

# 基于肺虚血瘀论特发性肺间质纤维化<sup>\*</sup>

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**摘要:**特发性肺间质纤维化是呼吸系统中较为常见的代表性疾病,其临床患病率高,病情进行性发展,愈后差。中医认为肺纤维化的病机为气虚血瘀、肺络痹阻,治疗以益气补肺、活血祛瘀为根本大法,为临床诊治提供理论依据。

**关键词:**特发性肺纤维化;肺虚血瘀;肺络痹阻;益气补肺;活血祛瘀

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## A Discussion of the Idiopathic Pulmonary Fibrosis Based on the Lung Deficiency and Blood Stasis

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**Abstract:** Idiopathic Pulmonary Fibrosis, is a representative disease usually occurring to the respiratory system which is characterized by the high morbidity and disease progress and worse recovery. According to TCM, IPF is caused by the qi deficiency, blood stagnation, and the blockage of the lung collateral, therefore the treatment aims to invigorate qi and activate blood to resolve stasis. Hopefully, this paper can provide the theoretical basis for the clinical practice.

**Keywords:** IPF; the lung deficiency and blood stasis; the blockage of the lung collateral; invigorate qi to tonify the lung; activate blood to remove stasis

特发性肺纤维化(Idiopathic pulmonary fibrosis IPF)属于慢性间质性肺疾病中较为常见的一种,以进行性发展的呼吸困难同时伴有刺激性干咳、双肺可闻及 Velcro 啰音等为主要临床特征。其病理表现为广泛的肺间质纤维化导致肺部结构损害,通气功能下降,弥散面积减少,最终导致呼吸衰竭。肺间质纤维化发病率和死亡率逐年递增,一经确诊,平均生存期仅2~3年,男性略高于女性,5年生存率仅为20%左右,严重威胁人类的生命健康<sup>[1]</sup>。目前西医采用的主要治疗方法是糖皮质激素联合免疫抑制剂、抗炎、抗纤维化、抗氧化等,其疗效仍无法延缓或逆转肺纤维化的进

展<sup>[2-3]</sup>。中医认为气虚血瘀是导致肺纤维化的重要病机<sup>[4]</sup>,肺气亏虚,无力推动血脉运行,血行滯涩而导致血瘀是本病的病机关键,以益气补肺、活血祛瘀法论治,获益良效,现探讨如下。

### 1 气虚血瘀是肺纤维化的发病机制

**1.1 肺虚** 肺为气之主,肺虚则令气失所主,肺气亏虚,推动无力,气血运行滯滞,肺络闭塞。肺为储痰之器,肺脏虚损无力,气不布津,而致津气严重耗伤,津液布散不畅,肺失濡养,肺叶枯萎。肺主行水,为水之上源,以肃降为顺,气行则水宜行,肺痿者,肺叶焦枯,散精不利,停聚生痰饮,痰饮又阻滯气血运行,终成肺痹,导致肺纤维化的