

文献研究

# 《程茂先医案》诊治血证特色浅析

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**摘要:**新安医家程从周所著《程茂先医案》中记载医案共90余则,包括内、外、妇、儿各科疾病,血证医案以妇科血证居多,亦有鼻衄、血虚等,程从周善用人参、黄芪温补培元,属新安医学中的固本培元派,其擅用温补药物治疗血证,多运用补中益气法,遣方用药以参芪益气养血,体现了其诊疗思想和学术经验。

**关键词:**程从周;血证;温补;新安医家

**中图分类号:**R249.1 **文献标识码:**A **文章编号:**2096-1340(2017)04-0123-03

**DOI:**10.13424/j.cnki.jscem.2017.04.038

## Characteristics on Diagnosis and Treatment of Blood Syndrome Recorded in *Medical Cases of Chen Maoxian*

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**Abstract** *Medical Cases of Chen Maoxian*, written by Chen Congzhou, one of Xin'an physicians, records more than 90 medical cases, including internal, external, gynecological, pediatric diseases. As for blood syndrome, most of them belong to gynaecology and there also contains epistaxis, blood deficiency, etc.. Mr Chen is good at using ginseng and astragalus membranaceus with warm nature to tonifying healthy qi, categorized into the school of reinforcing the vital essence and strengthening the primordial qi. His diagnostic thought is reflected in the diagnosis and treatment of blood syndromes for his frequent application of the qi-tonifying method by prescribing ginseng and astragalus membranaceus to replenish qi and nourish blood, which embodies his diagnostic thoughts and academic experience.

**Keywords** Chen Congzhou, blood syndrome, warm-tonifying method, Xin'an Physicians

程从周,字茂先,明代新安歙县人(今安徽省黄山市歙县)人。程氏初习举子业,不遂,谓医道可补造化之偏枯,故精心于岐黄。程从周习医忧虑“泥古者不通于时,师心者难适于用”,于是遍访明师,游历江苏徐州、扬州及浙江等地,历二十余年。程氏临证,善吸取前人治验,认为万变不离其宗,应溯本求原,熟谙《素问》《灵枢》等经典,博览群书,采前贤之长,参以己见。所著《程茂先医案》是程氏寄居扬州20余年间的临证经验实录,“治

病必参于天时,方法不离乎气血,审荣卫受病之先后,内伤外感之标本,精及二五,粗及百病,其法捷,其治明,其用药也,增损随宜,而补泻自贯,攻守合理,而虚实自分。”书中共载94则医案,涉及内、妇、儿、外各科病症,案中多从温补辨治。程氏于温补药中尤善用人参、附子。每遇危重症候,用人参、附子、黄芪、麦冬,往往能回春阳于就木之际。笔者认真研究《程茂先医案》中的血证验案<sup>[1]</sup>,专心思考,探究新安医家程从周临证辨治血

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