

## Satisfactory effect makes the future of Chinese medicine profession promising

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As of August 7, 2020, the new crown virus pandemic still shows no signs of stopping overseas. According to relevant media pandemic data, the number of new coronavirus infections outside of China has been confirmed to be 19195631, an increase of 274439 from yesterday. In China, the outbreak in Wuhan during the Spring Festival, the new outbreak in Fengtai, Beijing in late June, and the outbreak in Dalian in late July were all effectively contained in a timely manner.

In the face of the COVID-19 pandemic, the Western medical community has unanimously declared that there is no specific medicine. The reason why China is able to contain the pandemic is because of the use of Chinese medicine. According to the People's Daily, during the fight against the pandemic in Wuhan, the whole medical system promoted the application of effective prescriptions represented by "Qingfei Paidu Decoction" in a timely manner, covering the entire medical observation period, mild, common, severe, critical, and recovery period of the new coronavirus. , Forming the "Wuchang Model" with the characteristics of Chinese medicine. Effectively reduce the morbidity, turn-over rate, and death rate, increase the negative rate, and speed up the recovery period. Among the 130 confirmed cases who were fixed and discharged in July in Beijing, the rate of Chinese medicine participation was 100%. According to the China Journal of Traditional Chinese Medicine, the use rate of Chinese medicine for the treatment of new coronary pneumonia in Dalian has reached 100%. The effect allows us to see that Chinese medicine is a treasure of the Chinese nation. The effect also allows us to see that the future of Chinese medicine is promising. Because Chinese medicine is not only effective in fighting the new crown pandemic, but Chinese medicine is still effective in treating all kinds of modern diseases.

The key word for the clinical column of intractable diseases in this issue is tumor. Tumors are what people call cancer. Tumors are as common as colds among people today. Chinese medicine has very rich experience in treating tumors. Masters of traditional Chinese medicine are models of contemporary Chinese medicine. The

summary and analysis of their clinical experience in treating tumors is very helpful for clinical reference. The article "Analysis of the Experience of the First Masters of Traditional Chinese Medicine in Treating Malignant Tumors" summarizes 14 masters of traditional Chinese medicine (Deng Tietao, Guo Ziguang, He Ren, Li Furen, Li Jiren, Li Zhenhua, Lu Zhizheng, Qiu Peiran, Xu Jingfan, Yan Dexin, Zhang Jingren, Zhang Xuwen, Zhou Zhongying, Zhu Liangchun) The experience involved in lung cancer, stomach cancer, esophageal cancer, bowel cancer, liver cancer, pancreatic cancer, intracranial tumors, breast cancer, lymphoma, leukemia, kidney cancer and other malignant tumors in various systems, in the hope that it can provide clinical diagnosis and treatment of malignant tumors in Chinese medicine Reference.

The classic medical records column of this issue of the journal is also about tumor cases. This article discusses his tumor treatment ideas through 3 cases of Professor Wang Yanhui's treatment of tumors. In his long-term clinical experience, Professor Wang vividly referred to the process of tumor treatment as "soil modification". In the entire tumor treatment process, the treatment of Chinese medicine is not concerned with the tumor itself, but the "soil" of the tumor. If the "soil" is not suitable for the germination and growth of "seeds", tumors will not occur.

The famous doctor on the cover of this issue is Mr. Xi Yin. He is an expert in hematology. Like Ge Youwen who prescribes Qingfei Paidu Decoction, he is little-known, but he is a rare Chinese medicine practitioner in this era. He is a traditional Chinese medicine practitioner, but he does not stick to stereotypes. He integrates the benevolence of doctors into clinical practice, and he perfectly combines modern technology with traditional Chinese medicine. Without the support of any capital, he has overcome the difficulties in the treatment of leukemia clinically and obtained the corresponding national patent. Our cover character introduced him because he is a powerful faction who speaks with "real effect".

In the Specilits column, we launched the teachers Chen Yuanwei and Zhang Jinbo. Chen Yuanwei never said that he would inherit and innovate traditional Chinese medicine. His inheritance and innovation of traditional Chinese medicine are entirely self-conscious of life. There is no relevant organization to commend him, but he is deeply loved by patients at home and abroad. His mother's teaching of "the heart of love" allowed him to settle down, establish a career, and establish real effects in clinical practice. He achieved himself and blessed others.

There are many wonderful things in this issue. For example, we have newly opened the "Secrets of Chinese Medicine" and "Acupuncture and Moxibustion" columns, which have strong guiding significance for the clinical practice of Chinese medicine. For example, Teacher Dongyi Cao reflected on the new crown plague. Many wonderful things will not be repeated here. May it be beneficial to you.📺

August 7, 2020 Shenzhen

# 疗效让中医药事业未来可期

◎李善举

截至2020年8月7日，新冠疫情在海外依然没有停止的迹象。据相关媒体数据显示，中国之外的新冠病毒感染数据累计确诊19195631例，较昨日新增274439例。而在中国，从春节时期的武汉疫情，到6月下旬北京丰台新发地疫情，再到7月下旬大连的疫情，都被及时有效地遏制。

面对新冠疫情，西医界一致认为没有特效药。而中国之所以能够成功遏制疫情，极大程度上是因为中医药的参与。据《人民日报》报道，武汉抗疫时，医疗全系统及时推广应用“清肺排毒汤”为代表的有效方药，覆盖新冠病毒医学观察期、轻型、普通型、重型、危重型、恢复期诊疗全过程，形成了具有中医药特色的治疗模式。有效降低了发病率、转重率、病亡率，提高了治愈率，加快了恢复期康复。而北京7月份治愈出院的130例确诊病例中，中医参与救治率为100%。《中国中医药报》报道，大连新冠肺炎治疗中医药使用率也达到100%。疗效让我们看见，中医药是中华民族的瑰宝；疗效还让我们看见，中医药事业未来可期——因为中医药不仅抗击新冠疫情有效，其在治疗形形色色的现代疾病时依然能够妙手回春。

本期杂志大病临床栏目的关键词是肿瘤，也就是人们所说的癌症。在今天的民众中，肿瘤已经像感冒一样具有普遍性。中医治疗肿瘤有着十分丰富的经验。国医大师是当代中医的楷模，对他们治疗肿瘤临床经验的总结和分析，十分有助于临床借鉴。《首届国医大师治疗恶性肿瘤经验分析》一文总结了14位国医大师（邓铁涛、郭子光、何任、李辅仁、李济仁、李振华、路志正、裘沛然、徐景藩、颜德馨、张镜人、张学文、周仲瑛、朱良春）的临床经验，涉及肺癌、胃癌、食管癌、肠癌、肝癌、胰腺癌、颅内肿瘤、乳腺癌、淋巴瘤、白血病、肾癌等各个系统的恶性肿瘤，以期能够为中医临床辨治恶性肿瘤提供参考。

本刊“经典医案”栏目也是关于肿瘤的临床案例。通过王彦晖教授治疗肿瘤的3则验案，来探讨其治疗肿瘤的思路。在长期的临床实践中，王教授把肿瘤治疗的过程形象地称之为“土壤改造”。在整个肿瘤的治疗过程中，中医药关注的不是肿瘤本身，而是肿瘤的“土壤”。如果“土壤”不适合“种子”的萌芽生长，肿瘤就不会发生。

这一期的封面名医是由玺印老师，他是血液病专家，像开出清肺排毒汤的葛又文一样，名不见经传，却是这个时代少有的中医大家。他是传统中医人，却不墨守陈规，把医者仁心融入临床实践，让现代科技与传统中医完美结合。在没有任何资本的支持下，在临床上攻克白血病治疗难关，取得了相应的国家专利。我们的封面人物之所以推出他，是因为他是用“疗效”说话的实力派。

在杏林英才栏目中，本期推出的是陈远维和张金波老师。陈远维很少宣扬自己在中医药继承和创新方面的贡献，他对中医药热爱，完全是生命的自觉。没有相关机构对他进行表彰，但是他深得海内外患者的厚爱。母亲对他以“割股之心”的典故进行教导，让他临床时以疗效安身、立业、立德，既成就了自己，也福泽了他人。张金波的慕名求医者遍布海内外，在中医院工作的他，门诊挂号、预约的人往往排号到凌晨十二点，甚至有的人在前一天的下午来等号，临床疗效让他拥有巨大的社会影响力。

本期杂志还有很多精彩：新开的“中药之秘”和“针灸实战”栏目，对中医临床实践有很强的指导意义；另外，曹东义老师还对新冠疫情进行了诸多反思……精彩不在这里一一赘述。愿君开卷有益。📖

2020年8月7日深圳

# Clinic Specialist

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<b>Chinese editor</b>	Xiang Ruan
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<b>Zhang jumbo</b>	Yantai Traditional Chinese Medicine Hospital, Shandong Province

**Editorial Office Address** 147, 270 3 Ave NE, Calgary, AB, T2A 2L5 Canada

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**Submission email** qihuangchuanren@foxmail.com

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**编辑部地址** 147, 270 3 Ave NE, Calgary, AB, T2A 2L5 Canada

**编辑部电话** 403-703-0120

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**投稿邮箱** qihuangchuanren@foxmail.com

**微信公众号** 健康善举



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# Discussing the application of high dosage of astragalus in the treatment of malignant tumors

©Jia Yingjie

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**Abstract:** The author has been engaged in the clinical work of traditional Chinese medicine for malignant tumors for more than 30 years. I regard astragalus as a gemstone for the incursions, and I have a deep understanding of the exact effect of "heavy dosage of astragalus" in the treatment of malignant tumors. Therefore, the specific application of heavy dosage of astragalus in physical weakness, hand-foot syndrome, refractory oral ulcers after chemotherapy and long-term non healing of wounds after tumor surgery will be introduced, and the application characteristics of astragalus in compatibility and dosage will be discussed based on clinical experience.

