

# 米烈汉教授临床应用滋肾清肝饮治验举隅

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**摘 要:**米烈汉教授临床常应用滋肾清肝饮治疗各种肝肾阴虚、虚火上炎、肝胆郁热的内科疾病,如女性更年期综合征、不寐、心悸、耳鸣等。米烈汉教授在应用滋肾清肝饮时不仅重视肝肾,而且还注意五脏之间的生克制化关系,通过滋阴补肾,疏肝清热使肾阴得充、肝气条达、阴阳平衡。

**关键词:**米烈汉;滋肾清肝饮;临床治验

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## Professor MI Lie – han’s Clinical Experience of Zishen Qinggan Decoction Application

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**Abstract:** Professor MI Lie – han often uses Zishen Qinggan Decoction to treat various internal diseases such as female climacteric syndrome, insomnia, palpitation, tinnitus and so on. Professor MI Lie – han not only paid attention to the liver and kidney, but also paid attention to the relationship between the five Zang organs in the application of Zishen Qinggan Decoction. Through nourishing Yin and tonifying the kidney, soothing the liver and clearing heat, Professor MI Lie – han made the kidney Yin be filled, the liver Qi could be achieved, and the Yin and Yang were balanced.

**Keywords:** MI Lie – han; Zishen Qinggan Decoction; Clinical treatment

米烈汉教授,一级主任医师,博士研究生导师。享受国务院政府特殊津贴专家,陕西省有突出贡献专家,国家第三、四、五、六批师带徒导师。国家长安米氏内科流派代表性传承人。临床工作几十年,擅长内科、妇科及中医养生。善治糖尿病及并发症、甲亢、甲减、慢阻肺、肺纤维化、干燥综合征、月经不调、更年期综合征、高脂血症、肿瘤术后及亚健康调理。鉴于现代人生活节奏快、压力大,易形成肝郁肾虚的病证,米烈汉教授临床常应用滋肾清肝饮治疗,且临床效果极好,现介绍如下。

### 1 滋肾清肝饮出处和主治

滋肾清肝饮组成:熟地,炒山药,酒萸肉,丹皮,泽泻,茯苓,柴胡,黄芩,当归,白芍,山栀,酸枣

仁。上方出自清代高鼓峰《医宗己任编》,原方无黄芩,用于肝郁化火伤阴,症见胃痛,胁痛,口苦,咽干,心烦失眠或夜梦纷纭,身体忽热忽止;治胃脘痛、大便秘结,肝血虚。本方是由滋阴养肾之六味地黄丸合疏肝清肝之丹栀逍遥散化裁而成,全方共奏滋阴补肾,清热疏肝之效<sup>[1-3]</sup>。米烈汉教授用该方治疗各种肝肾阴虚、虚火上炎、肝胆郁热的内科疾病,如女性更年期综合征、不寐、心悸、耳鸣等。上述患者临床上可见腰膝酸软,头晕目眩,耳鸣耳聋,盗汗,消渴,手足心热,口燥咽干等<sup>[4-6]</sup>。

### 2 滋肾清肝饮方义分析

《素问·阴阳应象大论》云:“精不足者,补之以味。”<sup>[7]</sup>滋肾清肝饮方中熟地黄滋补肾阴、填精益髓为君药。以山萸肉养肝血而涩肾精,取“肝肾