

西安地区 46 例新型冠状病毒肺炎 中医证候初探^{*}

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摘要:目的 分析西安地区新型冠状病毒肺炎(简称“新冠肺炎”)患者的临床特征和中医证候分布规律。
方法 收集西安市第八医院 2020 年 1 月 21 日至 3 月 5 日收治的新冠肺炎确诊患者 46 例临床资料,包括性别,年龄,既往史,流行病学史、中医证候资料等,探讨患者的中医证候特征。**结果** 纳入分析 46 例,平均年龄(44.4 ± 15.7)岁。男性 25 例,女性 21 例,男/女性别比例为 1.19:1,患者主要症状依次为:咳嗽、纳差、咯痰、乏力、腹泻等;舌象表现以舌质红、苔白腻为主;患者辨证主要为湿毒郁肺证和寒湿阻肺证。**结论** 西安地区新冠肺炎患者以中青年居多,以普通型为主,中医证型突出表现为“湿”的特征,发热呈现出身热不扬的特点。

关键词:西安地区;新冠肺炎;中医证候
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TCM Syndromes of 46 Cases of COVID-19 in Xi'an Area

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Abstract: Objective To analyze COVID-19 patients clinical characteristics and TCM syndrome distribution law in Xi'an area. **Methods** A total of 50 patients with COVID-19 were selected. COVID-19 patients admitted to Xi'an eighth hospital from January 21, 2020 to March 5th, 2020 were collected from 46 cases, including gender, age, past history, epidemiology, TCM syndromes, etc., and the characteristics of TCM symptoms were discussed. **Results** 46 cases were included in the analysis, with an average age of 44.4 + 15.7 years. There were 25 males and 21 females, and the ratio of male to female was 1.19:1. The main symptoms of the patients were cough, anorexia, expectoration, fatigue, diarrhea, etc. The tongue manifestations were mainly red tongue and white greasy fur. The syndrome differentiation of the patients were mainly dampness toxin stagnation of lung syndrome and cold dampness obstructing lung syndrome. **Conclusion** COVID-19 in Xi'an is mostly young and middle-aged, mainly in the general type. The TCM syndrome is characterized by 'dampness' characteristics, and the characteristics of fever is unsurfaced fever.

Key words: Xi'an area; COVID-19; TCM Syndrome

新型冠状病毒肺炎(简称“新冠肺炎”)疫情已经在全世界范围内扩散^[1]。截止 2020 年 3 月 11 日 9 时,国内累计确诊 80955 例,国外累计确诊 37667 例,疫情波及六大洲 112 个国家及地区。世卫组织总干事谭德塞在世界卫生组织 3 月 11 日举行的新闻发布会上宣布,新冠肺炎疫情具有全球

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