

赵党生教授中药联合火针治疗湿疹临床经验

曹思齐¹ 王凤仪^{1,2*} 李洋洋¹ 刘志杰¹

(1. 甘肃中医药大学, 甘肃 兰州 730000; 2. 深圳市宝安纯中医治疗医院, 广东 深圳 518101)

摘要: 湿疹作为皮肤科最常见疾病之一, 因其反复发作的瘙痒及皮损严重影响患者的日常生活质量。赵党生教授认为湿疹的发生是由内外因素相互作用所致, 湿浊蕴阻气机是湿疹缠绵难愈的根本, 血虚风燥是湿疹慢性化的主因, 快速解除瘙痒和预防复发为治疗湿疹的关键。临床辨证分为风湿郁阻证, 湿热内蕴证, 血虚风燥证, 脾虚湿盛证四型, 提倡在中医辨证论治基础上采用中药联合火针疗法, 针具粗细的选择根据所患湿疹的部位、年龄、皮损状态及病性虚实等具体病情而定, 采取散刺法、密刺法和围刺法, 快速有效的缓解症状, 治愈疾病, 减少复发。

关键词: 赵党生; 火针; 湿疹; 辨证论治; 浸淫疮

中图分类号: R275 文献标识码: A 文章编号: 2096-1340(2020)06-0029-04

DOI: 10.13424/j.cnki.jstcm.2020.06.008

Professor Zhao Dangsheng's Clinical Experience in Treating Eczema with Chinese Medicine and Fire Needle

Cao Siqi¹, Wang Fengyi^{1,2}, Li Yangyang¹, Liu Zhijie¹

(1. Gansu University of Chinese Medicine, Lanzhou Gansu, 730000;

2. Shenzhen Baoan Hospital of Traditional Chinese Medicine, Shenzhen Guangdong, 518101)

Abstract: Eczema is one of the most common diseases in dermatology. Its recurrent itching and skin lesions seriously affect the quality of patients' life. Professor Zhao Dangsheng believes that the occurrence of eczema is caused by the interaction of internal and external factors. Dampness accumulation causing qi blockage is the fundamental factor of recurrent eczema. Blood deficiency and wind dryness are the main cause of chronic eczema. Hence, rapid relief of itching and prevention of recurrence are the key treatments of eczema. Clinical differentiation is divided into four types: wind-dampness stagnation syndrome, damp-heat internal accumulation syndrome, blood deficiency and wind-dryness syndrome, spleen deficiency and dampness syndrome. It is suggested that Chinese medicine should combine with fire acupuncture based on TCM syndrome differentiation. The needles of different size are opted depending on the patients' specific symptoms such as age, skin lesion status and disease condition etc.. Scattered needling, dense needling and surrounding needling methods are adopted to quickly and effectively relieve symptoms, curing and reducing recurrence of diseases.

Keywords: Zhao Dangsheng; fire needle; eczema; syndrome differentiation and treatment;

赵党生教授为甘肃省名中医, 主任医师, 硕士生导师, 从事皮肤科临床工作近三十年, 对内外治法联合治疗湿疹有着深厚的理论研究和临床经验, 秉承中医辨证论治的原则, 内服中药联合火针

治疗湿疹, 临床疗效显著。笔者有幸跟随赵教授学习, 现将其经验总结如下。

1 病因病机

湿疹, 中医称之为“湿疮”“浸淫疮”等。皮损

* 通讯作者: 王凤仪, 中医学博士, 教授。E-mail: 2930173977@qq.com