黄雅慧教授从肺脾论治慢性胃炎脾胃湿热证的经验*

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摘　要:慢性胃炎中医辨证以脾胃湿热型居多,黄雅慧教授认为湿热之邪的生成与五脏均有关系,尤与肺脾关系密切。肺主一身之气,肺气宣发肃降,通调水道;脾主运化,纳运协调,为水湿运化之关键。肺脾功能失调,湿邪内生,阻滞气机,郁而化热。临床从肺脾论治,选取平胃散及三仁汤为基础方,平胃散以运脾燥湿,三仁汤宣上、畅中、渗下,疏通三焦气机,给湿以出路。

关键词:肺;脾;慢性胃炎;脾胃湿热

The Treatment of Chronic Gastritis Spleen – Stomach Damp – Heat Syndrome in Terms of the Lung and Spleen by Professor Huang Yahui

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Abstract：The spleen – stomach damp – heat syndrome is the major type among Chronic Gastritis. Professor Huang Yahui holds that the generation of damp – heat evil is associated with the five – zang organs, especially the lung and spleen. The lung governs the qi in the whole body, and the dispersing and descending of lung qi can regulate the water channel. In addition, the spleen governs the transportation and transformation and receive the food to ordinate the body, being the key factor of water – damp transportation and transformation. The dysfunction of the lung and spleen will cause the damp evil to occur inside the body, block the qi activity and generate the heat due to the stasis. In accordance with the lung and spleen in the clinical practice, Pingwei Powder(Peptic Powder) and Sanren Decoction are selected to serve as the basic prescription. The former can remove the dryness and dampness of the spleen , while the latter can disperse the upper, regulate the middle and permeate the lower to dredge the activity in Sanjiao, finding a way to remove the dampness.

Keywords：the lung；the spleen；Chronic Gastritis；the spleen – stomach damp – heat syndrome

　　黄雅慧教授系西安市中中医院脾胃病科主任医师,陕西中医药大学硕士研究生导师,全国第六批中医药经验传承指导老师,陕西省名中医。从事消化系统疾病诊治 30 余年,临床经验丰富。笔者有幸师从黄老师,参加第六批全国名中医师承学习。现将黄老师从肺脾论治慢性胃炎脾胃湿热证的临床经验论述如下。

1　病名病机

1.1　慢性胃炎中医病名　慢性胃炎是消化科临床常见病及多发病之一,是指由多种致病因素引起的胃粘膜的慢性炎性反应[1]。慢性胃炎根据临床症状归属于多种中医病名,患者以胃脘部疼痛为主症者, 诊为"胃痛";以胃脘部胀满不适为主症者,诊为"痞满"。如果无明显胃痛或胃胀症状