

# 关于 2019 新型冠状病毒肺炎的几点思考<sup>\*</sup>

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**摘要:**新型冠状病毒肺炎是一种新型急性传染病,从“内因”出发是总的治疗思路,以舌苔作为判断邪正盛衰的重要依据,以乏力和干咳作为中医诊治切入点,“疫毒犯肺,气虚津亏”是根本病机,“扶正祛邪”是总的治疗原则,益气养阴贯彻始终。根据五运六气理论,瘟疫的发生是气候异常的反应,推断庚子年初之气不会出现反常气候,故有利于疫情控制。

**关键词:**新型冠状病毒肺炎;中医药;气阴两虚;独参汤

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## Theoretical Consideration of Corona Virus Disease 2019( COVID - 19)

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**Abstract:** The first known outbreak of Corona Virus Disease 2019( COVID - 19) is in wuhan, china in December 2019, the new type of acute infectious diseases which quickly spread across the country. Author thought starting from the "internal" is the general treatment method, The tongue coating performance is an important basis to judge Disease changes. qi deficiency and dry cough should be as main symptoms in clinical diagnosis and treatment, The fundamental pathogenesis is deficiency of qi deficiency and insufficiency of the body fluid, so strengthening the body resistance to eliminate pathogenic factors with adherence to treatment of strengthen qi and nourishing Yin is the total therapeutic principles. According to the theory of wuyun and liuqi, the plague occurrence is a response to the abnormal climate, but this year will not appear abnormal climate, which is conducive to the control of the epidemic.

**Keywords:** COVID - 19; TCM; Qi and Yin deficiency; Dusheng decoction

新型冠状病毒(2019 - nCoV)肺炎具有较强的传染性,2020年2月11日,WHO已经将其正式命名为2019冠状病毒病(Corona Virus Disease 2019, COVID - 19)<sup>[1-2]</sup>。截至2月21日24时,国家卫生健康委收到31个省(自治区、直辖市)和新疆生产建设兵团报告,现有确诊病例53284例(其中重症病例11477例),累计治愈出院病例20659例,累计死亡病例2345例,累计报告确诊病例76288例,现有疑似病例5365例。累计追踪到密切接触者

618915人,尚在医学观察的密切接触者113564人<sup>[3]</sup>。中医药在长期与疫病防治实践中积累了丰富的经验,从《伤寒论》到《瘟疫论》,从人痘接种术到中医抗击非典,都是中医有效预防和治疗此类烈性传染疾病的铁证,迄今为止现代医学尚未找到有效的抗病毒药物,积极发挥中医学的疗效优势是我们的不二选择。

### 1 对新冠肺炎的总体认识

感染性疾病的形成模式是病原微生物作用于

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