

学术探讨

# 朱丹溪与张景岳论治妇科病学术思想辨析<sup>\*</sup>

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**摘要:**朱丹溪是金元四大家之一,张景岳是明代医家,二者在妇科方面均有独到见地,通过研读朱丹溪、张景岳著作中涉及妇科病的内容以及后人二者各自妇科病学术思想的整理文献,对二者妇科学术思想进行辨析。二者均以补血调血治疗月经病,善用四物汤,但朱丹溪认为调经不离痰,且注重调补脾胃之气,张景岳则认为调经宜以补脾胃肾为先;治疗带下病方面,朱丹溪认为应以清热燥湿除痰,而张景岳认为带下有六因,当因证而治;安胎方面,朱丹溪认为产前当清热养血,而张景岳认为应详辨寒热虚实;治疗产后诸证,朱丹溪认为产后虚弱应当大补气血为先,而张景岳认为产后诸证应辨其虚实,不得概行蛮补。

**关键词:**朱丹溪;张景岳;妇科病;学术思想;四物汤

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## An Analysis of the Treatment of Gynopathy Based on Zhang Jingyue and Zhu Danxi's Academic Thoughts

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**Abstract:** Zhu Danxi was one among the four masters in Jin and Yuan Dynasties while Zhang Jingyue was a physician in Ming Dynasty, both of them had their unique views on gynopathy. This paper aims to make a study on the gynopathy part in their masterpieces and then sort out literature involving the gynopathy to analyze their academic thoughts. They both treated menopathy by nourishing and regulating blood and Siwu decoction. However, Zhu held that regulating menstruation cannot avoid phlegm and he emphasized invigorating spleen and stomach qi. By contrast, Zhang maintained that regulating menstruation should invigorate spleen, stomach and kidney first. In terms of the treatment of leukorrhagia, Zhu believed that to clear the heat, dryness and dampness can dispel the phlegm, whereas Zhang proposed to treat the disease according to the symptoms since leukorrhagia was caused by six factors. In terms of miscarriage prevention, Zhu proposed to clear the heat to maintain the blood prenatally while Zhang insisted on the detailed differentiation of coldness and heat as well as deficiency and excessiveness. In terms of the treatment of postnatal symptoms, Zhu proposed to maximally nourish qi and blood firstly because of the postnatal weakness, instead Zhang adhered to the tenets of differentiation of the deficiency and excessiveness of postnatal symptoms, and he held that unreasonable invigoration was not feasible.

**Keywords:** Zhu Danxi; Zhang Jingyue; gynopathy; academic thoughts

朱丹溪是金元四大家之一,以善治杂病著称,在妇科方面有独特的临床见解,其著作《格致余

论》《金匱钩玄》《丹溪心法》《丹溪治法心要》等书中均有讨论妇科病的篇章。张景岳是明代医家,