

# 握中央而运四旁治疗脏腑气机紊乱杂病

赵宗辽\* 赵明

(陕西中医药大学, 陕西 咸阳 712046)

**摘要:**通过临床和理论文献研究,分析中医名家对脏腑气机紊乱杂病的治疗思路、用药特点及临床疗效。认为脏腑气机紊乱杂病的治疗,应采用“握中央而运四旁”的方法,即从调理脾胃中气入手,灵活运用左升肝脾,右降肺胃,上下交通心肾的方法调理脏腑气机,再观其脉证,知犯何逆,随证治之,使脏腑气机恢复升降有序的正常状态。

**关键词:** 中医治疗; 脏腑气机紊乱; 杂病

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## A Brief Discussion on the Treatment of Miscellaneous Diseases of Zang – fu Qi Movement Disorder by Means of Holding the Center and Transporting the Side

Zhao Zongliao, Zhao Ming

(Shaanxi University of Chinese Medicine, Xianyang China, 712046)

**Abstract** Through clinical and theoretical literature research, the author analyzes the treatment ideas, medication characteristics and clinical efficacy of famous TCM doctors on visceral qi dysfunction. It is considered that the treatment of visceral qi disorder and miscellaneous diseases should adopt the method of “holding the center and transporting the side”, that is, starting from regulating the Qi in the spleen and stomach, flexibly using left ascending liver and spleen, right descending lung and stomach, communicating with heart and kidney to regulate zang – fu qi movement, and then observing the pulse syndrome, knowing what is wrong with the syndrome and treating it according, so as to restore the normal ascending and descending of zang – fu qi movement.

**Keywords** TCM treatment; zang – fu qi movement disorder; miscellaneous diseases; secret

脏腑气机紊乱杂病,多与脾胃中气受损有关,其病因、病机复杂,证候虚实夹杂,寒热交错,往往涉及多个脏器、系统的功能障碍和气机升降的失常,气血、阴阳皆受损,临床上采用单纯补气、补血、补阴、补阳等治疗方法,常难以取得理想疗效,往往会出现这种病症刚刚好转,那种病症又严重起来,正可谓“按下葫芦浮起瓢”,使临床医生应付

不暇。医者怨手无良策,病者恨不遇扁鹊、华佗。西汉史学家司马迁也感叹:人之所病病多,医之所病病道少<sup>[1]</sup>。难道脏腑气机紊乱杂病就真的无法医治了吗?非也!《灵枢·九针十二原》中给出了答案:疾虽久,犹可毕也。言不可治者,未得其术也<sup>[2]</sup>。中医治疗脏腑气机紊乱杂病的秘笈,简而言之就是“握中央而运四旁”。

\* 通讯作者:赵宗辽(1960-),男,陕西中医药大学研究员,研究方向:中医治病思路及中医思维方法研究。E-mail: 784063113@qq.com