

中药香囊在新型冠状病毒肺炎中的应用探讨^{*}

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摘 要: 新型冠状病毒感染的肺炎(以下简称:新冠肺炎)发生之际,传播速度快,且人群普遍易感,目前治疗其病尚无特效药,但中医药在其预防与治疗中发挥了重要作用,中药香囊防疫已有上千年的历史,此次疫情发生,中药香囊也应用较广,结合各省市香囊配方的用药分析及现代药理研究、临床应用等方面论述中医香囊在新冠肺炎中发挥的作用。

关键词: 中药香囊;新型冠状病毒;药理研究;芳香类中药

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Discussion on Application of Herbal Sachet in COVID-19

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Abstract: When a new type of coronavirus-infected pneumonia (COVID-19) occurs, it spreads quickly and the population is generally susceptible. There is no effective medicine for the treatment of its disease, but Chinese medicine has played an important role in its prevention and treatment. The role of traditional Chinese medicine sachets in epidemic prevention has been over thousands of years. Traditional Chinese medicine sachets are also widely used in COVID-19. Role of traditional Chinese medicine sachets Was discussed in this article from the aspects of the analysis of the use of sachet formulas in various provinces and cities, modern pharmacological research, and clinical applications.

Keywords: Herbal sachet; COVID-19; Pharmacological research; Aromatic traditional Chinese medicine

目前,在尚未研制出针对新冠病毒特异性疫苗阻止病毒感染,并且病毒不断变异的情况下,普通大众如何预防疫毒感染,提高人体免疫力尤为重要,中医“治未病”思想在新冠肺炎的实际应用中独具优势,佩戴香囊作为一种非药物疗法,已广泛应用到疫情的防治工作中。中药香囊是利用药物的芳香走窜作用,通过人体的口鼻、皮肤毛孔及经络穴位的吸收发挥芳香祛湿、清热解毒、辟秽驱邪的作用,达到中医“治未病”的作用,此疗法来源

于“衣冠疗法”^[1],是中医传统外治法的一种。自武汉发现新冠病毒以来,这一方法就参与到救治当中,各省市都制定出了符合当地气候变化的中医方案,其中中药香囊在预防方案中推荐较多,本文通过新型冠状病毒的病因病机及中药香囊的现代药理研究机制,探讨中药香囊在新冠肺炎中发挥的作用。

1 香囊与新冠肺炎

新冠肺炎属于中医的“疫病”范畴,病因是感

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