

中医外治法治疗呃逆的研究进展^{*}

王捷虹^{1**} 王倩¹ 袁海光¹ 闫海英²

(1. 陕西中医药大学附属医院, 陕西 咸阳 712000; 2. 空军第九八六医院第五门诊部, 陕西 西安 710061)

摘 要:呃逆是一种常见的临床症状,常用治疗方法包括药物、迷走神经干扰或刺激、中医外治法以及手术治疗。中医外治法治疗呃逆具有操作简便、疗效显著等优势,结合文献,对近 3 年中医外治法治疗呃逆的临床方法以及疗效研究进行综述,为后期的临床提供一定的理论依据,并规范应用于临床工作中。

关键词:中医外治;呃逆;神经递质;治疗方案

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Research Progress on Hiccup Treated
by External Therapy of Traditional Chinese Medicine

WANG Jie-hong¹, WANG Qian¹, YUAN Hai-guang¹, YAN Hai-ying²

(Affiliated hospital of Shaanxi university of traditional Chinese medicine, Shaanxi Xianyang 712000, China)

Abstract: Hiccup is a common clinical symptom. The treatment methods include drugs, vagus nerve interference or stimulation, external treatment of traditional Chinese medicine and surgery treatment. The external treatment of traditional Chinese medicine of hiccup has the advantages of simple operation and significant curative effect. This paper reviews the clinical methods of external treatment of traditional Chinese medicine in the treatment of hiccup in recent three years. To provide a theoretical basis for the later clinical, and standardize the application in clinical work.

Key words: External treatment of traditional Chinese medicine; Hiccup; Neurotransmitter; Treatment plan

呃逆是膈肌和肋间肌的非自愿性痉挛性收缩。大部分呃逆发作(<48 h)是短暂的,并且是自发性的,但是持续时间超过 48 h 可能归因于严重的基础病理并影响生活质量^[1]。西医已经证实多巴胺阻断药物、巴氯芬和加巴喷丁以及抗惊厥药可成功治疗此病,但病例数甚少^[2-3]。中医认为呃逆是胃气上逆动膈,气逆上冲,喉间呃呃连声,声短而频,令人不能自制为主要表现的病症。俗称“打嗝”。此症偶然发作大都轻微,不治自愈,如持续不断,则须治疗才愈。呃逆病位在膈,病变的关键脏腑在胃,还与肝、脾、肺、肾等脏腑有关,病

机是胃失和降,膈间气机不利,气逆动膈是呃逆。饮食不节,进食太快,太饱,过食生冷,或滥用寒凉药物,致寒气蕴蓄于胃,胃失和降,胃气上逆,并可循手太阴之脉上动于膈,使膈间气机不利,气逆上冲于喉,发生呃逆。《黄帝内经》称呃逆为“哕”,认为是胃气上逆而发病。《素问·宣明五气》中记载,“胃为气逆,为哕”,认为与寒气及肺、胃有关。张介宾在《景岳全书·呃逆》中写到:“呃之大要,亦惟三者而已,一曰寒呃,二曰热呃,三曰虚脱之呃。寒呃可温可散,寒去则气自舒也;热呃可降可清,火静而气自平也;惟虚脱之呃则诚危殆之证。”

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^{**} 作者简介:王捷虹(1968-),女,硕士,主任医师,教授。E-mail:wangjiehong68@163.com