**Keywords :** Astragalus; Heavy dose; Tumor

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Astragalus was first published in "Shen Nong's Materia Medica": Astragalus is sweet, warm and non-toxic. The main treatment is carbuncle and prolonged sepsis, pus drainage and pain relief, epilepsy, five hemorrhoids and rat fistula. Tonic deficiency, children are all sick. Astragalus has always been respected and reused by doctors of the past dynasties. The author prefers to use heavy doses of astragalus for clinical treatment, and only heavy doses can cure serious illnesses. Now I will share some experience of using heavy doses of astragalus for treatment of malignant tumors with colleagues.

## 1. Tumor patients with weak constitution

"Materia Medica Seeking Truth" pointed out: "Astragalus is the longest of all Qi-tonifying medicines, so

it is known as senile." "Yixue Zhongzhong canxilu" said: "Astragalus can replenish qi, and can also raise qi, good at treating chest atmosphere Sinking-chest tightness", it can be seen that tonifying Qi is not better than astragalus.

Malignant tumor is a malignant wasting disease. The author summarizes its basic pathogenesis as "the internal deficiency of Vital qi, coexistence of poison and blood stasis". The so-called "the place where the Vital Qi is weak is the place where the evil is left." The lack of Vital Qi is the root of the disease. It is common for patients to have symptoms of qi deficiency and weakness, especially those who have received radiotherapy, chemotherapy, and surgery or advanced patients. The clinical manifestations are mostly shortness of breath, fatigue, and weak pulse. For such patients, Astragalus is often the leader in the clinic, and the black box theory is used in the dose to ask



for directions. Initially, 30 g is used as an exploratory medication, and then gradually increased to 60 g, 90 g, and up to 120 g according to the condition of the patient.

While using a heavy dose of Astragalus to replenish qi, it is not forgotten to nourish the root of its growth. Tang Zonghai said in "Blood Syndrome" that Qi, water and hormones are the family: "The Qi that covers the human body is born in the sea of Qi under the dantian. The kidney and bladder under the umbilicus, the place where the water belongs... steaming its water, Turning into qi, like the Kan Gua of "Yi", a yang is born in the water and is the root of growth", so increasing water can benefit qi. Therefore, the author often "seeking yang in the yin" during the clinical treatment. While using the heavy dose of Astragalus to replenish the deficiency, combined with yin-nourishing genera such as Shengmaisan, Shengdi, Dendrobium, etc., the source of vitality is endless, and the weak body can gradually recover. When encountering patients with deficiency, extreme leanness and thinness, Huangqi Shengmai San is the basic prescription, and good results are obtained.

Astragalus is better than tonic. Modern pharmacological studies have proved that it has anti-tumor effects. It can be described as strengthening the body and anti-cancer, killing two birds with one stone. The so-called dispelling evils does not hurt the Vital qi, and strengthening the Vital qi without keeping the evils, this is what Huangqi is also called.

## 2. Hand-foot syndrome

Hand-foot syndrome is also called palm extension sensory loss erythema. The clinical manifestations are mainly heat, pain, erythematous swelling of the fingers/toes. In severe cases, it can develop to desquamation, ulcers and severe pain, which affect daily life. A variety of chemotherapeutic drugs and molecular targeted drugs

can cause hand-foot syndrome. The oral chemotherapeutic Xeloda is the most serious, which has attracted people's attention.

Hand-foot syndrome belongs to the category of "Bi syndrome" in Chinese medicine. The author believes that the fundamental pathogenesis of hand-foot syndrome caused by chemotherapy is "Qi deficiency and blood stasis". After chemotherapy, the poison hits the spleen and stomach, and the spleen and stomach are damaged. Stagnation, the muscles and veins are lost in nourishment, resulting in skin numbness and dullness.

The treatment of hand-foot syndrome with heavy-dose astragalus is mainly affected by Huangqi Guizhi Wuwu Decoction and Buyang Huanwu Decoction. "The Synopsis of the Golden Chamber" Huangqi Guizhi Wuwu Decoction was originally designed for "blood arthralgia", and "Yilin Gaicuo" Buyang Huanwu Decoction was originally designed for "hemiplegia", but the pathogenesis is "qi deficiency and blood stasis" ", the two prescriptions are both heavy-dose, using Astragalus as the king herbal medicine to warm and invigorate qi. When the author treats hand-foot syndrome, the commonly used amount of Astragalus is 60 ~ 120 g, and then take Astragalus and Guizhi Wuwu Decoction to reconcile the method of Yingwei and Buyang Huanwu Decoction for promoting blood circulation and dredging collaterals. The prescription is often supplemented by a large amount of Qi herbal medicine. With a small amount of products for promoting blood circulation and channeling, reconciling Yingwei, vigorous qi will lead to blood circulation, activating blood without hurting Vital Qi, and play the power of tonifying qi, activating blood and dredging collaterals. The numbness that does not heal for many years will be combined with insect medicine on the basis of reusing astragalus, such as the whole scorpion, centipede, and viper. "Su Wen·Tai Yin Yang Ming Lun": "All limbs are endowed with qi function in the stomach, but cannot reach

the meridian. It must be due to poor spleen Qi. Exuberant Spleen Qi is the result of endowment", which means that the spleen governs the limbs. The author focuses on the spleen and stomach in the clinic. The selected Huangqi Guizhi Wuwu Decoction has the function of sweetening and warming, and the heavy dosage of Astragalus will promote the vitality of the energy and middle jiao to act qi and blood generation, improve the blood circulation for nourish four limbs so that numbness of hands and feet can be healed.

### 3. Intractable oral ulcers after chemotherapy

Chemotherapy is one of the main treatments for malignant tumors. While chemotherapeutic drugs kill tumor cells and increase the cure rate of malignant tumors, they also affect the proliferation of normal cells such as the hematopoietic system and gastrointestinal mucosal epithelial cells. Among them, oral ulcers are called "aphthous" in Chinese medicine, which is chemotherapy for malignant tumors. One of the most common complications.

Oral ulcers have recurring attacks, which are difficult to heal over the years, and even may involve the vulva and eyes. When a doctor sees oral ulcers, he will say that there is a fire, and use the three yellow genus herbs to directly break it down, but they will not see the spleen and stomach damage, and the ulcer will be worse day by day. As everyone knows, this fire is a "deficiency fire", which treatment has no effect and hurts the stomach. "Jingyue Quanshu" said: "Those who do not heal the oral sore for years, this is also a deficiency fire." This disease is closely related to the weakened immune function, and is similar to Behçet's syndrome in Western medicine, that is, "Fox disease" in Chinese medicine. The author believes that this is mostly caused by the deficiency of both qi and yin. The treatment is divided into the attack



period and the remission period. The attack period can treat both the symptoms and the root cause. Adopting dual measures simultaneously is commonly used. Astragalus 30 ~ 60 g, Rehmannia glutinosa 30 g, Coptis 10 g, Lotus seed heart 12 g are beneficial Qi nourishes yin, cleans toxin and promotes muscle and clears heart and fire. In the remission period, the main treatment is to fix the root cause. The author often uses Astragalus to replenish qi and nourish yin, and cooperate with the method of strengthening the spleen and stomach to improve Middle Jiao Qi. So why worry about the recurrence of ulcers? In short, when treating patients with intractable oral ulcers



after chemotherapy, no matter what happens During the attack period or the remission period, Astragalus is used to replenish qi and nourish yin. During the attack period, it can also clear the heart and fire, and during the remission period, it can strengthen the spleen and stomach. "The Synopsis of the Golden Chamber" advocates the use of licorice Xiexin Decoction, and the heavy dosage of licorice to replenish vital energy. Whether it is astragalus or licorice, modern research shows that both can improve human immunity.

