

文献综述

中医药治疗慢性萎缩性胃炎研究进展^{*}朱倩倩¹ 洪靖² 谭辉^{1**}

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摘要:慢性萎缩性胃炎是一种多致病因素性疾病及癌前疾病,属于中医“痞满”“嘈杂”“胃脘痛”等病范畴。近年来,慢性萎缩性胃炎在我国发病率逐年上升,较难治愈。中医在治疗慢性萎缩性胃炎上有着独特的经验,临床上应用越来越广泛。通过分析近五年相关文献,总结其在病因病机、辨证分型论治、针法、灸法以及实验研究方面的研究进展,旨在阐述中医药在治疗上的优势。

关键词:中医药;慢性萎缩性胃炎;辨证施治;综述;痞满;嘈杂;胃脘痛

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A Research Progress on the Treatment of CAG by TCM

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Abstract: CAG (Chronic Atrophic Gastritis) is a type of multi-pathogenic disease and a precancerous disease, which is categorized into TCM domain like Piman (distention and fullness), Caoza (noisy), Weiwantong (stomachache) etc. In recent years, CAG is increasingly occurring in China and difficult to be cured. TCM is unique in treating CAG and has been widely used in clinical practice. This paper summarizes the etiology and pathogenesis, syndrome-typing therapy, acupuncture therapy and moxibustion therapy of CAG as well as the progress in this research based on an analysis of the literature collected during 5 years in order to expound the advantage of TCM treatment.

Keywords: TCM; CAG; syndrome differentiation; review; distention and fullness; noisy; stomachache

慢性萎缩性胃炎 (chronic atrophic gastritis, CAG) 以胃黏膜上皮和腺体萎缩数目减少,胃黏膜变薄,黏膜基层增厚,或伴幽门腺化生和肠腺化生,或有不典型增生为特征的慢性消化系统疾病。其主要原因是幽门螺杆菌 (Hp) 感染^[1],常表现为上腹部隐痛、胀满、嗝气、食欲不振、或消瘦、贫血等。现代研究认为慢性萎缩性胃炎主要是固有腺体减少,后期可出现肠腺化生和不典型增生等胃

癌前疾病。该病病程较长,缠绵难愈,危害极大,故引起国内外医家广泛关注研究其最佳疗法。西医主要给予抑酸剂、黏膜保护剂、根除 Hp 治疗^[2],然而疗效不佳。中医通过整体审查,辨证分型,对症论治,遵循三因制宜,更具有针对性和准确性,取得理想的疗效。笔者对近五年中医治疗慢性萎缩性胃炎的研究情况综述,望为其进一步研究和提供发展提供参考。

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