

和而不同——从疫病防治看治未病和传统预防医学的区别与联系

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摘要:基于中医治未病学与传统生物预防医学在历史源流、理论基础、研究与应用方面的区别与联系,阐述了整体医学模式下治未病学理论思想和方法对现代预防医学的启示和补充作用,以“疫病”的治未病学结合目前对于传染性疾病的防治,对其在现代医学及疾病预防中的参考价值进行了讨论。

关键词:疫病;预防;治未病

中图分类号:R254.3 文献标识码:A 文章编号:2096-1340(2020)02-0013-03

DOI:10.13424/j.cnki.jstcm.2020.02.005

Difference and Connection between Preventative Treatment of Disease and Traditional Preventative Medicine from Epidemic Prevention and Treatment – Unity without Uniformity

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Abstract: Based on the differences and connections between TCM preventive medicine and traditional biological preventive medicine in the aspects of historical origin, theoretical basis, research and application, this paper expounds the enlightenment and supplementary role of the theoretical thoughts and methods of preventive medicine to modern prophylactic medicine under the overall medical model, and combines the preventive medicine of "epidemic disease" with the current prevention and treatment of infectious diseases, and also discusses its reference value in modern medicine and disease prevention.

Keywords: epidemic disease; prevention; prevention and treatment of disease

中医治未病学与预防医学都重视预防疾病的发生,“治未病”思想的形成要远早于预防医学。因两者归属于不同的医学体系,故对于疾病与健康的理解、治未病与预防医学的涵盖范围等都存在一定的差异^[1],这一点也有教材和学者进行了讨论。传统预防医学基于预防接种、杀菌灭虫和抗菌药物这三大法宝的相继应用,使急、慢性传染病和寄生虫病有了“克星”,这也是为什么它面对如新型冠状病毒肺炎的侵袭,成为医学主体的干

预模式的原因。

随着医学的发展,人类健康需求的多样化和多元化,以及医学伦理层面的演进,现代预防医学体系中除了传统生物预防的思想和方法外,也需要有更多的交叉,促进其发展和进一步为全人类健康做出贡献,以现代整体医学模式与预防医学交叉为例,二者都重视身体、心理和社会适应的完好状态,遵循以人为本、以健康为中心的思想,强调健康与疾病的平衡^[2]。而中医的治未病学本身