#### 4. The wound does not heal for a long time after tumor operation

Many patients with malignant tumors suffer from deficiency of Qi and blood, and long-term non-healing of wounds after operation is one of the common symptoms. Chen Ziming's "Surgery Mirror" believes: "If the treatment of carbuncle is incompatible for a long time, the flesh is white and the pus is small. The blood is deficient and cannot circulate, and the sore is cold and astringent." Li Dongyuan emphasized that "ulcers belong to both Qi and blood deficiency, We must use the method of replenishment." Chen Shiduo's "Act of the Heaven and Earth" emphasizes that the yin syndrome sore and ulcer are especially urgent to use the method of replenishment.

The modern physician Zhao Bingnan pointed out that the long-term non-healing of yin sores was mainly due to insufficient blood. It can be seen that deficiency of qi and blood is the primary cause of long-term non-healing of wounds. The author believes that detoxification and growth of muscle, nourishing blood and promoting blood circulation are the main methods of treating this disease. Astragalus is a traditional medicine for sores, which is good at curing "long-term sepsis and ulcer". I often use 60-90 g of Astragalus as the main herbal medicine for detoxification and muscle growth, and 20g of Angelica for

nourishing and promoting blood circulation.

For those with clear and white wounds exudate, they often cooperate with Wandai Decoction to invigorate the spleen and invigorate qi, and promote yang and dehumidification. Wandai Decoction is from "Fu Qingzhu Nvke", which was originally designed to treat spleen deficiency. The author takes its function to promote Yang and dehumidification. Once the dampness is gone, the meridians will be smooth, and a little yang will help Astragalus to exert its detoxification growth Muscle power. He Shaoqi once said: "Ulcer, I don't know, but I know that "poisoners need to be eliminated". This is thought-provoking.

The author believes that oral ulcers are not healed over the years and wounds are not healed for a long time, both of which are manifestations of the body's vitality Qi sinking on the body surface. Astragalus is good at treating problems on the surface, and it is good at detoxifying and regenerating muscles, healing sores, and using a heavy dose of Astragalus. "Yiqi Decoction" promotes the discharge of the poison in skin and muscles, so that the "skin" and "mucosa" can heal. The author regards Astragalus as a treasure in the clinic, and when using it drastically, it starts every 30 g and gradually increases to 60 g and 90 g to 120 g.

Astragalus is a unique traditional Chinese medicine in the treatment of malignant tumors. Malignant tumors belong to the category of "accumulation" in traditional Chinese medicine. Large accumulations and large gather should be treated with heavy doses, otherwise it will be of no avail.

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References (omitted) 

# 论重剂黄芪在恶性肿瘤治疗中的运用

◎贾英杰

**摘要：**笔者从事恶性肿瘤的中医临床工作已30余载，视黄芪一药为起沉疴之瑰宝，深刻体会到“重剂黄芪”在恶性肿瘤治疗中的确切疗效。故将介绍重剂黄芪在体虚、手足综合征、化疗后顽固性口腔溃疡和肿瘤术后创口久不愈合方面的具体应用，并结合临床经验探讨黄芪在配伍和剂量上的应用特色。

**关键词：**黄芪；重剂；肿瘤

据《神农本草经》记载：“黄芪味甘，微温，无毒。主痈疽久败疮，排脓止痛，大风癰疾，五痔鼠瘻。补虚，小儿百病。”黄芪一直为历代医家所推崇和重用。笔者临证喜用重剂黄芪，非重剂不足以撼重病，现将临证运用重剂黄芪治疗恶性肿瘤的些许体会与同道共享。

## 1.体虚的肿瘤患者

《本草求真》指出：“黄芪为补气诸药之长，是以有耆之称。”《医学衷中参西录》言：“黄芪，能补气，兼能升气，善治胸中大气下陷。”可见补气莫过于黄芪。

恶性肿瘤属于恶性消耗性疾病，笔者将其基本病机概括为“正气内虚，毒瘀并存”。所谓“正虚之处，便是留邪之所”，正气亏虚是发病的根本。患者常见一派气虚羸弱之象，尤其是接受放疗、化疗和手术治疗的患者或者晚期患者，临床多表现为气短、乏力、脉弱等虚候。针对此类患者临证时常以黄芪挂帅为君，在剂量上运用黑箱原理以投石问路，初用30g为试探性用药，然后根据病情反馈，渐加至60g、90g，多至120g。

在用重剂黄芪补气的同时，不忘滋其生化之根源。唐宗海在《血证论》中言气、水本一家：“盖人身之气，生于脐下丹田气海之中。脐下者肾与膀

胱，水所归宿之地……蒸其水，使化为气，如《易》之坎卦，一阳生于水中，而为生气之根。”故补水可生气。因此笔者临证时常于“阴中求阳”，在用重剂黄芪补虚的同时，伍以生脉散、生地、石斛等养阴之属，使生气之源泉不绝，羸弱之躯可日渐复元。每遇虚极羸瘦之患者，多以黄芪生脉散为基础方，收到良效。

黄芪长于补虚，现代药理研究证明其具有抗肿瘤作用，可谓扶正抗癌，一举两得。正所谓祛邪不伤正，扶正不留邪，此实乃黄芪之谓也。

## 2.手足综合征

手足综合征又称为掌拓感觉丧失性红斑，临床主要表现为指/趾的热、痛、红斑性肿胀，严重者可发展至脱屑、溃疡和剧烈疼痛而影响日常生活。多种化疗药物及分子靶向药物可导致手足综合征，以口服化疗药希罗达最为严重，这些反应引起人们的高度重视。

手足综合征属于中医“痹症”范畴。笔者认为，化疗致手足综合征的根本病机为“气虚血瘀”，化疗后药毒直中脾胃，脾胃一损气血生化乏源，阴血不足，脉道空虚，营卫失和，血行滞涩，筋脉失于濡养，导致肌肤麻木、感觉迟钝。

运用重剂黄芪治疗手足综合征主要是受黄芪桂枝五物汤和补阳还五汤的启发。《金匱要略》黄芪桂

枝五物汤本为“血痹”而设,《医林改错》补阳还五汤本为“半身不遂”而设,然论病机则均属“气虚血瘀”,两方均重用黄芪为君以甘温补气。笔者在治疗手足综合征时,黄芪常用量为60~120g,再取黄芪桂枝五物汤调和营卫之法与补阳还五汤活血通络之用,方中每每大量补气药中佐以少量活血通脉、调和营卫之品,气旺则血行,活血而又不伤正,共奏补气活血通络之功。麻木经年不愈者则在重用黄芪的基础上配合同动物药,如全蝎、蜈蚣、蕲蛇之属每每奏效。《素问·太阴阳明论》曰:“四肢皆禀气于胃,而不得至经,必因于脾,乃得禀也。”即脾主四肢之意也。笔者临证重脾胃,所选黄芪桂枝五物汤有甘温建中之功用,且又重用黄芪,则中焦健运、气血生化有源,加之活血通脉之法,由是则四末得以濡养,手足麻木可愈。

### 3.化疗后顽固性口腔溃疡

化疗是恶性肿瘤的主要治法之一。化疗药物在杀伤肿瘤细胞、提高恶性肿瘤治愈率的同时,对增殖旺盛的正常细胞如造血系统、胃肠黏膜上皮细胞等均有影响,其中口腔溃疡中医称之为“口疮”,是恶性肿瘤化疗最常见的合并症之一。

口腔溃疡反复发作,经年难愈,甚者可累及外阴及眼部。有医者见口腔溃疡便言有火,用三黄之属直折之,然徒见脾胃损伤,溃疡一日甚于一日。殊不知此火乃“虚火”,直折无功,反伤胃气。《景岳全书》曰:“口疮连年不愈者,此虚火也。”本病与免疫功能低下密切相关,类似于西医的白塞氏综合征,即中医的“狐惑病”。笔者认为此多由气阴两虚所致,治疗上分为发作期和缓解期,发作期标本兼治,双管齐下,常用黄芪30~60g,生地黄30g,黄连10g,莲子心12g益气养阴、托毒生肌,兼清心火。缓解期治本为主,笔者常用黄芪、生地黄以益气养阴,配合健脾和胃之法以运中土,如此何虑溃疡再起?总之,在治疗化疗后顽固性口腔溃疡患者时,无论发作期还是缓解期均重用黄芪、生地黄以益气养阴,发

