

## 方药纵横

桂枝茯苓丸在妇科临床异病同治举例<sup>\*</sup>肖新春<sup>1</sup> 李昕芹<sup>2</sup>

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**摘要:** 异病同治是指不同的疾病, 在其发展过程中出现了相同的证候, 可以采用同一方法治疗, 关键在于疾病有无共同的病机。病机相同, 才可采用相同的治法。在辨证论治的前提下, 通过异病同治的原则探讨桂枝茯苓丸治疗妇科常见疾病的临床应用与取得的效果, 同时也为治疗妇科疾病提供了思路与参考。

**关键词:** 桂枝茯苓丸; 异病同治; 妇科病

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## Cases of the Clinical Treatment of Different Diseases with the Same Therapy by Guizhi Fuling Pill on Gynecological Diseases

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**Abstract** Treatment of different diseases with the same therapy refers to that different diseases, in the course of the development, appear the same syndromes, and the same method for treatment are adopted. The key lies in whether the diseases have a same pathogenesis since this method can only be used on the basis of the same pathogenesis. Under the premise of syndrome differentiation and treatment, the clinical application of Guizhi Fuling Pill in the treatment of common gynecological diseases and the effect obtained are discussed, which also provides ideas and references for the treatment of gynecological diseases.

**Keywords** Guizhi Fuling Pill; treatment of different diseases with the same therapy; gynecological diseases.

桂枝茯苓丸出自医圣张仲景的《金匱要略·妇人妊娠病脉证并治》“妇人宿有癥病…血不止者, 癥不去故也, 当下其癥, 桂枝茯苓丸主之。”全方由桂枝、茯苓、赤芍、丹皮、桃仁构成, 功效活血祛瘀消癥, 是仲景治疗妇人癥瘕之专方。然仔细分析其组方, 方中桃仁、赤芍、丹皮均能散瘀活血, 其中赤芍还有利小便作用, 如《神农本草经》载“主邪气腹痛, 除血痹, 破坚积, 寒热疝瘕, 止痛, 利小

便。”瘀血阻滞, 水湿不利, 痰湿瘀结互为致病因素。茯苓淡渗利水, 使水去瘀瘕自消, 与前药共奏活血利水之效; 桂枝温阳通脉以助行血、助阳化气以利行水。全方诸药协同配伍, 共奏活血消癥, 散瘀利水之功, 标本兼治, 切中病机, 因此可以说桂枝茯苓丸实为活血利水法代表方<sup>[1]</sup>。而现代医家在古人基础上, 对其衍化扩充, 广泛应用于治疗瘀血所致的多种疾病以及所取得的显著疗效, 反证