

临床精萃

· 疫病防治 ·

温阳化湿法在新型冠状病毒肺炎 防治中的应用探析^{*}

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摘要:目的 为临床防治新型冠状病毒肺炎提供具体方法。方法 通过分析新型冠状病毒肺炎的病因和临床表现, 得出病机, 确立治则, 总结防治新型冠状病毒肺炎的具体方法。结果 阳虚湿盛是本次疫病发生的重要病机, 可采用温阳化湿法扶正祛邪来防治新型冠状病毒肺炎, 如温药和湿法、温运三焦法以及艾灸、穴位贴敷等兴阳温通的外治法。结论 温阳化湿法从根本上去防治新型冠状病毒肺炎, 体现了中医治病求本、扶正祛邪的治疗原则, 值得临床应用和实践。

关键词: 温阳化湿; 新型冠状病毒肺炎; 阳虚湿盛; 温药和之; 温运三焦

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Application of Warming Yang and Resolving Dampness in Prevention and Treatment of COVID - 19

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Abstract: **Objective** To provide specific methods for clinical prevention and treatment of COVID - 19. **Methods** Through analyzing the etiology and clinical manifestations of COVID - 19, we got the pathogenesis, established the treatment principle, and summarized the specific methods to prevent and cure COVID - 19. **Results** Yang deficiency and excessive dampness were the important pathogenesis of the disease. We could use the method of Warming Yang and Removing dampness to cure COVID - 19, such as warm medicine and dampness method, warming Sanjiao method, moxibustion and acupoint sticking. **Conclusion** The treatment of COVID - 19 by Warming Yang and removing dampness is a basic principle. It embodies the principle of treating diseases and strengthening the body and eliminating pathogenic factors. It is worthy of clinical application and practice.

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