

疫病防治

新型冠状病毒肺炎病因病机、辨证分型探析\*

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**摘要:**目的 探讨新冠肺炎的中医病因病机和辨证分型,为临床治疗提供科学依据。方法 依据国家卫生健康委员会有关新冠肺炎诊疗方案的各期中医证型,结合临床诊疗该病的实践经验进行探索。结果 该病的病因为疫疠之气所为,其性质为毒寒湿燥,病损部位主在肺脏,可及脾胃,内陷心包,同时与患者的个体体质有关;临床辨证分为湿毒郁肺、疫毒闭肺、气营两燔、内闭外脱、邪去正虚(含肺脾气虚、气阴两虚)五型。结论 据证求因是认识本病的基础,辨证是论治本病的前提。

**关键词:**新型冠状病毒肺炎;病因病机;辨证分型;探析  
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Research into the Etiology, Pathogenesis,  
and Syndrome Differentiation of COVID - 19

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**Abstract:****Objective** To explore the TCM etiology, pathogenesis, and syndrome differentiation of COVID - 19, and provide scientific basis for clinical treatment. **Methods** TCM syndromes in different stages from diagnosis and treatment scheme of COVID - 19 of National Health Commission combined with practical experience in clinical diagnosis and treatment of the disease were used to carry out the research. **Results** The disease is caused by the qi of epidemic disease, and its nature is toxic cold and dampness - dryness. The lesions are mainly in the lung, and can affect the spleen and stomach, and the pericardium, it is also related to the individual constitution. The clinical syndrome differentiation can be divided into five types: dampness - toxicity stagnating the lung, epidemic toxin blocking the lung, flaring heat in qifen and yingfen, inner blocking causing collapse, pathogen removing causing deficient vital qi (including qi deficiency of lung and spleen, deficiency of qi and yin). **Conclusion** The cause seeking based on syndrome is the basis for understanding the disease, and syndrome differentiation is the prerequisite for treating the disease.

**Keywords:** COVID - 19; Etiology and pathogenesis; Typing of syndrome differentiation; Research

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