期兼清心火,缓解期则健运脾胃。《金匱要略》提倡用甘草泻心汤,重用甘草以益气补中。无论黄芪也好,甘草也罢,现代研究表明二者均能提高人体免疫力。

### 4.肿瘤术后创口久不愈合

恶性肿瘤患者多气血亏虚,术后创口久不愈合是常见症之一。陈自明《外科宝鉴》认为:“治痈久不合者,其肉白而脓少者,此气血具虚,不能潮运,而疮口冷涩也。”李东垣强调:“溃疡属气血俱虚,固在所当补。”陈士铎《洞天奥旨》强调:“阴证疮疡尤以大补为急。”

近代医家赵炳南提出阴疮久不愈合,主要是因为气血不足。由此可见,气血亏虚是创口久不愈合的首要原因。笔者认为脱毒生肌、养血活血为治疗本病的大法。黄芪是传统疮药,善治“久败疮”,笔者常用黄芪60~90g托毒生肌为君,当归20g养血活血为臣。

对于创口渗液清稀色白者常配合完带汤,以健脾益气,升阳除湿。完带汤出自《傅青主女科》,本为治疗脾虚带下而设,笔者取其升阳除湿之功用,湿邪一去经络得通,且微微一点阳气,有助于黄芪发挥其托毒生肌之功。何绍奇曾说:“溃疡云云,我所不知,我但知‘陷者升之’。”此语发人深思。

笔者认为,口腔溃疡经年不愈和创口久不愈合,均是体内元气下陷在体表的表现,黄芪一物善于走表,又长于托毒生肌敛疮,运用重剂黄芪实取其补中益气汤“陷者升之”之意,使“皮肤”“黏膜”得以愈合。笔者临证视黄芪为瑰宝,且运用时大刀阔斧,每每30g起步,渐加至60g、90g,甚则多至120g,每获良效。黄芪在恶性肿瘤的治疗中处于独一无二的地位,恶性肿瘤属于中医“积”的范畴,大积大聚宜用重剂治之,否则如隔靴搔痒,无济于事。

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参考文献(略)

# The Experience Analysis of the First Master of Traditional Chinese Medicine Doctor in Treating Malignant Tumor.

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**Abstract:** Masters of traditional Chinese medicine doctors are role models of contemporary Chinese medicine. Summarizing and analyzing their clinical experience will greatly inherit and promote traditional Chinese medicine. The article aims to summarize and analyze the experience of the first master of traditional Chinese medicine doctors in the treatment of malignant tumors, with a view to discovering the characteristics of traditional Chinese medicine treatment of malignant tumors, and provide guidance for the clinical differentiation of malignant tumors in traditional Chinese medicine.

**Keywords:** master of traditional Chinese medicine doctors, malignant tumor, experience analysis.

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In this article, by searching the literature on Wanfang database, Weipu database, and China HowNet database with the theme of "Master of Traditional Chinese Medicine" and excluding duplicate literature materials, this article summarizes and analyzes all the journal literature with experience in treating malignant tumors. A total of 14 masters of traditional Chinese medicine doctors' experience summary (respectively Deng Tietao, Guo Ziguang, He Ren, Li Furen, Li Jiren, Li Zhenhua, Lu Zhizheng, Qiu Peiran, Xu Jingfan, Yan Dexin, Zhang Jingren, Zhang Xuwen, Zhou Zhongying, Zhu Liangchun) involved in the treatment of malignant tumors. There are 231 documents, involving malignant tumors of various systems such as lung cancer, gastric cancer, esophageal cancer, bowel cancer, liver cancer, pancreatic cancer, intracranial tumors, breast cancer, lymphoma, leukemia, kidney cancer, etc. The theoretical characteristics are analyzed as follows.

## 1 Emphasize the importance of deficiency of Vital Qi in tumor pathogenesis.

Pathogenesis is the mechanism of the occurrence, development and change of diseases in Chinese medicine, and is the theoretical hypothesis for explaining and analyzing the outcome of diseases, which can effectively guide the clinical practice of Chinese medicine. Regarding the etiology and pathogenesis of malignant tumors, masters of traditional Chinese medicine generally believe that the lack of Vital Qi is the internal basis for the occurrence and metastasis of the disease. In "Su Wen · Comment on Fever", it is said: "If evil is taken together, its vital Qi must be weak." <<Su Wen>> said: "The righteous qi is inside, and evil cannot be done." <<Lingshu>> said: "Void and evil are deep in the body, cold and heat fight each other, staying for a long time, but

inward... Evil is in the middle and does not reverse. For muscle tumor... intestinal tumor... past tumor, press it with your hand."Each master has his own different theoretical interpretations of this theory. Professor Deng Tietao's "Phlegm and Blood Stasis Related Theory" believes that phlegm is the primary stage of blood stasis, and blood stasis is the further development of phlegm turbidity. Phlegm and blood stasis are both pathogenic factors and pathological products. Professor He Ren believes that the occurrence of cancer is a manifestation of a serious deficiency of Vital Qi. Professor Li Furen believes that urinary system tumors belong to the "deficiency of the essence", which means that the five internal organs are weak in qi-transformation function. "Biaoshi" refers to damp turbidity, soaking and stagnation, forming a "tumor", of which the original deficiency is the root. Professor Lu Zhizheng believes that the main pathological feature of malignant tumors is the deficiency of Vital Qi and the excess of evil. Xu Jingfan, an veteran TCM doctor in the diagnosis and treatment of gastrointestinal tumors, emphasized the deficiency of qi and stagnation of qi, and obstruction of phlegm and blood stasis is the key to the pathogenesis. Zhang Jingren, an old Chinese doctor, believes that the pathogenesis of multiple myeloma is the deficiency of liver and kidney qi and yin, and the target of external evils, phlegm and blood stasis blocking the collaterals. Zhu Liangchun believes that the occurrence of tumors is the result of the combined effects of internal and external factors. Deficiency of Vital Qi is an important internal cause of tumor occurrence and development. Insufficient Vital Qi and Qi deficiency and blood can lead to dysfunction of viscera, qi stagnation, blood stasis, toxins, dampness and accumulation. A series of pathological changes, such as sputum coagulation and mutual aggregation, eventually form tumors. Professor Zhou Zhongying first proposed the theory of "cancer toxins cause disease", which is an innovation of TCM tumor theory. Cancer toxin is caused by the dysfunction

of the internal and external factors of the body, which ultimately leads to the occurrence and development of malignant tumors. It is a specific pathological product and pathogenic factor, and is compatible with phlegm, blood stasis, dampness, heat and other diseases. A poisonous evil that metabolizes and can cement each other. Zhou Lao's theory of "cancer toxin" can explain the characteristics of malignant tumors with rapid onset and rapid metastasis, and provide theoretical guidance for the clinical application of anticancer and detoxification Chinese medicines.

In summary, it is not difficult to see that the tumor pathogenesis theory of each system, whether it is the "phlegm and blood stasis theory" or the "cancer toxicity theory", is based on the deficiency of Vital qi. Vital qi is the qi of the whole body, which has the function of maintaining the normal physiological functions of the human body. Exogenous pathogenic pathogenic qi, internal injury diet, emotional internal injury, etc. will affect the operation of righteous qi. The onset of tumors does not occur overnight, but a long-term loss of Vital Qi and the accumulation of pathogenic factors, which gradually form cancer stasis and develop into tumors.

Based on this, it can be inferred: The prevention of tumor is in daily life and eating habits. As the "Huangdi Neijing" says: "Vulture evil and thief wind, avoid it for a time, calm emptiness, follow it with true qi, keep the spirit inward, and keep the disease off for safety." Have a regular life and don't work rashly."

