

胡顺金分期辨治糖尿病肾脏疾病验案举隅^{*}

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摘要:糖尿病肾脏疾病(diabetic kidney disease, DKD)是糖尿病(diabetes mellitus, DM)主要并发症之一, DKD早期的肾损害,一般尚可逆转,而一旦出现持续性蛋白尿则发展为DKD中期,即DKD临床期,则肾脏损害无法逆转,肾功能呈持续进行性减退直至DKD肾功能衰竭期,治疗非常困难。其治疗,目前多以控制血糖和血压、限制蛋白质摄入等方式为主,中医药在治疗DKD上具有显著的特色和优势。胡师认为,DKD早期无特殊症状,多为消渴病临床表现,证候多为气阴两虚夹瘀证;发展至临床期,则出现肾病表现,如泡沫尿、水肿等症状,证候多见脾肾亏虚夹瘀证、阳虚水泛夹瘀证、脾肾亏虚,湿热内蕴证等;而到DKD晚期,肾功能迅速恶化,则出现尿毒症症状,证候常以浊毒内蕴夹瘀证为主。

关键词:名中医;糖尿病肾脏疾病;病证结合;分期辨治;验案

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Hu Shunjin's Experience of Differentiation and Treatment of Diabetic Kidney Disease by Stages

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Abstract: Diabetic kidney disease (DKD) is one of the major complications of diabetes mellitus (DM). Early kidney damage in DKD can generally be reversed, and once persistent proteinuria occurs, it develops into intermediate stage DKD, that is, the clinical stage, kidney damage cannot be reversed, and renal function continues to decline until the stage of DKD renal failure, which is thus very difficult to treat. At present, its treatment mainly focuses on controlling blood sugar and blood pressure and limiting protein intake. Traditional Chinese medicine has significant speciality and advantages in treating DKD. Hu Shunjin believes that DKD has no special symptoms in the early stage, and most of them are clinical manifestations of diabetes, syndromes are mostly qi and yin deficiency and stasis. When it develops to clinical stage, there are symptoms of nephropathy, such as foamy urine and edema, syndromes often show spleen and kidney deficiency and stasis, yang deficiency and water overflowing and stasis, spleen and kidney deficiency, interior dampness heat syndromes and so on. But in the late stage of DKD, renal function deteriorates rapidly and uremia symptoms appear, the main syndrome is turbid toxin with stasis.

Keywords: famous TCM doctor; DKD; combination of disease and syndrome; differentiation and treatment by stages; cases

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