

理论探讨

谈糖尿病肾病从瘀论治

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摘要:糖尿病肾病是临床上常见的糖尿病微血管并发症之一。目前普遍认为血瘀与糖尿病肾病的发生发展关系密切,瘀血作为糖尿病肾病的病理产物和致病因素而贯穿于本病的始终,活血化瘀通络治疗糖尿病肾病已取得了良好的临床疗效,积累了丰富的临床经验。从瘀论治糖尿病肾病可在一定程度上改善患者的临床症状,保护肾功能,延缓肾功能恶化的进展,可对糖尿病肾病的诊疗及预后产生积极的影响。

关键词:糖尿病肾病;瘀血症;活血化瘀;扶正

中图分类号:R587.2 文献标识码:A 文章编号:1672-0571(2018)06-0090-03

DOI:10.13424/j.cnki.mtcm.2018.06.031

On Treatment of Diabetic Nephropathy from Stasis

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Abstract Diabetic nephropathy is one of the common diabetic microvascular complications. At present, it is generally believed that blood stasis is closely related to the occurrence and development of diabetic nephropathy. Blood stasis, as a pathological product and pathogenic factor of diabetic nephropathy, runs through the whole course of the disease. The treatment of diabetic nephropathy by promoting blood circulation, expelling blood stasis, dredging collateral has achieved good clinical results and has accumulated a wealth of clinical experience. So, treating diabetic nephropathy from stasis can improve the clinical symptoms, protect the renal function, delay the progress of deterioration of renal function, and have a positive effect on the diagnosis, treatment and prognosis of diabetic nephropathy.

Key words diabetic nephropathy; blood stasis; promoting blood circulation and expelling blood stasis; strengthening vital qi

糖尿病肾病(DN)是糖尿病常见且严重的并发症之一,临床上表现水肿反复发作、持续性蛋白尿、血肌酐进行性升高、肾功能逐渐减退等,最终可进展为尿毒症。DN可归属于祖国医学“消渴”“水肿”“虚劳”等范畴。随着对DN研究的不断深入,血瘀对本病的影响正逐渐受到重视。现代医学研究证实DN患者往往伴有血液高凝状态,这与中医血瘀理论相一致。现对DN从血瘀方面诊疗的应

用作初步探讨。

1 活血化瘀治疗DN的理论依据

1.1 血瘀贯穿于糖尿病肾病的始终 DN总属本虚标实之证,气血阴阳失和为本,瘀浊瘀毒互结为标。DN为消渴之变证,消渴的病机特点为“阴虚为本、燥热为标”,阴虚燥热易致血瘀,病久入络,肾络瘀阻导致本病。吕仁和等^[1]认为DN因消渴病久,气阴耗伤、痰瘀阻络,形成肾络“微型癥瘕”。