

姜良铎从急性虚损辨治新型冠状病毒肺炎探讨*

崔晋伟¹ 张晓梅^{2**} 杨华升³ 赖宇鑫¹ 刘彧彬¹ 于小林¹ 姜良铎⁴

(1. 北京中医药大学, 北京 100029; 2. 北京中医药大学东方医院, 北京 100078;

3. 首都医科大学附属佑安医院, 北京 100069; 4. 北京中医药大学东直门医院, 北京 100700)

摘要:急性虚损是新冠肺炎发生发展的关键病机,主要表现为宗气虚导致的气不摄津,脾胃虚弱,湿邪弥漫以及恢复期肺脾两虚,气阴亏耗。在治疗中,姜老认为顾护正气贯穿始终,结合清热化湿解毒,可以避免内闭外脱等危候。具体从顾护宗气以摄津液、健脾益气以化湿浊、益气养阴以防复感着手进行治疗,用药特点有初期重用黄芪、人参,疾病进展期清热利湿药配伍太子参、西洋参等顾护气阴之品,内闭外脱期应用人参、山萸肉、西洋参、三七等。用党参、茯苓、白术、苍术、佩兰、白豆蔻、升麻、葛根之品,以健脾、醒脾、运脾、升阳达到健脾益气以化湿浊之功,疾病恢复期,健脾益气可选用党参、茯苓、白术、豆蔻、香橼、佛手等,养阴生津可选用沙参、石斛、玉竹、麦冬、芦根等药。

关键词:新冠肺炎;急性虚损;顾护正气;顾护宗气;健脾益气;益气养阴**中图分类号:**R256.1 **文献标识码:**A **文章编号:**2096-1340(2021)01-0010-05**DOI:**10.13424/j.cnki.jsctcm.2021.01.002

Discussion on the Treatment of COVID-19 from the Perspective of Acute Insufficiency Differentiation Syndrome by JIANG Liang-duo

CUI Jin-wei¹, ZHANG Xiao-mei², YANG Hua-sheng³, LAI Yu-xin¹,
LIU Yu-shan¹, YU Xiao-lin¹, JIANG Liang-duo⁴

(1. Beijing University of Chinese Medicine, Beijing 100029, China;

2. Department of Respiratory Febrile disease in Dongfang Hospital of Beijing University of Chinese Medicine, Beijing 100078, China;

3. You'an Hospital Affiliated to Capital Medical University, Beijing 100069, China;

4. Dongzhimen Hospital of Beijing University of Chinese Medicine, Beijing 100700, China)

Abstract: Acute insufficiency is a critical period in the progress of COVID-19 which is characterized by the failing control of Qi over fluid, deficiency of spleen and stomach, pervasive dampness and deficiency of both lung and spleen as well as the depletion of both Qi and Yin occurring under recovery due to the insufficiency of pectoral Qi. In terms of the treatment, JIANG Liang-duo holds that consistent guard of healthy Qi plus heat-clearing and dampness-resolving as well as detoxication can avoid the hazard symptoms like inner blocking causing collapse etc. The specific treatment begins from guarding healthy Qi to control fluid, invigorating spleen and benefiting Qi to resolving dampness as well as benefiting Qi and maintain Yin to avoid the recurrent infection. At the onset, a large quantity of Huangqi and Renshen should be used. At the progressive stage, Taizishen and Xiyangshen, herbs which can guard Yin, are combined with medicine of heat-clearing and dampness-resolving. In the phase of inner blocking causing collapse, Renshen, Shanyurou, Xiyangshen, Sanqi are recommended. Dangshen, Fuling, Baizhu, Cangzhu, Peilan, Baidoukou, Shengma, Gegen can be used to invigorate, enliven and activate spleen as well as ascend Yang, strengthening spleen and resolving dampness finally. In

* 基金项目:2020年度北京中医药大学基本科研业务项目(新冠肺炎防控应急专项)(2020-JYB-YJ-011)

** 通讯作者:张晓梅,博士,主任医师,博士生导师。E-mail:zhangxm6767@sina.com