

朱庆军论治慢性腹泻经验撷菁

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摘要:慢性腹泻是临床上常见的消化系统疾病,以长期腹胀、腹痛、排便改变为特征。导师朱庆军认为治疗慢性腹泻应当注重辨证,强调针药并施、隐药于食的中医特色疗法,并在临床中采用“辨证施治—内外并治—食养食治”为核心的三位一体方式治疗慢性腹泻,疗效确切。

关键词:慢性腹泻; 中医疗法; 朱庆军

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Zhu Qingjun's Experience in Treating Chronic Diarrhea

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Abstract Clinically, chronic diarrhea is a common digestive system disease, characterized by long-term abdominal distension, abdominal pain and defecation changes. Zhu Qingjun, the author's tutor, believes that the treatment of chronic diarrhea should focus on syndrome differentiation, emphasizing the traditional Chinese medicine treatment of acupuncture and medicine, and the use of concealed medicine in food. In the clinical practice, his treatment of "dialectical treatment - internal and external treatment - food treatment" is the core of the three-in-one treatment of chronic diarrhea, and has definite curative effect.

Key words chronic diarrhea; Chinese medicine treatment; Zhu Qingjun

腹泻是以排便次数增加、便量增多为临床表现的一种疾病,其中慢性腹泻特指病程超过 4 周的腹泻^[1]。现代医学认为慢性腹泻的发生与肠道内水、电解质转运失常,胃肠动力异常及肠黏膜分泌异常有关。西医对本病的治疗主要以止泻药及抗胆碱能药为主,长期应用此类药物对胃肠道的生理功能将产生负面影响,并且对于原因未明的慢性腹泻也有一定的治疗局限。中医在慢性腹泻的治疗中具有副作用小、疗程短的优势,尤其对功能性腹泻的

治疗多有良效。

导师朱庆军治学严谨、学识渊博,有二十余年的中医临床及教学经验,对脾胃病的调治颇具见地,以“辨证施治—内外并治—食养食治”为核心的三位一体诊治方案应用于临床,疗效确切。笔者在跟师临证中获益颇多,现将朱老师治疗慢性腹泻的诊治经验介绍如下。

1 把握病机,辨证施治

《素问·阴阳应象大论》有“湿盛则濡泻”的记

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