*). **Methods** To sort out the 11 prescriptions (38 kinds of herbs) recorded in *Shengji Zonglu* and analyze the medication regulation of the prescriptions. **Result** *Shengji Zonglu* regards polydipsia, dysphoria with smooth sensation and sweetness in the mouth as the primary symptoms. Accordingly, the drugs should successively target the coldness(25), smoothness(11) among four qi, and sweetness(24), bitterness(23), pungency(21) among five flavors. The drugs are categorized into 20 kinds which can clear heat to generate fluid, 15 kinds which can transform qi to generate fluid, and 17 kinds which can maintain yin to generate fluid. In all, among 38 kinds of herbs, 13 belong to heat-clearing class, 8 to qi-transforming class, and 11 to yin-maintaining class. **Conclusion** The treatment of Pi Dan in *Shengji Zonglu* should give top priority to clearing heat to generate fluid, transforming qi to generate fluid and maintaining yin to generate fluid, whereas the prescription should target the sweetness and coldness primarily, pungency and smoothness secondarily. This paper will provide a reference for the clinical treatment of prediabetes which are characterized by impairing fluid caused by dampness obstruction and damp-heat in the spleen with Chinese medicine.

Keywords: prediabetes; Pi Dan; generate fluid; the analysis of prescription; *Shengji Zonglu*

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** 通讯作者:许建秦,主任医师。E-mail:xjq0506@163.com