

益气宣痹汤治疗新冠肺炎后肺纤维化倾向可行性探讨*

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摘要:随着新型冠状病毒肺炎符合出院标准的患者逐渐增多,新冠肺炎出院后肺间质纤维化倾向的治疗应该引起重视,查阅文献,并分析新冠肺炎后肺纤维化倾向的临床特征及中医分型,发现恢复期患者病机为虚实夹杂,肺气不宣,其虚以肺脾气虚或气阴两虚为主,其实以痰瘀阻络为主。益气宣痹汤具有益气宣痹、活血通络作用,为临床治疗肺间质纤维化的经验方,建议对新冠肺炎后肺纤维化倾向患者给予治疗。

关键词:新冠肺炎;肺间质纤维化;虚实夹杂;益气宣痹汤

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Feasibility of Yiqi Xuanbi Decoction in the Treatment of Post - Covid19 Pulmonary Fibrosis

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Abstract: Patients who meet the requirements of hospital discharge are constantly increasing, whereas the post - Covid 19 pulmonary fibrosis tends to be emphasized. This paper analyzes the clinical characteristics of post - Covid 19 pulmonary fibrosis and TCM syndrome - typing based on the literature review. It finds out that the patients in the recovery period were deficient of lung - spleen qi or deficient of both qi and Yin, which is characterized by phlegm stasis blocking collaterals. Yiqi Xuanbi Decoction, as an empirical prescription for the treatment of pulmonary fibrosis, can benefit qi and disperse bi, promote blood circulation and remove obstruction in collaterals. Therefore, it is recommended to apply this prescription to the treatment of post - Covid 19 pulmonary fibrosis.

Keywords: Novel coronavirus pneumonia; Pulmonary fibrosis; Deficiency and excessiveness; Yiqi Xuanbi Decoction

自2019年12月以来,我国发生新型冠状病毒(2019 novel corona virus, 2019 - nCoV)感染肺炎的疫情,截至2020年3月8日8时,国家卫生健康委员会统计报告我国新型肺炎累计确诊病例80863例,治愈共57312例,死亡3100例。随着治愈患者逐渐增多,部分处于恢复期的患者其病毒核酸检测虽已经转为阴性,但乏力、咳嗽、精神状态差等症状仍然存在,特别是患者胸部CT的变化和临床症状并不同步,存在患者出院时肺部还有未吸收炎症的情况^[1]。此时虽然没有传染性,但不代表

病情完全痊愈,正如温病大家叶天士所言:“恐炉烟虽熄,灰中有火也。”具有关报道显示^[2],部分治愈患者仍有疲倦乏力、憋闷和干咳等症状,有部分患者胸部CT仍有散发阴影改变,恢复期继续采用中药治疗可清除余邪,扶助正气,改善患者症状,同时可促进肺部炎症的吸收,减少粘连,促进损伤脏器组织的彻底修复。

中医古籍虽无“冠状病毒肺炎”之说,但根据新冠肺炎致病的特点“发病急,病情重,传染性强,易于流行,症状相似”,可归属为“瘟疫”范畴,从

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