

孙银娣主任医师骨伤科学术思想浅析^{*}

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摘 要:孙银娣主任医师为西安市首届名中医、陕西省名中医。从“四元平衡论”“天人合一”“以人为本”及“触发点的中医观”四方面总结了孙银娣主任医师在中西医结合诊治骨伤疾病的康复诊疗思路及学术经验。“四元平衡论”即“阴阳平衡”“气机平衡”“筋骨平衡”及“动静平衡”,阐明了她在临床中治疗骨伤科疾病中的具体思路并灵活施用;“天人合一”即人与自然要对应统一;“以人为本”即临床工作中注重整体,对病人进行人文关怀;“触发点的中医观”即运用中医理论对现代医学的“触发点”进行再认识。孙银娣主任的学术经验来源于中医同时并不拘泥于中医,充分利用了现代科学中的治疗和康复技术,结合中医“整体观念”思想,经过反复印证推敲总结而形成,临床应用效果良好,具有一定的推广价值。

关键词:四元平衡论/阴阳平衡;气机平衡;筋骨平衡;动静平衡;名医经验;中医骨伤科;康复医学;整体观念;孙银娣

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An Analysis of Sun Yinti's Academic Thoughts on Bone Injury

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Abstract: Sun Yinti, a chief physician, is one of the renown TCM practitioners in Xi'an, Shaanxi. This paper makes a summary of Sun's rehabilitation experience as well as her academic thoughts when diagnosing and treating bone injury by the unification of Western and Chinese Medicine from four aspects, namely, the quaternary equilibrium theory, the unification of human and universe theory, people-oriented theory and TCM trigger point theory. The quaternary equilibrium theory refers to the balance of yin and yang, the balance of qi activity, the balance of muscle and bone as well as the balance of mobility and stability, which illustrates her flexible application of the specific clinical treatment of diseases associated with bone injury. The theory of human and universe unification means human being should conform to and unite with the universe. People-oriented theory stresses the holism and provide humanistic care for the patients in clinical practice. TCM trigger-point theory is a recognition of the trigger point proposed by modern medicine by use of TCM theories. Sun's thoughts are derived from but not completely adhere to TCM, which is proved to be effective in clinical practice and deserve a further promotion since they take full advantage of the treatment and rehabilitation technology of modern

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