

名中医傅晓骏论治肾性蛋白尿经验^{*}

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摘要:目的 总结名中医傅晓骏论治肾性蛋白尿思路方法, 用药规律, 以推广其临证学术思想及用药经验。
方法 通过临证跟随傅晓骏教授中医经典查房, 整理其病案医案, 从文献认识、药理研究等多方面, 阐述傅晓骏教授论治肾性蛋白尿。
结果 傅晓骏教授治疗肾性蛋白尿, 特别重视从瘀论治, 临床注重辨证论治思维, 并擅用虫类药物、风类药物以诊治顽固性蛋白尿患者。
结论 傅晓骏教授论治肾性蛋白尿经验, 临床效果明显, 临床上行之有效, 具有推广应用的价值。

关键词:傅晓骏; 肾性蛋白尿; 活血化瘀; 辨证论治; 中医药疗法

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FU Xiao - jun's Thought and Clinical Experience of Treating Renal Proteinuria in TCM

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Abstract: Objective: To summarize FU Xiao - jun's thought and method of treating renal proteinuria in TCM, and to promote his clinical academic thought and medication experience. **Methods:** By following Professor Fu Xiao - jun's TCM classic ward rounds, sorting out his medical records, expounding Professor FU Xiao - jun's treatment of renal proteinuria from the aspects of literature understanding and pharmacological research. **Results:** In the treatment of renal proteinuria, Professor FU Xiao - jun paid special attention to the treatment based on blood stasis and syndrome differentiation. He was good at using insect drugs and wind drugs to treat refractory proteinuria. **Conclusion:** Professor FU Xiao - jun's experience in treating renal proteinuria has obvious clinical effect and is effective in clinic, which has the value of popularization and application.

Key words: FU Xiao - jun; Renal proteinuria; Promoting blood circulation and removing blood stasis; Syndrome differentiation and treatment; TCM therapy

蛋白尿是慢性肾脏病主要表现之一, 临床上多为尿蛋白定性试验呈阳性或 24h 尿蛋白超 150mg, 称为蛋白尿^[1]。蛋白尿可以反应肾小球基底膜受损程度, 也是促进肾脏损伤重要危险因素^[2]。肾性蛋白尿属于中医学所说精微物质, 属

于中医“水肿”“肾风”和“尿浊”等疾病范畴, 多由于脏腑亏虚, 统摄无权, 精微物质失之运输和封藏而丢失, 随下窍排出形成。蛋白尿是导致肾脏病进展一种独立危险因素^[3], 有效控制蛋白尿对治疗慢性肾病至关重要。

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