

理 论 探 讨

# 轻微型肝性脑病中医病因病机探析<sup>\*</sup>

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**摘 要:**轻微型肝性脑病在肝硬化患者中有较高发病率,但目前临床上存在套用显性肝性脑病中医病因病机来诊治本病的误区。研究组在长期临床实践基础上认为本病病因病机应至少包含如下几个方面:长期肝硬化基础不可忽视,脾胃功能日渐衰微应作为发病基础,痰浊上蒙心神脑窍是致病关键,肺与大肠肃降失常是其重要病机,总结起来本病的基本病机可概括为:脾胃衰微、痰浊盘踞、上蒙心神脑窍。

**关键词:**轻微型肝性脑病;中医;痰浊;脑窍

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## Analysis on TCM Etiology and Pathogenesis of Mild Hepatic Encephalopathy

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**Abstract** The incidence of mild hepatic encephalopathy is relatively high among cirrhosis patients, but the diagnosis and treatment of it are misled by distinct etiology and pathogenesis of hepatic encephalopathy at present. According to long-term clinical practice, the researching group gets a conclusion that its etiology and pathogenesis include at least following aspects: assignable basis of long-term cirrhosis, onset basis of declining spleen and stomach function, pathogenic key of phlegm accumulating and occluding orifices as well as important cause of disorder between lung and large intestine; therefore its basic pathogenesis can be generalized as feeble spleen and stomach as well as accumulation of phlegm turbidity blocking orifices.

**Keywords** mild hepatic encephalopathy, TCM, phlegm turbidity, brain orifices

1998 年第 11 届世界胃肠病大会将肝性脑病进行了全面的分类、命名和定义<sup>[1]</sup>。轻微型肝性脑病为有严重肝病基础或广泛门体分流病史并排除无肝脏基础或急性肝衰竭诱发的肝性脑病,临床上虽无神经精神症状及体征,但表现为学习力、理解力、注意力、应急力和操作能力缺陷,神经心理智能测试至少有 2 项异常的一类疾病<sup>[2]</sup>。根据流行病

学调查显示轻微型肝性脑病全世界发病率在 30%~84% 之间<sup>[3]</sup>,美国发病率可达 60%~80%<sup>[4]</sup>,我国轻微型肝性脑病发病率在 50% 左右<sup>[5]</sup>。临床跟踪实验证实轻微型肝性脑病若不及时干预和治疗,可进一步发展为症状型肝性脑病,救治难度增加,且死亡率明显增高<sup>[6]</sup>。

轻微型肝性脑病的发病机制尚不明确,致病学

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