## 2 Emphasize the combination of disease differentiation and syndrome differentiation.

The incidence of malignant tumors is related to the deficiency of Vital Qi, and the malignant tumors of each site have their own characteristics. Therefore, in the clinical treatment of malignant tumors, the masters of Chinese medicine emphasize the combination of disease



differentiation and syndrome differentiation. On the basis of syndrome differentiation and treatment, combined with the onset and transformation characteristics of tumors at various locations, treatment is often achieved with good results. Deng Tietao believes that the treatment of removing phlegm and blood stasis can treat various stages of lung cancer; the early treatment of breast cancer is mainly based on stagnation of qi and phlegm and coagulation. In the middle and late stages, deficiency of qi and phlegm and stasis are more common. Activating blood circulation and removing blood stasis throughout the treatment process; for the treatment of esophageal cancer, the pathogenesis of yin deficiency and heat formation, phlegm and blood stasis internal resistance should be grasped. Li Jiren believes that syndrome differentiation and disease differentiation have their own characteristics in tumor diagnosis and treatment, and they should be combined to give full play to their advantages. Zhou Zhongying emphasized that in the process of gastric cancer treatment, attention should be paid to the relative stability of gastric cancer patients' syndromes and the duality of evolution and transformation, so that the medicines can be changed according to the syndromes, and corresponding treatment methods and prescriptions should be given according to the changes of the disease syndromes. This embodies Zhou Lao's clinical thinking of combining syndrome differentiation with disease differentiation. Zhu Liangchun pointed out incisively that syndrome differentiation and treatment are the essence of traditional Chinese medicine, as well as a key factor for effective treatment, as well as the advantage of traditional Chinese medicine in treating tumors. In the treatment of tumors in traditional Chinese medicine, we should pay attention to the differentiation of symptoms and signs, and grasp the body's yin and yang imbalance and the state of struggle between evil and Vital Qi. At the same time, with the help of modern medical diagnosis technology, digestive tract tumors include squamous cell carcinoma,

adenocarcinoma, tubular adenocarcinoma, and marrow. Differentiated adenocarcinoma, diffuse adenocarcinoma, mucinous adenocarcinoma, well-differentiated, poorly differentiated, etc. These modern diagnosis knowledge can know the evolution, development, and outcome of the disease, but it cannot guide TCM to differentiate and treat. Therefore, it is necessary to distinguish between Combination of disease differentiation. Disease differentiation and treatment is to grasp the disease at the overall level of disease occurrence and development, and syndrome differentiation and treatment is to grasp the disease at a certain stage of disease development. Only by combining disease differentiation and treatment with syndrome differentiation can the disease be grasped objectively and systematically, while achieving the best therapeutic effect.

### 3 Emphasize the integration of Chinese and Western medicine.

Any medicine has its advantages and limitations, and Chinese medicine and Western medicine are no exception. For the treatment of malignant tumors, the advantage of traditional Chinese medicine is to support Vital Qi and increase physical strength, and the advantage of western medicine is to suppress cancer and fight cancer. The advantages of the two medicines must be fully considered and combined to achieve the desired therapeutic effect. Professor He Ren pointed out that in the diagnosis and treatment of tumors, a comprehensive approach combining Chinese and Western medicine should be adopted to give full play to their respective advantages. In the process of tumor treatment, Zhu Liangchun has always advocated the principle of combining Chinese and Western medicine. Zhu Lao pointed out that after surgery, combined with traditional Chinese medicine in radiotherapy and chemotherapy can increase efficacy and reduce toxicity, and effectively control tumor recurrence and metastasis.

At the same time, there are data reports: The following cancer cells in tumor patients cannot be removed by radiotherapy, chemotherapy and surgery. These cancer cells may metastasize within 5 years. At this level of cancer cells, the use of Chinese medicine can adjust the human body Autoimmune function enables it to suppress and kill cancer cells.


From the viewpoint of the masters of traditional Chinese medicine on the integration of Chinese and Western medicine, it is not difficult to find that the combination of Chinese and Western medicine is a combination of Chinese and Western medicine treatment methods, not a combination of Chinese and Western medicine theories. It is the theory of Chinese medicine and Western medicine that treat diseases according to their respective understanding theories.

#### 4 Emphasize the combination of reducing evil Qi and increasing Vital Qi.

At present, it is generally believed that malignant tumors are a long-term disease. During the process of disease occurrence, development, metastasis, and recurrence, there is always the problem of fighting between evil Qi and Vital Qi. How to deal with the relationship between attacking evil and strengthening the Vital Qi will greatly affect The therapeutic effect of malignant tumors. Li Jiren, an old Chinese doctor, believes that the treatment of tumors should be combined with strengthening the body and eliminating pathogens. Supporting is the premise and foundation. On the basis of strengthening the Vital Qi, the essence of tumor treatment can be grasped in a timely and appropriate manner. He Ren emphasized that TCM treatment should follow the 12-character rule of "continuously strengthening the body, eliminating evils Qi at the right time, and treating according to symptoms". Zhou Zhongying believes that the anti-cancer and detoxification method is the basic

treatment principle for the treatment of tumors, but it is necessary to pay attention to the physical condition. In the process of the ups and downs of the Vital Qi and evil Qi, it is necessary to choose the right amount, and use the right amount of tonic to strengthen the body's immune function to help the evil to go out. Combination of reducing evil Qi and strengthening the body Vital Qi is a broad concept, including the combination of traditional Chinese medicine for promoting blood circulation and removing blood stasis, clearing heat and dispelling stagnation, promoting qi and stagnation, nourishing qi and nourishing blood, warming the kidney and promoting yang, invigorating the spleen and stomach, as well as modern medical radiotherapy and chemotherapy Combination of treatment and maintenance treatment of Chinese medicine. It should be used flexibly in clinical practice, and should be used in a timely manner, so as to avoid the occurrence of "deficiency and excess being mixed" errors. Malignant tumors are a major problem in the medical field today. Traditional Chinese medicine has its unique advantages in treating malignant tumors.

Masters of traditional Chinese medicine are role models in the field of traditional Chinese medicine. Summarizing and analyzing their experience in treating malignant tumors is necessary for the clinical practice of traditional Chinese medicine and the only way for traditional Chinese medicine to be passed on. This article analyzes and summarizes the experience of the first masters of traditional Chinese medicine in treating malignant tumors, hoping to provide a reference for the clinical diagnosis and treatment of malignant tumors in Chinese medicine.

*(Author's unit: Shandong University of Traditional Chinese Medicine, School of Management, Shandong University of Traditional Chinese Medicine)* 

# 首届国医大师治疗恶性肿瘤经验分析

◎田虎 田思胜

**摘要:** 国医大师是当代中医的楷模,对其临床经验的总结和分析,将会极大程度上继承和发扬中医中药。文章旨在总结、分析首届国医大师治疗恶性肿瘤的经验,以期能够发掘出恶性肿瘤的中医治疗特色,为中医临床辨治恶性肿瘤提供指导。

**关键词:** 国医大师; 恶性肿瘤; 经验分析

本文通过对万方数据库、维普数据库、中国知网数据库采用以“国医大师姓名”为主题进行文献搜索,并剔除重复文献资料后,将所有辨治恶性肿瘤经验的期刊文献进行总结、分析。首届国医大师经验总结共有14位(分别为邓铁涛、郭子光、何任、李辅仁、李济仁、李振华、路志正、裘沛然、徐景藩、颜德馨、张镜人、张学文、周仲瑛、朱良春)涉及恶性肿瘤的治疗,共有文献 231 篇,涉及肺癌、胃癌、食管癌、肠癌、肝癌、胰腺癌、颅内肿瘤、乳腺癌、淋巴瘤、白血病、肾癌等各个系统的恶性肿瘤,其理论特色分析如下。

## 1 强调正气亏虚在肿瘤发病中的重要性

病机是中医学研究疾病发生、发展、变化的机理,是阐释和分析疾病转归的理论假说,能够有效指导中医临床。关于恶性肿瘤的病因、病机,国医大师们普遍认为正气亏虚是疾病发生和转移的内在基础。《素问·评热病论》中讲:“邪之所凑,其气必虚。”《素问·刺法论》中讲:“正气存内,邪不可干。”《灵枢·刺节真邪》中讲:“虚邪之入于身也深,寒与热相搏,久而内著……邪气居其间而不反,发为筋瘤……肠瘤……昔瘤,以手按之坚”。

各个医家对于此理论又有各自不同的理论阐释。

邓铁涛教授的“痰瘀相关理论”,认为痰是瘀的初级阶段,瘀是痰浊的进一步发展,痰瘀既是致病因素同时也是病理产物。何任教授认为癌症的发生,是正气亏虚严重的表现。李辅仁教授认为泌尿系肿瘤属于“本虚标实”,“本虚”即五脏气化功能虚弱不足,“标实”是指湿浊浸渍瘀滞,结为“肿瘤”,其中本虚是为根本。路志正教授认为正虚邪实是恶性肿瘤的主要病理特点,正虚导致邪实,邪实进一步加剧正虚,形成恶性循环。徐景藩老中医辨治消化道肿瘤强调中虚气滞,痰瘀交阻是病机关键。张镜人老中医认为多发性骨髓瘤的病机乃肝肾气阴亏虚为本,外邪夹痰瘀阻络为标。朱良春认为肿瘤的发生是内、外因共同作用的结果,正虚是肿瘤发生发展的重要内因,正气不足,气血虚弱,导致脏腑功能失调,出现气滞、血瘀、毒邪、湿聚、痰凝互结等一系列病理变化,最终形成肿瘤。

