

## 综述与其它

## 知母主治消渴热中及降糖研究进展\*

王倩<sup>1</sup> 张欢<sup>2</sup> 张效科<sup>1\*\*</sup>

(1. 陕西中医药大学, 陕西 咸阳 712046; 2. 成都中医药大学, 四川 成都 610075)

**摘要:** 知母清润兼备, 归肺、胃、肾经, 《神农本草经》中主治消渴热中。消渴者临床多见口干、口渴等症, 导师张效科教授临床用知母可缓解之。本文通过查阅近十年来国内文献, 对知母治疗消渴病的历史渊流、降糖药效的研究近况及汤剂用量问题做一概述, 结果表明知母主消渴热中是其最基本的治疗作用, 盐炙知母降糖效果明显优于酒知母和生知母, 知母降糖的有效成分是知母总酚等。为知母的深入研究及开发利用提供参考。

**关键词:** 消渴热中; 知母炮制; 降糖活性成分及可能机制; 用量; 研究进展

**中图分类号:** R282.71 **文献标识码:** A **文章编号:** 2096-1340(2020)06-0094-05

**DOI:** 10.13424/j.cnki.jstcm.2020.06.021

A Research Progress on Zhimu Indications for  
Xiaoke Rezhong and Blood Sugar – ReducingWang Qian<sup>1</sup>, Zhang Huan<sup>2</sup>, Zhang Xiaoke<sup>1</sup>

(1. Shaanxi University of Chinese Medicine, Xianyang, Shaanxi 712046;

2. Chengdu University of Chinese Medicine, Chengdu, Sichuan 610075)

**Abstract:** Anemarrhenae (Zhimu)? is categorized into lung, stomach and kidney meridians with simultaneous clearing and moistening functions, which is primarily used in treating Xiaoke (diabetes in Western Medicine) and heat in the middle. Professor Zhang proposes that dry mouth and thirst which are the usual symptoms manifested in patients suffering from Xiaoke can be mitigated by anemarrhenae. This paper makes a summary of the treatment of Xiaoke diseases by anemarrhenae in history and the recent blood sugar – reducing medicine research as well as the dosage of decoction based on the literature review in the last decade. The results demonstrate that the treatment of Xiaoke and middle heat by anemarrhenae is its fundamental function and the blood sugar – reducing effect of salt – dried Zhimu is significantly better than that of liquor anemarrhenae and raw Anemarrhenae. The effective ingredient of anemarrhena is total phenols. Hopefully this paper can provide reference for the in – depth research and development of anemarrhenae.

**Keywords:** Xiaoke Rezhong; processed Zhimu; active ingredients and possible mechanism for reducing blood sugar; dosage; research progress

知母是百合科植物知母的干燥根茎, 主要分布于陕西、内蒙古、河北等地。习称“蒜瓣子草”“毛知母”, 春秋两季挖取, 洗净泥沙及须根, 或削

去外皮, 晒干, 切片入药, 因炮制方法不同常有知母、盐知母、酒知母之分<sup>[1]</sup>。知母主消渴热中, 最早见于《神农本草经》, 书中记载: “知母味苦, 寒,

\* 基金项目: 国家自然科学基金(81774304)

\*\* 通讯作者: 张效科, 教授。E-mail: zhangxiaoke12340@163.com