

浅谈六郁与常见脑病

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摘要: 脑为元神之府, 其位最高, 统领诸神, 与各脏腑联系密切。多种脑病的发生都与肝脾不调, 脏腑失衡, 化生六郁, 从而影响脑之功能有关。常见脑病如中风、眩晕、头痛、痫病、痴呆等皆可因六郁中某一郁或某几郁联合为害, 六郁与各种常见脑病关系密切。临床上应仔细辨别气、血、痰、火、湿、食郁的存在与郁结的程度, 根据不同病理因素给予辨证论治。

关键词: 六郁; 脑病; 眩晕; 中风

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On Six Constraints and Common Brain Diseases

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Abstract Brain, as the house of primordial spirit, is closely related to all the organs and governs all the mental activities, with the highest position. The occurrence of many brain diseases is connected with disharmony of liver and spleen, viscera imbalance or formation of six constraints. Common brain diseases such as stroke, vertigo, headache, epilepsy? and dementia may be caused by one or more than one constraints, so six constraints have a close relationship with common brain diseases. Qi, blood, phlegm, fire, damp and food constraints should be differentiated carefully clinically, so as to give the treatment based on syndrome differentiation.

Key words six constraints, brain diseases, vertigo, stroke

朱震亨在《丹溪心法·六郁》中提出“气郁、血郁、痰郁、火郁、湿郁、食郁”六郁之说, 认为“气血冲和, 万病不生, 一有怫郁, 诸病生焉。故人身诸病多生于郁。”脑病是各种致病因素作用于人体, 直接或间接引起脑的多种病理变化的总称, 究其致病因素, 包括六淫、七情、痰饮、瘀血、饮食、劳倦、毒邪、外伤^[1]等, 而“六郁”正是诸多致病因素的精要总结, 气、血(瘀)、痰、火(热)、湿、食是导致多种脑病发生、发展、且与其预后转归密切相关的因素。正如明代王履云“病之起也, 多由乎郁”(《医经溯回集·五郁论》), 本文将从六郁的产生及与常见脑病的关系作一简要探讨。

1 六郁的产生

何谓郁? 戴思恭承丹溪之学在《推求师意·郁病》中云: “郁者, 结聚而不得发越也, 当升者不得升, 当降者不得降, 当变化者不得变化也。”因气、血、痰、热、湿、食皆可结聚为病, 故均可致郁, 而有“六郁”之称^[2]。《杂病广要·郁证》中丹波元坚认为: 郁之为病, 气郁为最。气为血帅, 气行则血行, 气郁则血瘀, 气为津之先, 气郁则津停, 聚而为痰, 六腑以通降为顺, 气机逆乱则传导失司, 停为宿食, 郁而化热, 故气郁为百病之先, 继而引发血瘀、痰浊、湿食, 郁而化热、变乱丛生。可见六郁又以气郁为先, 气郁统六郁。

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