周仲瑛教授首次提出“癌毒致病”学说,是中医肿瘤理论的创新。癌毒是在内外多种因素作用下,机体发生脏腑功能失调而产生,最终导致恶性肿瘤发生、发展,是一种特异性病理产物和致病因子,是和痰、瘀、湿、热等病邪相互化生并能与之胶结的一种毒邪。周老的“癌毒”理论能够很好地解释恶性肿瘤起病暴戾、转移发展迅速的特点,并为临床运用抗癌解毒类中药提供理论指导。

综上不难看出，各个系统肿瘤发病理论，无论是“痰瘀理论”，还是“癌毒理论”，其发生的基础均是正气亏虚。正气即一身之气，具有维持人体正常生理功能的作用。外感致病邪气、内伤饮食、情志内伤等均会影响正气的运行。肿瘤的发病并非一朝一夕而成，而是长时间的正气亏耗、致病因素日积月累的侵犯，逐渐形成癌毒淤积，发为肿瘤。

据此可以推测：肿瘤的预防在日常生活、饮食习惯。正如《黄帝内经·上古天真论》中讲：“法于阴阳，和于术数，饮食有节，起居有常，不妄作劳……虚邪贼风，避之有时，恬淡虚无，真气从之，精神内守，病安从来。”

## 2 强调辨病与辨证相结合

恶性肿瘤的发病和正气亏虚有关系，且每个部位的恶性肿瘤又有各自的特点，故临床治疗恶性肿瘤时，国医大师特别强调辨病和辨证相结合。在辨证论治的基础上，结合各个部位肿瘤的发病、转变特点，进行施治，往往取得良好疗效。

邓铁涛认为，采用除痰祛瘀为治则治疗各个时期的肺癌；对于乳腺癌的治疗早期以气滞痰凝为主，中晚期以正气亏虚、痰瘀互结多见，治疗以理气化痰、活血祛瘀贯穿治疗过程；对于食管癌的治疗要抓住阴亏热结、痰瘀内阻这一病机，以养阴清热、除痰祛瘀、理气和胃为基本治则。李济仁认为，辨证论治与辨病论治在肿瘤诊治方面各有特点，应将二者结合起来共同发挥其优势。周仲瑛强调，在胃癌治疗过程中，应当注意胃癌病人证候的相对稳定和演变转化的双重性，使药随证转，按其病证变化，给予相应的治法、方药。这体现了周老辨证与辨病相结合的临证思路。朱良春精辟地指出，辨证论治是中医学的精华，也是治疗取效的关键因素，更是中医治疗肿瘤的优势所在。在肿瘤的中医疗治中我们要注重辨证，从整体把握人体的阴阳失调、邪正斗争的状态，同时借助于现代医学的诊病技术，消化道肿瘤有鳞癌、腺癌、管状腺癌、髓样腺癌、弥散腺癌、粘液腺癌、高分化、

低分化等之分，这些现代辨病诊断知识可知病情的演变、发展、转归，但却不能指导中医去辨证论治，所以必须将辨证与辨病相结合。辨病论治是在疾病发生发展整体水平上对疾病的把握，辨证论治是在疾病发展的某一阶段进行把握。将辨病论治和辨证论治相结合，才能全面客观系统的对疾病进行把握，同时达到最好的治疗效果。

## 3 强调中西医结合

任何一门医学都有其优势和局限性，中医学和西医学也不例外。对于恶性肿瘤的治疗，中医学的优势是扶助正气、增强体力，西医学的优势是抑癌抗癌，要充分考虑并结合两种医学的优势，方能达到理想的治疗效果。何任教授指出，肿瘤的证治，应采取中西医结合的办法，充分发挥各自的优势。在肿瘤的治疗过程中，朱良春一贯提倡中西医相结合的治疗原则。朱老指出，在术后，放、化疗中配合中药可以增效减毒，有效地控制肿瘤复发转移。同时有资料报道：肿瘤患者体内 $10^6$ 以下的癌细胞是放、化疗和手术无法清除的，这些癌细胞在5年内有转移的可能，而癌细胞在这种水平的状态下，用中药可调整人体的自身免疫功能，使之有能力将癌细胞抑制、杀灭。

通过对国医大师中西医结合的观点，不难发现中西医结合是中西医治疗方法的结合，并非中西医理论的结合，是中医理论和西医理论按照各自对疾病的认识理论进行治疗。

## 4 强调攻邪与扶正相结合

目前普遍认为，恶性肿瘤属于一种长期消耗性疾病，在疾病发生、发展、转移、复发等过程中，始终存在邪正抗争的问题，如何处理好攻邪和扶正的关系，将在很大程度上影响恶性肿瘤的治疗效果。李济仁老中医认为对于肿瘤的治疗应予扶正与祛邪并用。扶正是前提和基础，在扶正的基础上适时、适度祛邪，方能把握肿瘤治疗的精髓。何任强调中医药治疗



应遵循“不断扶正，适时祛邪，随证治之”的12字法则。周仲瑛认为抗癌祛毒之法是治疗肿瘤的基本治则，但需关注体质状况，在正邪消长的过程中需恰当选择，适量运用扶正补益药，使机体免疫功能增强，以助邪外出。攻邪扶正结合是一个广义的概念，既包括中药活血化瘀、清热散结、行气通滞和补气养血、温肾助阳、补脾和胃等相结合，也包括现代医学放化疗治疗和中医药维持治疗相结合。临床中应灵活运用，而且要适时运用，以免发生“虚虚实实”之误。恶性肿瘤是当今医学界的一大难题，中医中药治疗恶

性肿瘤具有其独有的优势。

国医大师是中医界的楷模，对其治疗恶性肿瘤的经验进行总结和分析，是中医临床所必需的，也是中医传承的必经之路。本文通过对首届国医大师治疗恶性肿瘤的经验进行分析总结，以期能够为中医临床辨治恶性肿瘤提供参考依据。

（作者单位：山东中医药大学，山东中医药大学管理学院）

参考文献（略）



### ● 黄芪药用价值

**性味归经：**味甘，性微温；归脾、肺经。

**功能主治：**补气固表，托毒排脓，利尿，生肌。用于气虚乏力、久泻脱肛、自汗、水肿、子宫脱垂、慢性肾炎蛋白尿、糖尿病、疮口久不愈合。

黄芪，中药材名。本品为豆科植物蒙古黄芪的根。春、秋季采挖，除去泥土、须根及根头，晒至六七成干，理直扎捆后晒干。功能主治为：补气固表，托毒排脓，利尿，生肌。用于气虚乏力、久泻脱肛、自汗、水肿、子宫脱垂、慢性肾炎蛋白尿、糖尿病、疮口久不愈合。



# Discussion on Wang Yanhui's thoughts on treating tumors based on 3 cases

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**Abstract:** This article discusses the treatment of tumors through 3 cases of Professor Wang Yanhui's treatment of tumors. Professor Wang Yanhui has more than 30 years of clinical diagnosis and treatment experience. He has profound knowledge in tongue and pulse conditions. He is good at preventing and treating tumors, phlegm-dampness diseases and febrile diseases. It is believed that in the prevention and treatment of tumors in traditional Chinese medicine, the three basic needs of diet, sleep, and stool should be met first, and the pathogenesis of "qi" should be grasped, and pathological products such as phlegm-dampness and blood stasis should be emphasized. Mainly, take "Yin Ping Yang Secret" as the guiding ideology throughout diagnosis and treatment.

**Keywords:** TCM theory; tumor; pathogenesis; symptom combination; Yin-ping-yang secretion

Professor Wang Yanhui has focused on the clinical, teaching and scientific research of Chinese medicine for more than 30 years, and has accumulated rich experience in clinical diagnosis and treatment. He has profound clinical attainments in tongue and pulse conditions, and is good at the prevention and treatment of tumors, wet diseases, and febrile diseases. The author is fortunate to learn from his left and right, and now enumerate 3 clinical treatment cases of tumors, which are beneficial to the public.

