研究生园地

基于“精血同源”探讨左归丸治疗“过度瘦身”所致继发性闭经的临床研究*

赵丽娜[1] 崔晓萍[2] 王 黎[1]

(1. 陕西中医药大学第一临床医学院2015级研究生,陕西 咸阳 712046;
2. 陕西中医药大学第一附属医院,陕西 咸阳 712000)

摘 要:随着社会发展与生活方式的改变,人们普遍形成“以瘦为美”的观念,致使许多女性通过各种方法达到瘦身目的。而过度瘦身不仅减少后天水谷之精的摄入,使后天气血运化不足,也使体内之阴血过度消耗,最终导致精血亏乏,精血亏乏日久则先天肾精无以养,致使肾藏精主生殖功能失常。女子以血为本,基于“肾主生殖”“精血同源”理论,予左归丸补肾填精,滋养真水,使得精有所藏,胞宫得以养,月事以时下。

关键词:精血同源;过度瘦身;左归丸;继发性闭经

中图分类号:R271.11+2 **文献标识码**:A **文章编号**:2096-1340(2016)06-0140-03

DOI:10.13424/j.cnki.jsctcm.2016.06.047

The Clinic Research of Zuogui Pill in Treating the Secondary Amenorrhea Because of Over Slimming Based on Origin Homogeny og Essence and Blood

Zhao Lihua, Cui Xiaoping[2], Wang Li[1]

(1. The First School of Clinical Medicine of Graduate in 2015 grade in Shaanxi University of Chinese Medicine, Xianyang, Shaanxi, 712046; 2. The First Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang, Shaanxi, 712000)

Abstract With the development of society and the change of life, people hold the idea that beauty refers to slimming. And it leads to women pursuing slimmer fingers through various ways. However, over slimming can not only reduce the acquired essence of water and nourishment, but also lead to insufficient transport of acquired qi and blood. Moreover, it will lead to exhaust blood in the body. Eventually, it may lead to the deficiency of essence and blood, lasting along time. And then, the kidney essence would become mulnutrition. It would cause dysfunction of kidney in hiding the essence. Blood is the base exist to female. Based on the theories of Kidney Controlling Reproduction and Homogeny of Essence and Blood, zuogui pill can nourish kidney, reinforce body fluid, make the kidney be hidden and uterus be nourished as well as eumenorrhea.

Key words origin homogeny of essence and blood, over slimming, zuogui pill, secondary amenorrhea.

随着社会发展及各种媒体对“骨感美”的推崇,误导人们形成了“女性以瘦为美”的观念,很数女性通过口服减肥药、节食、过量运动达到瘦身目的,甚至一些体质指数处于正常范围的女性也加入了减肥的行列,使体质指数明显低于正常水平,严重危害了身体健康,尤其是生殖功能。有研究发现[1]体重对女性生殖功能的影响呈现两极化分布,即体重极高或极低都会使生殖能力下降。目前随着我国二胎政策的全面开放,临床上有二胎意愿的女性人数急速上升,其中多数女性虽然处

* **基金项目**:国家自然科学基金项目(81373681)