

沈舒文教授治疗慢性萎缩性胃炎用药经验诠释^{*}

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摘要: 沈舒文教授辨治慢性萎缩性胃炎(CAG)临床用药经验丰富,因此通过跟师学习 CAG 临证用药经验,整理相关资料,领悟其学术思想。沈舒文教授辨治 CAG 临证谙熟药性,善于用药,制方有道;常根据脾胃功能特性及病机特点反向用药有特色,纳运失常注重化纳相助,气机失常则升降合用,脾湿胃燥善燥湿(润)相济;临床善用组药彰显疗效,搭配灵巧。

关键词: 沈舒文;慢性萎缩性胃炎;中医药;临床经验;用药

中图分类号:R249.8 文献标识码:A 文章编号:2096-1340(2020)05-0018-04

DOI:10.13424/j.cnki.jsctcm.2020.05.004

An Interpretation of Professor Shen Shuwen's Experience
in Treating CAG by Medication

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Abstract: Professor Shen Shuwen have rich experience in treating CAG (Chronic Atrophic Gastritis) by medication. This paper holds that Shen is familiar with drug properties and proficient in medication in terms of CAG syndrome differentiation. He is creative in administering drugs in reverse according to the functional properties and pathogenesis of spleen and stomach. Transformation and reception will be helpful if the transportation dysfunctions. The ascending and descending are simultaneously applied in case of the dysfunction of qi activity. The interdependence between drying and moistening is emphasized in case of the dampness in spleen and dryness in stomach. His proficiency in using the combined drugs have been proved to be effective in clinical practice.

Keywords: Shen Shuwen; CAG; Chinese medicine; clinical experience; medication

慢性萎缩性胃炎(chronic atrophic gastritis, CAG)是消化系统多发病及难治病^[1],临床主要表现为痞满、胃脘隐痛、反酸、嗳气、纳差、乏力等症,1978年WHO将其列为胃癌的癌前状态^[2]。中医无CAG之病名,根据临床表现可将其归入“胃脘痛”“痞满”“嘈杂”“吐酸”等范畴。

陕西省名中医沈舒文教授是全国第四、五、六

批名老中医学术经验继承指导老师,擅长用中医药治疗CAG,形成了自己独到的学术见解及用药特色,笔者长期跟师侍诊学习颇有心得,现将其临证用药经验介绍如下。

1 谙熟药性善用药,制方有道

“医如断案,药如用兵”,沈老师认为辨证准而方药精是提高CAG临床疗效的关键,并倡导临床

* 基金项目:陕西省中医管理局课题(LCPT077);全国名老中医药专家传承工作室建设项目(国中医药人教发[2016]42号)

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