

理 论 探 讨

夏季胃病的中医药调治方法^{*}

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摘 要:慢性胃病临床主要包括西医学中的慢性胃炎、消化性溃疡等多种疾病,夏季是本病多发与复发季节,遵循中医理论,为了顺应四季适时调治胃病,从甘润清补复气阴、慎用温补伐化生,“纳呆”疏导运为补、“善饥”滋阴清胃火,倦怠嗜卧补元气,振奋气机利暑湿三个方面讨论夏季胃病的调治方法,以飨读者。

关键词:夏季;胃病;中医药;调治

中图分类号:R256.3 **文献标识码:**A **文章编号:**1672-0571(2017)05-0073-02

DOI:10.13424/j.cnki.mtcm.2017.05.028

On Regulation and Treatment of Summer Stomach Diseases by Chinese Medicine

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Abstract: Clinically, chronic gastric diseases mainly includes chronic gastritis, peptic ulcer and the like in western medicine. Summer is the frequent occurring and recurring season of radical diseases. Following TCM theory, in order to timely regulate stomach diseases complying with the four seasons, the paper presents readers with the regulation of summer stomach diseases from the following three aspects: sweet and moist supplement restores qi and yin, cautious use of warm invigoration avoids damage of the health, anorexia gets improved mainly through conveyance, boulimia nourishes yin and clears stomach fire, burnout and somnolence supplements primordial qi, invigorating qi movement benefits summerheat dampness

Keywords: summer, stomach diseases, Chinese medicine, regulation and treatment

慢性胃病临床主要包括西医学中的慢性胃炎、消化性溃疡、胆汁反流性胃炎,以及胃癌前病变等,属于中医学“胃痛”“泛酸”“痞满”等范畴,夏季是本病多发与复发季节^[1-2]。

根据中医五脏主时理论,夏日三月(农历4、5、6月)由阳明、太阴主令,胃为阳明,太阴属脾,夏季又是顺应脾胃主时特性,适时调养,促进胃病康复

的最佳季节。《管子·四时》曰:“中央曰土,土德四时出入……实辅四时春赢育,夏养长,秋聚收,冬闭藏。”所谓“夏养长”是说夏季脾胃化生旺盛,调养脾胃最有利于疾病的康复。“脾主长夏”,《素问·藏气法时论》说:“病在脾,愈在秋,秋不愈,甚于春,春不死,持于夏,起于长夏。”夏季病在脾胃,适时调治,秋季可愈,否则可延续到来年春夏。所

* 基金项目:陕西中医药大学附属医院沈舒文教授名医工作室建设项目

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