

# 郑钦安苦甘化阴法原理探讨

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**摘 要:**清末医家郑钦安是火神派的鼻祖, 临证擅于辨阴阳, 对于阳虚证的辨治疗效显著, 在其《医理真传》中也记载有不少应用苦甘化阴法治疗阴虚疾病的实例。通过对郑钦安应用苦甘化阴法的实例进行分析, 探讨郑钦安苦甘化阴法的原理, 其原理可总结为三点: 苦寒泻热生阴、苦辛散热生阴和苦温助阳生阴, 目的是为临证治疗阴虚病证提供参考。

**关键词:** 郑钦安; 苦甘化阴; 阴虚疾病

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## Research into Principles of Zheng Qin - an's "Bitter and Sweet Herbs to Nourish Yin" Method

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**Abstract** Doctor Zheng Qin - an, the founder of Huoshen School in the late Qing dynasty, is skilled in the differentiation of syndromes of yin and yang in the clinical practise. His treatment of yang deficiency based on syndrome differentiation shows remarkable effect, and many cases of the treatment of yin deficient diseases by his "bitter and sweet herbs to nourish yin" method were recorded in his work *True Transmission of Medical Principles*. This paper, through the analysis of the cases of his application of "bitter and sweet herbs to nourish yin" method, aims to provide reference to the treatment of yin deficient diseases by researching into the principles of the method. And the principles can be concluded as the following three points: bitterness and coldness draining heat and generating yin, bitterness and acidity dispersing heat and generating yin, bitterness and warmth supporting yang and generating yin.

**Key words** Zheng Qin - an; bitter and sweet herbs to nourish yin; yin deficient diseases

郑寿全(1824—1911年), 字钦安, 四川邛崃固驿镇人, 是清末同治年间蜀地蓉城名医, 著名伤寒学家, 临床医术精湛, 求治者应接不暇。早年求师于成都名医刘芷唐先生, 著有《医理真传》《医法圆通》和《伤寒恒论》, 临证遇阳虚疾病善用大剂量姜附回阳, 人称姜附先生, 以他为代表的学术流派被称为“火神派”<sup>[1]</sup>。近几年出现火神热, 给人们的印象是郑氏仅对阳虚疾病的辨治疗效卓著, 笔者近期阅读其著作发现郑钦安辨治阴虚疾病同样得心应手, 尤其是郑氏对苦甘化阴法的运用颇有心得, 在治疗阴虚疾病时非常有特点, 并且疗效显

著。临床上治疗阴虚疾病一般常用柔润之品或者采用酸甘化阴法, 因此郑钦安采用苦甘化阴法则出人意料, 苦甘化阴法的原理是什么? 临证中什么情况可以选择此法治疗阴虚疾病? 本文拟通过分析郑氏《医理真传》中运用苦甘化阴法实例, 来探讨苦甘化阴法的原理。

### 1 合化理论溯源

《素问·脏气法时论》中提出五味各自的主要功效: “辛散、酸收、甘缓、苦坚、咸软。”《素问·阴阳应象大论》提出合化理论: “辛甘发散为阳, 酸苦涌泄为阴。”汉代张仲景运用《内经》合化理论进行