

疫病防治

内江地区新型冠状病毒肺炎中医防治研究^{*}

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摘要:2019 新型冠状病毒肺炎符合中医“疫病”“瘟病”的特点,中医预防治疗温病的理论体系,在中国历史上对传染病防治作出了巨大贡献。本次内江地区新冠肺炎患者临床以发热但热势不高,胸闷,乏力以及纳差,大便稀溏等为特征,湿邪贯穿始终,有一定地域特点,因此,以此为特点运用中医温病理论辨治本地区新型冠状病毒肺炎,有助于减少危重症的发生发展,提高整体预后结局。

关键词:新型冠状病毒肺炎;湿邪;内江;辨证论治;瘟疫

中图分类号:R183.3 **文献标识码:**A **文章编号:**1672-0571(2020)06-0001-04

DOI:10.13424/j.cnki.mtcm.2020.06.001

A Study on the TCM Preventive Experience of
COVID-19 in Neijiang

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Abstract:Covid-19 is characterized by the “yi disease”(epidemic disease) and “wen disease”(febrile disease) in TCM and the TCM prevention and treatment of febrile diseases theoretical system made a significant contribution in the history of the prevention of epidemics in China. Patients with Covid-19 are characterized by the fever with lower febrile potential, chest distress, fatigue, poor appetite and thin sloppy stool as well as constant damp evils, which manifests the regional characteristics. Accordingly, the application of TCM differentiation of syndrome in febrile diseases can mitigate the occurrence of critical illness, thereby improving the prognostic outcome on the whole.

Keywords:Covid-19; damp evil; Neijiang; differentiation of syndrome; epidemics

自新型冠状病毒肺炎(corona virus disease-19, COVID-19)爆发以来,内江市积极防控,并成立以我院专家为主的内江市新型冠状病毒肺炎中医救治专家组。自内江地区确诊第一例患者来,专家们每天进行中医查房辨证,收集患者的四诊信息,并结合内江地区盆地中心气候和地域特点,分析病情演变,发现患者临床表现以发热但热势

不高,胸闷,乏力以及纳差,大便稀溏等为特征,湿邪贯穿始终,以此辨治 22 例确诊患者,取得较为显著的临床效果,现总结如下。

1 运用中医温病理论理解 COVID-19

目前为止,现代医学尚无针对 COVID-19 的特效药,回顾历史可以发现,中医在历次瘟疫中均发挥了巨大作用,现代临床中发现对于病毒感染

^{*} 基金项目:四川省科技厅计划项目(2020YJ0496)
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