## Lung Cancer Case:

A patient, female, 69 years old. First visit on July 18, 2014. Main complaint: Found lung tumor for 2 years and diagnosed lung cancer for more than 2 months (moderately differentiated adenocarcinoma stage IV). History of present illness: The patient found pulmonary space-occupying lesions during physical examination 2 years ago, but did not pay attention to it, and was diagnosed as stage IV lung cancer by systematic examination 2 months

ago. No special treatment is currently being given. Present illness: cough, coughing, a little white sputum, occasional chest pain, dry mouth, backache, poor appetite, difficulty sleeping, and dreaming. Stool once in 1–2 days, dry and thin in quality, yellow urine, and nocturia twice. The tongue is lavender (+), and the fur is thin and greasy. The pulse on the right sinks (+) thin (+) is empty (++), and the left floating string is empty. Family history: His sister had breast cancer. Western medicine diagnosis: lung cancer. TCM diagnosis: cancer. Syndrome differentiation: deficiency of lung and spleen qi, stagnation of Gallbladder and phlegm disturbance, stagnation of qi and blood stasis. Therapy: tonic the spleen and lungs, resolve phlegm and promote movement of Gallbladder, regulate qi and promote blood circulation. Recipe: Wendan Decoction. Codonopsis 30g, Poria 50g, Tangerine Peel 20g, Ginger Pinellia 50g, Curcuma 30g, Triangular 30g, Sichuan Achyranthes 20g, Fritillaria 50g, Mountain Mushroom 20g, Stir-fried Atractylodes 12g, Albizia Peel 50g, Stir-fried Jujube Seed 30g, Ginger 6g, 15g jujube, 45g raw keel, 60g raw oyster, 20g loquat leaf, 10g roasted licorice.

7 doses, 1 dose a day, decocted in water, 2 doses a day. On the basis of this prescription, the treatment can be adjusted according to the symptoms. In the second visit on July 25, 2014, the patient's symptoms resolved. The tongue is pale (+) purple (+), and the coating is thin and white; the right string of the pulse is thin, and the left string (+) is thin. On the basis of the above, add 50g of Radix Ginseng, 25g of Ganoderma lucidum, 50g of Fritillaria Zheiensis, and 10g of Aster; change of Zedoary Turmeric 50g, Triangle 50g; 14 doses, decoct the same as before. I came back to the clinic on October 29, 2014, and felt no discomfort. However, according to the examination, the tongue is purple (+) and the tip is red, and the coating is thin and white. Pulse left string (+) thin (+), right empty (+). Continue to treat. Also, because the patient has a period of extreme deficiency of the right pulse, adding Astragalus can sometimes be used up to 80g per dose. As of December 26, 2014, the patient felt no discomfort, with purple tongue (+) and thin white fur. The right pulse is empty (+), and the left string (+) is thin (+). The prescription was changed to: Codonopsis 20g, Astragalus 20g, Tangerine peel 15g, Ginger Pinellia 50g, Araceae 30g, Curcuma 50g, Triangle 50g, Chuan Achyranthes 25g, Poria 20g, Fried Atractylodes 12g, Fried Fructus Aurantii 5g, Fritillaria 50g, Large 15g jujube, 6g ginger, 12g roasted licorice. 14 doses, the decoction method is the same as before. Continue to replenish the spleen and lungs, resolve phlegm, activate blood and remove blood stasis. After treatment, the patient is in good condition.

Recipe analysis: dried tangerine peel, ginger pinellia, flat fritillary, zhejiang fritillary, shanci mushroom, loquat leaves, raw oysters, etc. to reduce phlegm and promote cholera; stir-fried jujube seed, albizia peel, raw keel, etc. to soothe the nerves; Codonopsis, Poria, stir-fry Atractylodes macrocephala, roasted licorice, astragalus, Taizishen, Ganoderma lucidum, etc. nourish the spleen and lungs; Sanleng, turmeric, Sichuan achyranthes bidentata, etc. promote blood circulation and remove blood stasis.

Throughout the treatment process, clarify the relationship between strengthening the body and eliminating evil, the guiding ideology of "yin and yang balance".

## Liver Cancer Case

A patient, male, 60 years old. First visit on September 2, 2013. Main complaint: more than 1 year after liver cancer surgery. History of present illness: The patient was diagnosed with liver cancer by Western medicine at the end of July 2012, with a size of 3cm × 4cm, underwent surgical resection and then interventional surgery. The patient suffers from chest and hypochondriac pain, stools 2 to 3 times a day, loose time, wake up early, and soreness. The tongue is pale (+) purple (+), and the coating is white and sticky. Pulse left string (+) sliding (+) large (+), right sliding (+). Family history: His father had liver cancer. Western medicine diagnosis: primary liver cancer. TCM diagnosis: cancer. TCM syndrome differentiation: liver depression and spleen deficiency, qi stagnation, phlegm, dampness and blood stasis. Treatment: Soothing the liver and invigorating the spleen, regulating qi and dissipating phlegm, promoting blood circulation and removing blood stasis, softening the firmness of the body. Recipe: Shenling Baizhu Powder. Poria 30g, dried tangerine peel 15g, ginger pinellia 50g, fried citrus aurantium 5g, fried atractylodes 15g, evodia 3g, green leaf 20g, vinegar soft-shelled turtle 30g, Sichuan achyranthes 15g, turmeric 50g, three-sided 50g, red peony 25g, fried white lentils 20g, Alisma 30g, fried jujube seed 20g, Albizia julibrissin 30g, raw keel 30g, raw oyster 60g, vinegar corydalis 25g, Chuan neem 15g, Zhejiang fritillary 50g, white oldenlandia diffusa 20g, raw licorice 10g. 7 doses, decocted in water, 1 dose per day. Based on this formula, add or subtract with the disease.

At the second visit, the symptoms were relieved. A comparison of the CT report of the third clinic on September 13, 2013 with the previous report showed

that a new intrahepatic tumor was found. On October 6, 2013, at the 4th clinic, I had chest pain, chest tightness, and hypochondriac pain. The tongue is pale (+) purple (+), and the coating is white and sticky. Pulse left string (+), right string (+) sliding (+) thin (+). The prescription is changed to: Codonopsis 15g, Poria 90g, Stir-fried Atractylodes 10g, Tangerine Peel 15g, Vinegar Corydalis 30g, Albizia Julibrissin 30g, Magnolia officinalis 15g, Evodia 3g, Ginger Pinellia 50g, Curcuma 30g, Yin Chen 20g, Triangular 30g, Horse Money 0.3 g, Shanzi mushroom 20g, Zhejiang fritillary 50g, fried jujube seed 20g, raw keel 50g, vinegar-made turtle shell 30g, divine song 15g, raw oyster 60g. 14 doses, the decoction method is the same as before. During the defensive treatment for 2 months. The 13th clinic on December 15, 2013: chest tightness, sigh, hypochondriac pain, stomach upset. The tongue is purple (+), the tip is red, and the fur is white and greasy (+). Pulse left string, right string (+). On October 6th, 10g Amomum villosum, 10g of green calyx plum, 10g of Chinese neem and 30g of Alisma were prescribed. In order to further consolidate the soothing of the liver, regulate the qi and soothe the nerves, the saut é ed jujube seed 50g and the albizia peel 50g were once changed. The 22nd visit on March 28, 2014: I woke up early recently and had more urine. The tongue is purple (+), and the coating is pale yellow and greasy (+). The left string of pulse slides and the right string slides. On the basis of the foregoing, the prescription added 20g of Plantago Seed, 50g of Alisma, 15g of Big Abdomen, 15g of Chuan Seed, minus Codonopsis. Clinic 24 on May 9, 2014: Recently, CT examination reported stable condition. Interventional therapy was performed again on July 24, 2014. By the 31st clinic on August 22, 2014: I felt short of breath, sighed, and throbbled pain in the liver area. The tongue is pale (+) purple (+), and the coating is white and greasy (+). Pulse left string (+) floating (+), and string (+) thin (+). The prescription is adjusted to: Poria 20g, Tangerine Peel 20g, Ginger Pinellia 50g, Curcuma 50g, Triangle 50g,

Sichuan Achyranthes 30g, Araceae 30g, Jiao Shenqu 20g, Raw Keel 50g, Raw Oyster 90g, Fried Atractylodes 12g, Fried White Lentil 25g, 30g Corydalis vinegar, 15g green grass, 30g soft-shelled turtle shell made with vinegar, 10g roasted licorice, 30g acacia bark, 30g Alisma, and 12g Gastrodia. The decoction method is the same as before.

