

迟莉丽教授治疗慢性泄泻经验总结

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摘要: 迟莉丽教授治疗慢性泄泻时临证用药治病求本, 重在脾胃; 疏肝理脾, 斡旋气机; 标本兼治, 健脾利湿; 补肾温中, 固肠止泻; 注重情志, 身心同治。使处方药物准确对证, 取得显著的疗效, 为临床治疗慢性泄泻提供丰富的经验。

关键词: 慢性泄泻; 名医经验; 思路; 方法

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Professor Chi Lili's Experience on the Treatment of Chronic Diarrhea

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Abstract The clinical medication of Professor Chi Lili aims at the origin of chronic diarrhea, and the focus is on the spleen and stomach, soothing the liver and rectifying the spleen as well as mediating qi movement, treating the root and branch simultaneously as well as fortifying the spleen and draining dampness, supplementing the kidney and warming the center as well as consolidating the intestine and arresting diarrhea, paying attention to both emotion and mind as well as treating both physical and mental diseases. Hence the prescriptions are highly targeted and effective, and provide rich experience for the treatment of chronic diarrhea.

Key words chronic diarrhea; famous doctor's experience; idea; method

慢性泄泻以排便次数增多, 粪质稀溏或完谷不化, 甚至泻出如水样为主症的病证。临床常见病因众多, 如胃肠功能紊乱、慢性肠炎、肠易激综合征等, 西医学中因消化器官发生功能性病变而发生的腹泻, 均可参照本病辨证施治。西医临床常用止泻药物, 以对症治疗为主, 虽然暂时改善患者之苦, 但这些药物易产生耐药性及肝功能损害等多种副作用, 中医临床治疗通过辨证施治, 取得良好疗效。

迟莉丽教授临床数年, 尤其在治疗慢性泄泻方面积累了丰富的经验和理论。本病基本病机变化为脾虚湿盛, 凡感受外邪、饮食失节、情志失调、命门久衰等原因损伤脾胃, 致使脾胃运化失职, 水谷

不化, 肠道功能失司而发生泄泻, 脾胃虚弱为慢性泄泻的根本原因, 气滞为发病诱因, 湿邪为病理产物^[1]。迟莉丽教授在治疗慢性泄泻时注重脾胃, 兼顾肝肾, 审察病机, 针对不同病机对证用药, 笔者有幸跟诊迟教授, 现就迟教授治泻思路与方法介绍如下, 以飨同道。

1 治疗特点

1.1 治病求本, 重在脾胃 《景岳全书·泄泻》云: “泄泻之本, 无不由于脾胃。”脾胃虚弱, 三焦气机不利, 清阳不升, 浊阴不降, 脾胃受纳失职, 肠腑运化无权, 水湿精微夹杂而下。由此可见导致慢性泄泻的关键是脾胃虚弱, 水湿是其病理产物。迟教

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