

国医传承

刘友章教授治疗痛风学术思想与临证经验^{*}宋健¹ 赵连强^{2**} 刘友章³(1. 陕西中医药大学, 陕西 咸阳 712046; 2. 宝鸡市第二中医医院坪头分院, 陕西 宝鸡 721000;
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摘要: 痛风是一种常见的代谢性疾病, 总结刘友章教授运用中医药治疗痛风的学术思想与临床经验。刘友章教授将本病分为急性发作期和缓解期两个阶段, 根据中医整体观和辨证论治的原则, 在急性发作期治以清热解毒、利湿祛浊, 在缓解期治以健脾益气, 补肾固精, 并适当加用岭南草药, 以提高疗效。

关键词: 刘友章; 痛风; 中医药; 临床经验

中图分类号: R242 **文献标识码:** A **文章编号:** 2096-1340(2019)05-0016-03

DOI: 10.13424/j.cnki.jstcm.2019.05.003

Professor Liu Youzhang's Academic Thoughts and Clinical Experience
in Treating GoutSong Jian¹, Zhao Lianqiang², Liu Youzhang³

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Abstract: Gout is a common metabolic disease. This paper summarizes Professor Liu Youzhang's academic thought and clinical experience in treating gout with traditional Chinese medicine. Professor Liu Youzhang divides the disease into two stages: acute attack stage and remission stage. According to the holistic view of TCM and the principle of syndrome differentiation and treatment, in acute attack stage, it is treated by clearing away heat, detoxifying dampness and removing turbidity. In remission stage, it is treated by invigorating spleen and qi, invigorating kidney and consolidating essence, and adding Lingnan herbal medicine appropriately to improve the curative effect.

Keywords: Liu Youzhang; gout; Chinese Medicine; clinical experience

刘友章, 二级教授, 广州中医药大学中医内科学博士生导师, 出身中医世家, 师从国医大师邓铁涛教授、王建华教授, 从事临床、教学工作四十余年, 学验俱丰、知常达变, 擅长运用中医、中西医结合方法治疗各科多种疑难疾病, 以其高明的医术, 高尚的医德, 受到国内外患者的好评。

痛风是内科的一种常见代谢性疾病, 其形成

的主要原因是血液中尿酸浓度过高, 引起组织炎症反应, 严重者可导致肾功能衰竭以及关节致残等^[1-3]。西药治疗一般采用秋水仙碱、糖皮质激素、非甾体类抗炎药等, 但西药有明显的副作用, 影响患者的依从性^[4]。刘友章教授根据中医整体观和辨证论治的原则, 临床运用中医药治疗痛风效果明显, 笔者有幸跟随导师学习, 总结导师临床

* 基金项目: “十一五”国家科技支撑计划课题(2007BAI20B62)

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