

# 郭瑞华教授运用当归六黄汤治疗汗证验案三则\*

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**摘要:**通过三则验案总结论述郭瑞华教授运用当归六黄汤治疗汗证的经验特点。郭瑞华教授认为当归六黄汤之方意不离泻火、固表、滋阴三要旨,用方之妙在于辨证与变通,针对不同主症及患者年龄、体质等诸多因素,调整君臣佐使分配功能,异病同治,扩大范围,临证对阴虚盗汗、气虚自汗,甚至阴阳两虚、湿热、暑湿、内热蒸腾、五志化火引起的汗证均有良效。

**关键词:**当归六黄汤;汗证;专家经验;郭瑞华;验案

中图分类号:R289.51 文献标识码:A 文章编号:2096-1340(2020)04-0048-03

DOI:10.13424/j.cnki.jsctcm.2020.04.011

## Three Proved Cases of the Treatment of Sweating Disease by Danggui Liu Huang Decoction Proposed by Professor Guo Ruihua

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**Abstract:** This paper is a summary of Professor Guo Ruihua's experience in treating the sweating disease through a research on three cases. Professor Guo holds that Danggui Liu Huang (angelica sinensis and Rhizoma coptidis, scutellaria, phellodendri, astragalus, raw rehmanniae, cooked rehmanniae) Decoction adheres to three tenets: reducing fire; securing the exterior; nourishing yin. The essence of the prescription lies in its syndrome differentiation and flexibility which means that it can adjust the different roles of the monarch and minister to treat the different diseases by the same prescription targeting the patients at different ages with different. It is proved clinically that this prescription is effective in treating the sweating disease which is characterized by the yin deficiency and night sweat and qi deficiency and spontaneous sweat, even syndromes like the yin and yang deficiency, dampness-heat, summer-heat, interior heat and five emotions transforming into fire.

**Keywords:** Danggui Liu Huang Decoction; the sweating disease; expert experience; Guo Ruihua; proved case

郭瑞华教授,山东中医药大学硕士生导师,山东省第五批中医药师承工作指导老师,从事教学、科研、临床工作40载,精研医典,学识渊博,在治疗妇科、儿科及内科杂病方面有独到的见解,辨证用药灵活且临床疗效显著。吾有幸成为其学术继承人,跟师侍诊,受益匪浅,现择其运用当归六黄汤

治疗汗证验案三则介绍如下,以飨读者。

### 1 当归六黄汤方解

当归六黄汤乃滋阴泻火之良方,被誉为“治盗汗之圣方也”。方出李东垣的《兰室秘藏·自汗门》<sup>[1]</sup>。全方由当归、生地、熟地、黄连、黄芩、黄柏等量,及倍量的生黄芪组成。有滋阴清热、固表止

\* 基金项目:国家自然科学基金项目(81704028);山东省重点研发计划(2016GSF202029)