

# 解表法在新型冠状病毒肺炎中的应用分析<sup>\*</sup>

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**摘要:**结合中医药治疗 COVID-19 的临床实践, 提出本病以卫分证和气分证为主, 宣肺透邪解表是主要治法。对解表法进行了分类, 包括辛凉解表、辛温解表、扶正解表、表里双解、祛湿解表等。运用解表法治疗 COVID-19 必须辨证精准, 灵活处方, 重视煎服法等细节及禁忌症, 并提出桂枝汤可以作为辨证不明时的试验性治疗方法。COVID-19 的中医治疗以辛凉宣肺透邪为主, 早用宣肺透邪并注意扶正, 不仅可以提高治愈率, 还可以预防正虚邪陷, 减少重症的发生。

**关键词:**新型冠状病毒肺炎; 解表; 汗法; 桂枝汤; 表里双解

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## An Analysis of Exterior – Relieving Therapy Application in the Treatment of Covid – 19

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**Abstract:** Based on TCM clinical practice in the treatment of Covid – 19, this paper proposes that this disease is mainly characterized by Wei and Qi phase syndrome. Accordingly, the main effective treatment in an early stage is to disperse lung qi and dispel pathogenic factors, relieving the external symptoms. The exterior – relieving therapy can be classified into several kinds which include medicine of pungent and cool property, medicine of pungent and warm quality, medicine which can strengthen body to resolve the exterior evils, medicine which can dispel the exterior and interior evils as well as the medicine which can remove dampness to relieve exterior evils etc.. Accurate syndrome differentiation and flexible modification are necessary in the treatment of Covid – 19. Attention should be paid to details and contraindications of decoction. Additionally, this paper proposes that Guizhi Decoction can be used as a trial treatment when syndrome differentiation is not obvious. The TCM treatment of Covid – 19 is mainly to disperse lung qi and disperse pathogenic factors, which should be used to invigorate lung and penetrate pathogens as early as possible. It can not only improve the cure rate but also prevent the depression of positive deficiency caused by pathogenic factors, reducing the occurrence of critical illness.

**Keywords:** Covid – 19, exterior – relieving syndrome, sweating therapy, Guizhi Decoction, double solution of exterior and interior

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