

麻黄对药在儿科中的运用

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摘要:麻黄是最常用中药之一,自古便有伤寒、解肌第一要药之称。然而,正因为麻黄解表作用的强大掩盖了其在其他方面的功效。临床发现,麻黄对药在一些儿科杂病中常有较好疗效,如麻黄—菖蒲治疗脱发,麻黄—石膏治疗遗尿,麻黄—桔梗治疗泄泻等等,并且既可作君药,也可作为佐使,用量、用法均较为灵活。

关键词:麻黄对药; 脱发; 遗尿; 泄泻

中图分类号: R289.1 文献标识码: A 文章编号: 2096-1340(2018)04-0115-03

DOI: 10.13424/j.cnki.jsctcm.2018.04.036

The Application of Matched Pair of Ephedra and Other Medicines to Paediatrics

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Abstract Ephedra is one of the most commonly used traditional Chinese medicines. It has been known as the first drug for typhoid and relieving the flesh since ancient times. However, it is precisely because of the powerful effect of ephedra that masks its effectiveness in other aspects. Clinical findings reveal that ephedra often has good effects on some pediatric miscellaneous diseases, such as ephedra-uniflora treatment for hair loss, ephedra-gypsum treatment for enuresis, ephedra-platycodon treatment for diarrhea, etc. It can be used as both a chief and as assistant and envoy medicines. Dosage and usage are often flexible.

Keywords matched pair of ephedra and other medicines; hair loss; enuresis; diarrhea

麻黄是中医处方的常用中药。《神农本草经》即载有此药,谓其“味苦,温。主中风,伤寒头痛,温疟,发表出汗,去邪热气,止咳逆上气,除寒热,破癥坚积聚。”医圣仲景也善用此药,其处方中含麻黄共28首,主要用于治疗伤寒、咳喘、水湿、黄疸等病证^[1]。这奠定了麻黄这一中药从古至今的主要功效:发汗解表、宣肺平喘、利水消肿,这是全国高等中医药院校规划教材《中药学》对麻黄功效的概括^[2]。临床上,麻黄常与其他中药配伍组成对药以增强疗效,如麻黄—桂枝发汗、麻黄—葛根解

肌、麻黄—杏仁止咳、麻黄—葶苈子平喘、麻黄—石膏清肺,等等,可见麻黄临床运用较为广泛。然而,中医学大家何绍奇先生曾说:“成都怕麻黄。”^[3]就是说成都地区中医大多害怕用麻黄。这或许是麻黄解表作用的强大掩盖了其在其他方面的功效。笔者近年来临床发现,这些麻黄对药在儿科中还有一些特殊运用,今举三例,同各位同道交流探讨。

1 麻黄—菖蒲治脱发

脱发属临床较为难治的疾病,治疗周期较长。