

# 肛周湿疹从肺脾论治刍议<sup>\*</sup>

冷玉琳 杨婵 唐诗韵 谢春光

(成都中医药大学附属医院,四川 成都 610075)

**摘要:**探讨肺脾病理生理改变与肛周湿疹发生、发展的关系,认为脾运不健是肛周湿疹的病机核心,肺卫失宣是肛周湿疹的发病条件,肺脾气虚,血虚风燥是肛周湿疹的终末环节,提出以宣发肺气、疏风散邪、芳香醒脾、补肺健脾、养血祛风为原则辨证治疗肛周湿疹。

**关键词:**肛周湿疹;肺脾论治;中医药治疗

中图分类号:R266 文献标识码:A 文章编号:1672-0571(2018)05-0096-03

DOI:10.13424/j.cnki.mtcm.2018.05.032

## Discussion on the Treatment of Perianal Eczema from Lung and Spleen

Leng Yulin Yang Chan Tang Shiyun Xie Chunguang

(Affiliated Hospital of Chengdu University of Chinese Medicine, Sichuan China, 610075)

**Abstract** The article focuses on the relationship between pathophysiological changes of lung and spleen and the occurrence as well as development of perianal eczema. It believes that dysfunction of spleen in transportation is the core of the pathogenesis of the perianal eczema, lung wei failing to diffuse and govern descent is the epidemic factor, deficiency of lung and spleen qi, wind and dryness due to blood deficiency is the final performance. And the article proposes the principle of diffusing lung qi, scattering wind and dispelling pathogens, activating spleen with aromatics, nourishing lung and invigorating spleen, nourishing blood and dispelling pathogenic wind to treat perianal eczema.

**Key words** perianal eczema; treatment from lung and spleen; TCM treatment

肛周湿疹是一种常见的非传染性皮肤病,病变多局限于肛门周围皮肤,亦可蔓延至臀部、会阴、阴囊部,急性期特点为肛周皮肤出现丘疹、红斑、糜烂、渗液、脱屑、剧烈瘙痒、疼痛等,病情反复者可出现患处皮肤粗糙、增厚、皲裂、苔癣样变,色白或暗红,反复渗出、瘙痒等,也有部分患者初起即为慢性表现。本病易反复发作,迁延难愈,严重影响患者的生活质量<sup>[1-2]</sup>。肛周湿疹多归属于中医学“肛门顽湿”“肛周风”“血风疮”等疾病范畴,临证治疗多

以外治法为主,内治法又多参考湿疹的治法,然肛周湿疹是特殊部位的湿疹,治法有其独到之处,笔者从“外病内治”“整体观”出发,谨就肛周湿疹从肺脾论治作简要阐释,以飨同道。

### 1 肺脾与肛周湿疹的发生

**1.1 脾失健运,湿邪内生是病机核心** 肛周湿疹发病不外乎“湿邪”,而湿邪的来源有外感、内生两方面,陈士铎所著《洞天奥旨·水渍手足丫烂疮》云:“湿以加湿,此湿疮之所以生也。”《素问·至真

\* 基金项目:四川省自然科学基金(12ZC2424)