

综述与其他

特应性皮炎的中医药研究进展*

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摘要:特应性皮炎是一种常见的与遗传过敏素质有关的慢性炎症性皮肤病,目前西医治疗效果不理想。收集近年来中医药治疗特应性皮炎的文献资料,从辨证论治、单法、单方治疗、中西医结合治疗、外治、针药结合等方面对近年来中医治疗特应性皮炎文献做一综述,结果显示中医药治疗特应性皮炎疗效确切,值得临床推广使用。

关键词:特应性皮炎;辨证论治;外治;针灸;综述

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A Research Progress on TCM Treatment of Atopic Dermatitis

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Abstract: Atopic dermatitis is a type common chronic inflammatory skin disease associated with genetic allergies, but currently the treatment of Western Medicine is not so effective. This paper collects the literature and documents referring to the TCM treatment of atopic dermatitis in recent years and makes a review in term of the syndrome differentiation, unique method and formula, unification of Western and Chinese Medicine, external treatment and the combination of acupuncture and medicine. The results indicate that the TCM treatment of atopic dermatitis is significantly effective and deserves further application.

Keywords: atopic dermatitis; syndrome differentiation; external treatment, acupuncture; review

特应性皮炎(atopic dermatitis, AD)又称为特应性湿疹,中医学称“四弯风”,是一种与遗传过敏素质有关的常见慢性炎症性皮肤病。据报道,全球有20%以上的儿童及3%的成人患有特应性皮炎^[1-2],但目前其西医的病因与发病机制尚不十分清楚,疗效不理想。据报道,在我国近年来中医药治疗特应性皮炎的疗效确切、优势明显。笔者就收集到的资料,从以下几个方面就近年来中医药

治疗特应性皮炎的概况综述如下。

1 病因病机

有关特应性皮炎中医的病因病机归纳为禀赋不耐,胎毒遗热,外感淫邪,饮食失调,以致心火过胜,脾虚失运而发病^[3-4]。2017年出版的《中西医结合皮肤性病学》教材^[5]认为心火与脾虚是特应性皮炎的主导病机。婴儿期以心火为主;儿童期心火脾虚交织互见;青少年与成人期血虚风燥、肌

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