

国医大师薛伯寿应用“木郁达之” 治疗验案探析^{*}

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摘要:国医大师薛伯寿在临床应用《内经》“木郁达之”之法治疗内科疾病常获显效,以三例医案胃脘痛、小儿反复呼吸道感染及咳嗽为基础,探讨和分析“木郁达之”治则的重要性及其在临床上的应用。薛老推崇《内经》“木郁为先”“木郁为重”,认为木郁是常见的发病病因和病机,“木郁达之”为中医重要治法,对指导临床实践具有重要的意义。

关键词:薛伯寿;木郁达之;胃痛;小儿反复呼吸道感染;咳嗽

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Case Study of National Master of Traditional Chinese Medicine XUE Bo - shou Applying the Principle of “Mu Yu Da Zhi”

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Abstract: XUE Bo - shou, a great national master of traditional Chinese medicine, has achieved remarkable results in the treatment of internal medicine diseases with the method of “Mu Yu Da Zhi”. Based on three cases of epigastralgia, children's recurrent respiratory tract infection and cough, this paper discusses and analyzes the importance of “Mu Yu Da Zhi” and its clinical application. XUE highly praised “Mu Yu is the first” and “Mu Yu is the most important” in the *Inner Canon of Huangdi*. He thinks that Mu Yu is a common cause and pathogenesis, and “Mu Yu Da Zhi” is an important treatment of TCM, which is of great significance to guide clinical practice.

Key words: XUE Bo - shou; Mu Yu Dazhi; Stomachache; Children recurrent respiratory tract infection; Cough

“木郁达之”出自《素问·六元正纪大论》,为中医重要治则之一。国医大师薛伯寿尽其理而活其用,应用于临床各种病证,兹以验案举隅,略做探讨和分析如下。

1 病案举例

1.1 胃脘痛案 杨某,女,52岁,于2019年4月19日初诊。患者10年前因生气后出现胃胀、胃痛、嗳气等症,遇心情不畅或饮食不节时病情反复

而加重,刻下:胃脘胀满疼痛、嗳气频繁,时伴呃逆、口干、后背发紧感、腹泻等症,泻后症状减轻,察其舌淡红,苔薄白,诊其脉弦。2013年曾做胃镜报告为:浅表性胃炎。中医诊断:胃脘痛。辨证:肝气犯胃(木乘土)。治法:疏肝解郁,理气止痛(疏木扶土)。方药:法半夏8g,厚朴8g,党参8g,炙甘草8g,干姜4g,柴胡10g,枳壳10g,白芍10g,茯苓10g,香附10g,良姜8g,香橼10g,元胡10g,

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