

丰广魁教授治疗不安腿综合征学术思想和临床经验^{*}

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摘要:不安腿综合征属特殊类型的睡眠障碍。早期不易诊断,治疗棘手,虽目前有许多对症治疗的西药,但因该病作用机制仍不明确,故疗效欠佳,且相关药物有较多副作用,让患者难以接受。审证求因、谨守病机、善用经方是丰广魁教授治疗该类病的独到之处。早期多以疏肝行滞、化痰通络之法,而后期多以柔肝缓筋、温阳化气之法,配以虫类药物化痰、通络以增疗效,多获满意疗效。

关键词:丰广魁;不安腿综合征;经方;学术思想;临床经验

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A Summary of Professor Feng Guangkui's Academic thoughts and Clinical Experience in Treating Restless Legs Syndrome

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Abstract: The Restless Legs Syndrome is regarded as a special type of sleep disorders. The present western drug therapy is not fully effective since the pathogenesis still remains unclear, plus the difficult diagnosis of the onset of the disease and its complicated treatment. In addition, it is unacceptable for the patients to endure the side effects triggered by the relevant western medicine. Therefore, Professor Feng is unique in differentiating the disease and its pathogenesis, flexibly using the prescriptions of Chinese Medicine. He treated the disease by soothing the liver to dredge the stasis, removing phlegm to regulate the meridians at the onset, and by softening the liver to relieve the fascia, warming yang to transform qi in the late period. The drugs made of insects can remove the stasis and dredge meridians to enhance its curative effect, and the patients are satisfied accordingly.

Keywords: Feng Guangkui; Restless Legs Syndrome; Prescriptions of Chinese Medicine; Academic Thoughts; Clinical Experience

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不安腿综合征又称不宁腿综合征,是一种主

要累及下肢的感觉、运动障碍的疾病。虽对生命没有危害,却严重影响患者的生活质量。原发性不安腿综合征原因不明,可能和遗传、颅内多巴胺功能异常相关。不安腿综合征中医病名尚未规范,但早在《黄帝内经》中已有“足惋”“胫酸”“髓酸”的记载与本病类似;而薛己在《内科摘要》中提到“夜间不寐,足内酸热,若酿久不寐,腿内亦然,

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