

## 学术探讨

## 杨援朝主任医师论治慢性盆腔炎的经验总结

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**摘要:**慢性盆腔炎是妇科临床常见病、多发病,具有反复发作特点。杨援朝主任医师在慢性盆腔炎治疗方面积累了丰富的经验,疗效显著。杨老师认为瘀阻冲任为慢性盆腔炎的病固病机,行气活血治法贯穿始终;治疗注重固扶正气,慎用寒凉之品,中药内服外治结合,尤重经期用药。

**关键词:**慢性盆腔炎;临证经验;杨援朝

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## Professor Yang Yuanchao's Experience in Treating Chronic Pelvic Inflammatory Disease

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**Abstract:** Chronic pelvic inflammatory disease is a common and frequently - occurring disease in gynecology, with recurrent characteristics. Chief physician Yang Yuanchao has accumulated rich experience in the treatment of chronic pelvic inflammatory disease with remarkable curative effect. Teacher Yang believes that blood stasis blocking thoroughfare and conception channels is the pathogenesis of chronic pelvic inflammatory disease, and the treatment of promoting Qi and activating blood circulation runs through the whole process; the treatment focuses on strengthening Qi, cautiously using cold medicines; the combination of internal and external treatment by traditional Chinese medicine, especially medication for menstrual period.

**Keywords:** chronic pelvic inflammatory disease; clinical experience; Yang Yuanchao

慢性盆腔炎是指女性盆腔生殖器官及其周围结缔组织、盆腔腹膜发生的慢性炎症性病变<sup>[1]</sup>。该病具有反复发作特点,是妇科临床常见病、多发病,而且据流行病学调查研究表明其发病率有逐年上升的趋势<sup>[2]</sup>。本病多为急性盆腔炎未彻底治疗,病程迁延而致,在患者体质较差或抵抗力低下的情况下,可反复发作,而且继发性引起异位妊娠、不孕等风险,严重影响女性健康<sup>[3-4]</sup>。该病临

床表现为下腹部疼痛,痛连腰骶,可伴有低热起伏,易疲劳,劳则复发,带下量多,月经不调,不孕等。在古代医籍中,并没有慢性盆腔炎的病名,根据其临床特点,散见于“妇人腹痛”“带下病”“癥瘕”“不孕症”等病证的论述中。目前,现代医学主要以抗生素治疗为主,但疗效并不十分满意<sup>[5]</sup>。

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