

名老中医经验

卜献春教授从肝论治颤证经验^{*}任 迪¹ 谭 军² 卜献春^{2**}

(1. 长沙卫生职业学院, 湖南 长沙 410100; 2. 湖南省中医药研究院附属医院, 湖南 长沙 410006)

摘 要: 卜献春教授长期从事中医药防治脑病的临床研究, 认为颤证多属本虚标实之证, 主要病位在肝, 基本病机为筋脉失养、肝风内动。多采取辨病与辨证相结合, 用药多结合使用补虚药与平肝息风药, 所用药物多主归肝经, 同时重视脾脏功能的调节。

关键词: 颤证; 名老中医经验; 卜献春

中图分类号: R249.2 **文献标识码:** A **文章编号:** 2096-1340(2018)02-0012-03

DOI: 10.13424/j.cnki.jstcm.2018.02.004

Professor Bu Xianchun's Experience in Treating Tremor from the Liver

Ren Di¹, Tan Jun², Bu Xianchun²

(1. Changsha Health Vocational College, Changsha 410100, China; 2. Affiliated Hospital of Hunan Academy of Chinese Medicine, Changsha 410006, China)

Abstract Professor Bu Xianchun has long been engaged in clinical research on the prevention and treatment of encephalopathy by Chinese medicine. He believes that tremor is mostly the syndrome of deficiency in origin and excess in superficiality, its main disease location is in the liver, the basic pathogenesis is tendon and vessel malnutrition and liver wind agitation. As for his treatment, differentiation of diseases and syndromes are both considered, drugs of tonifying deficiency and suppressing hyperactive liver for calming endogenous wind are often used and most of them act on the liver channel, besides, the regulation of the splenic function is also paid attention to.

Key words tremor; famous TCM doctor's experience; Bu Xianchun

颤证是以头部或肢体震颤为主要临床表现的一种病证, 是老年人中一种常见疾病, 中医药治疗有比较好的临床疗效, 而且毒副作用小, 易被广大老年患者所接受, 且中医药治疗颤证有其独到的见解和丰富的临床经验, 通过对卜献春教授治疗颤证的临床经验进行归纳与总结, 希望对临床治疗该病有一定帮助。

卜献春教授系湖南省中医药研究院附属医院

主任医师, 国家二级教授, 硕士生导师, 湖南省名中医, 享受国务院特殊津贴专家。卜教授师从刘祖贻国医大师, 从事临床工作30余载, 对颤证颇有研究, 遣方用药独具特色, 所投之药, 鲜有不效。笔者有幸侍诊于侧, 收益匪浅, 现将卜教授从肝论治颤证经验总结如下。

颤证是以头或肢体震动、震摇为主要临床表现的一种病证。轻者仅有头摇, 或限于一肢轻微

* 基金项目: 湖南省科技厅重点资助项目(2013WK4008)

** 通讯作者: 卜献春(1958-), 男, 医学硕士, 主任医师, 主要研究方向: 中医药防治老年病。Email: bxc168@126.com