

临床精萃

· 医家经验 ·

伊春锦主任分期论治反流性食管炎经验^{*}

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摘 要:伊春锦主任对运用中医药治疗反流性食管炎(RE)有其独到见解,认为反流性食管炎病位在食管与胃,与肝脾密切相关,基本病机为胃失和降、胃气上逆,不同阶段病理特点不同。治疗应根据不同阶段分期论治,初期宜“清”、宜“消”、宜“疏”,久病宜“补”、宜“养”,同时应注意攻补兼施、谨守平衡,并主张衷中参西,制酸护膜,解郁怡情,调护起居,疗效显著。

关键词:反流性食管炎;辨证;分期;名医经验;伊春锦

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Director YI Chun – jin’s Experience in Treating Reflux Esophagitis by Stages

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Abstract: Director YI Chun – jin has his unique opinion on the treatment of reflux esophagitis (RE) with traditional Chinese medicine. He thinks that the disease location of reflux esophagitis is esophagus and stomach, which is closely related to liver and spleen. The basic pathogenesis is stomach disharmony and fail in descending, stomach Qi averse to ascending, and the pathological characteristics of different stages are different. The treatment should be based on different stages. In the early stage, it is better to clear, eliminate and dredge. In the long term, it is better to tonify and nourish. At the same time, it should pay attention to both attacking and tonifying, and keep balance. It is suggested that making acid and protective the stomach, relieving depression and improving life, and the curative effect is remarkable.

Key words: Reflux esophagitis; Syndrome differentiation; Staging; Experience of famous doctors; YI Chun – jin

反流性食管炎(Reflux esophagitis, RE)是胃食管反流病(Gastro – esophageal reflux disease, GERD)的一种临床类型。中医药作为一种综合治疗手段,通过辨病与辨证论治相结合的方法对该

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