

## 综述与其他

# 中医治疗肝郁脾虚型肠易激综合征 研究进展<sup>\*</sup>

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**摘要:**肝郁脾虚型肠易激综合征是一种常见的胃肠功能紊乱性疾病,近年来在我国发病率有逐步增长态势。西医对于其发病机制的研究尚不完全明确,且治疗效果欠佳;临床经验表明中医在其治疗上有独特优势。本文从中药复方加减、针灸、穴位贴敷、推拿、中药联合情志干预治疗、眼针等方面综述了近5年的相关文献及治疗研究治疗进展。以便更好查阅肝郁脾虚型肠易激综合征的中医治疗方法。

**关键词:**肠易激综合征;肝郁脾虚证;中医疗法;综述

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## Research Progress of the Treatment of Irritable Bowel Syndrome with Stagnation of Liver Qi and Spleen Deficiency by Chinese Medicine

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**Abstract:** Irritable bowel syndrome of stagnation of liver qi and spleen deficiency type is a kind of common disease of gastrointestinal dysfunction and the incidence has been increasing gradually in China in recent years. The research on its pathogenesis by western medicine is not completely clear and the therapeutic effect is not good enough. Clinical experience shows that Chinese medicine has a unique advantage on its treatment. This paper, from the perspectives of modified Chinese herbal compound, acupuncture and moxibustion, acupoint application, massage, Chinese medicine and mental therapy combined intervention treatment as well as eye acupuncture, gives an overview of related articles and treatment research progress in recently 5 years to better consult TCM treatment of irritable bowel syndrome of stagnation of liver qi and spleen deficiency type.

**Keywords:** irritable bowel syndrome, syndrome of stagnation of liver qi and spleen deficiency, TCM treatment, overview

肠易激综合征(irritable bowel syndrome, IBS)主要是以腹部疼痛、排便习惯改变、大便形状异常等为临床表现的肠道功能紊乱性疾病,其较

少出现胃肠道结构的器质性病变和生化异常。目前西医治疗主要是以药物的对症控制和缓解症状<sup>[1]</sup>。中医在IBS临床治疗除缓解其现有症状外,

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