

学术探讨

从状态论治肺小结节*

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摘要:肺小结节本身多无症状,是常见复杂疑难疾病。从状态论治肺小结节,把握肺气亏虚、气滞湿停、痰瘀内阻、凝滞化结的基本病机特点,结合患者结节CT、舌脉判断当前病机特点,并把握演变病机截断演化趋势,进行中医综合治疗,临床获得良效。从状态论治的方法突破了传统中医四诊认识现代疾病的局限,为现代中医发展提供了新思路。

关键词:肺小结节;状态论治;复杂疑难疾病

中图分类号:R256.1 文献标识码:A 文章编号:2096-1340(2020)04-0074-04

DOI:10.13424/j.cnki.jsctcm.2020.04.016

Treatment on Pulmonary Nodules Based on the State of Differentiation

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Abstract: Pulmonary nodules is a common difficult disease which usually manifests rare symptoms. The treatment on pulmonary nodules by means of the state of differentiation has been proved clinically effective based on the integration of Chinese and Western Medicine since it combines the basic pathogenesis which is characterized by the deficiency of pulmonary qi, qi stagnation and retention, phlegm stasis and obstruction as well as the nodules caused by the stagnation with the patient's CTs and their tongues inspection to estimate the present pathogenesis, and furtherly control and stop its progression. This treatment provides a new method for the development of modern Chinese Medicine in that it is practised beyond the limits of traditional four diagnosis of Chinese Medicine.

Keywords: Pulmonary nodules; the State of Differentiation; difficult disease

肺小结节是CT示直径5~10mm的肺部局灶类圆形的密度增高阴影^[1]。<5mm微小结节一般恶性风险较低,追踪随访为主,可无需治疗;10~30mm大结节具一定增长性,可以见恶性征,需综合PET、病理等谨慎评估,必要时予手术、放化疗等^[2]。而5~10mm各类密度小结节诊疗管理尚存分歧,良恶性较难区分^[3],CT随访评估为主,大量患者焦虑担心增长恶变而寻求中医药诊疗。肺小

结节本身常无特异症状、体征,是典型无症状复杂疾病,我们运用从状态论治的方法治疗了大量病例,现探讨理论及方法如下。

1 从状态论治无症状复杂疾病

现代医学发展迅猛,在影像学、病理学、分子生物学等学科技术支持下,传统中医未曾认知的复杂“新疾病”层出不穷,“新疾病”缺乏四诊信息特点,病机复杂难以分型概括,辨证论治面临失

* 基金项目:首都发展科研专项基金课题(2020-2-4202)

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