On the basis of this prescription, treatment is performed according to the tongue, pulse and symptoms. On September 9, 2014, interventional therapy was performed again. It's hard to sleep. On October 22, 2014, interventional therapy was performed again. During the physical examination, his condition was stable. By the 62nd clinic on December 11, 2015, my tongue was purple (+) and the coating was white and greasy. Pulse left string (+) slide (+), right slide (+). The adjusted prescription is: Poria 20g, Tangerine Peel 20g, Ginger Pinellia 50g, Curcuma 50g, Triangular 50g, Sichuan Achyranthes 30g, Araceae 30g, Shenqu 20g, Raw Keel 50g, Raw Oyster 90g, Fried Atractylodes 12, Fried White Lentil 25g, Vinegar Corydalis 30g, Fructus sinensis 15g, Vinegar soft-shelled turtle 30g, Roasted licorice 10g, Albizia julibrissin 30g, Alisma 30g, Gastrodia 12g, Raw puhuang 30g, Big belly 20g, Raw coix seed 30g, Magnet 50g, Shegan 15g, Red Flower 10g. The decoction method is the same as before. Compared with the previous period, it gradually increases the intensity of removing dampness and phlegm, promoting blood circulation and removing blood stasis, while taking into account the importance of calming the stress, ensuring adequate sleep, and conducive to the body's homeostasis. The follow-up treatment is based on this formula, and the syndrome is treated according to the changes of symptoms. Radiofrequency ablation of intrahepatic lesions was performed on March 29, 2016. At the 74th visit on June 26, 2016, she had discomfort in both sides, sighed with joy, and frequent nocturia. Purple tongue (+), white and sticky coating. Pulse left string (+) floating (+) sliding (+), right string (+) thin. The adjusted prescription is: vinegar Corydalis 50g,

stir-fried white peony 50g, stir-fried Citrus aurantium 6g, Poria 60g, tangerine peel 15g, Sichuan achyranthes bidentata 30g, curcuma 30g, three-sided 30g, ginger pinellia 30g, stir-fried atractylodes 15g, acacia peel 50g, and Alisma 50g, Raw oysters 100g, raw keel 50g, Codonopsis 50g, Fritillaria 50g, fried perilla seeds 30g, cassia twig 8g, araceae 30g, burnt hawthorn 20g, roasted licorice 10g. The defensive treatment is continued, and the decoction method is the same as before. During the period, according to the changes of the patient's tongue, pulse and symptoms, once changed each dose of vinegar Corydalis 80g, fried white peony 80g, each dose added 50g of green stone, 30g of raw coix seed, and 10g of Chuanmeizi. As of August 17, 2016, 15 interventions have been performed. The patient has been treated with Chinese medicine at the same time and has a good quality of life.

Note: In the recipe, Codonopsis, Poria, Fried Atractylodes, Fried White Lentils, etc. to invigorate the spleen and nourish qi, Fried White Peony, Fried Fructus Aurantii, Albizia Peel, Chuan Neem, etc. Soothes the liver and regulates Qi, Tangerine Peel, Ginger Pinellia, Fritillaria, Raw Oysters, Zhe Fritillaria, Shan Ci Mushroom, Vinegar-made Soft-shelled Turtles, etc. to reduce phlegm, soften firmness and disperse knots; Triangular, Curcuma turmeric promotes qi and blood-breaking; Blue stone, raw keel, magnet and other important towns soothe the stress.

## Ovarian Cancer Case

A patient, female, 61 years old. First visit on May 25, 2016. Main complaint: 2 years after ovarian cancer, cancer metastasis was found for 1 month. History of present illness: The patient presented with an abdominal mass in April 2014 and was diagnosed with stage II c of ovarian cancer, followed by surgery and 8 courses of chemotherapy. It was found that CA199 and CA125 were elevated 8 months ago. PET-CT showed that: partly 1

month ago The peritoneum and mesentery are thickened, and metabolism is increased. Considering tumor metastasis with peritoneal effusion, 2 courses of chemotherapy have been given. Engrave: Fatigue, dry mouth, occasional chest tightness, flustered, occasional expectoration, stomach discomfort, anorexia, sleep soundly, bowel movements every day, medium quality, urinary regulation. The tongue is pale (++) purple (+), and the coating is thick yellow (+) greasy. Pulse left empty (+) string (+) thin (+), right string (+) thin (+) deep. Family history: His father had stomach cancer. Western medicine diagnosis: postoperative ovarian cancer with metastasis. TCM diagnosis: cancer, tumour.

Syndrome differentiation: spleen and kidney yang deficiency, qi stagnation and phlegm stasis. Recipe: Fuzi Lizhong Decoction. Codonopsis 15g, cooked aconite 6g, scutellaria baicalensis 12g, dried ginger 6g, ginger pinellia 15g, poria 60g, araceae 15g, curcuma 20g, fried atractylodes 30g, fried raspberry 30g, ginger magnolia 20g, fried aurantium 10g, raw keel 50g, albizia bark 50g, 20g burnt hawthorn, 80g raw oysters, 10g cassia twigs, 30g corydalis made from vinegar. 7 doses, decocted in water, 1 dose per day. Based on this prescription, chemotherapy is performed at the same time during treatment, and the medication is added or subtracted according to various symptoms after chemotherapy. 3rd consultation on July 27, 2016: morning nausea, excessive white phlegm, backaches and sweats, difficulty sleeping, decreased platelets, anemia, easy awakening, poor bowel motility, soft stools, aversion to cold, and fever. The tongue is pale (+) purple (+), and the coating is white and sticky. Pulse left string (+), right thin (++)). Adjust the prescription and take the prescription in the morning: Astragalus 30g, Codonopsis 10g, Scutellaria baicalensis 12g, Dried ginger 8g, Ginger Pinellia 15g, Poria 30g, Tangerine peel 15g, Fried Atractylodes 45g, Ginger Magnolia 15g, Fried Fructus Aurantii 6g, Chuan Achyranthes 20g, Agrimony 20g, Bupleurum 12g, White Peony 15g, Roasted Licorice 12g, Magnet 50g; Evening prescription: Codonopsis 20g,

Scutellaria 12g, Ginger Pinellia 15g, Albizia Julibrissin 50g, Stir-fried Atractylodes 45g, Stir-fried Jujube Seed 50g, Baiziren 30g, Polygonatum 10g, Qingzhu Stone 50g, magnet 50g, Danshen 30g, Poria 25g, Stir-fried Citrus aurantium 6g, Tangerine peel 15g, Mother-of-pearl 50g, Ginger officinalis 20g, Night vine 30g, vinegar Corydalis 45g, Roasted licorice 10g. Take 5 doses for each side, decoct in water, and take half a dose for each side each day. The fourth consultation on August 10, 2016: The patient's complaints were greatly reduced. After treatment, based on the changes in the patient's tongue, pulse, and symptoms, once every dose of Astragalus in the morning prescription was used 50g, and the prescription at night increased the types and doses of the prescriptions for tranquilizing the nerves. Clinic 7 on September 21, 2016: There was pain in the liver area, and CA199 was elevated. I have no obvious discomfort, my tongue is pale (+) purple (+), and the coating is white and sticky. Pulse left string (+) virtual (+), right virtual (+). Adjust the prescription and take it in the morning: Astragalus 25g, Codonopsis 10g, Scutellaria 12g, Dried Ginger 8g, Ginger Pinellia 20g, Poria 30g, Tangerine Peel 15g, Fried Atractylodes 45g, Ginger Magnolia 15g, Fried Fructus Aurantii 6g, Chuan Achyranthes 20g, Agrimonia 20g, Bupleurum 12g, fried white peony 15g, roasted licorice 12g, magnet 50g, eucommia 20g, cassia twig 10g, zedoary 30g, three-sided 30g, araceae 20g, fried perilla 30g, single life 10g; evening prescription: Codonopsis 25g, Scutellaria 12g, ginger pinellia 20g, albizia bark 50g, fried atractylodes 45g, fried jujube seed 50g, cypress kernel 30g, polygonatum 10g, blue stone 50g, magnet 50g, salvia 30g, poria cocos 25g, fried orange peel 6g, tangerine peel 15g, mother-of-pearl 50g, 20g ginger magnolia, 30g Yejiao vine, 45g corydalis vinegar, 10g roasted licorice, 30g zedoary turmeric, 30g three-row, 20g araceae, 15g eucommia, 30g flat fritillary. The usage is the same as above. After treatment, the patient has a good quality of life.

Analysis: Prescriptions of Codonopsis, Astragalus,

Poria, Stir-fried Atractylodes, Zhigancao, Guizhi, Bupleurum, Agrimonia, etc. to invigorate the spleen Yang; Tangerine peel, Ginger Pinellia, Triangle, Zedoary, Stir-fried Perilla Seed, Ping Fritillaria Huatan Ruan Jian San Knot; raw white peony root, albizia julibrissin peel, fried jujube seed, fried citrus aurantium, ginger magnolia, vinegar-made Corydalis, salvia, etc. to soothe the stress and relieve pain; calm shen such as mother-of-pearl, magnets, and blue stone to soothe the stress; hawthorn, fried raspberry, etc. Regulate qi; invigorate the kidney and replenish essence such as Baiziren, Huangjing, and Eucommia.

### Discussion on Tumor Treatment:

Based on the diagnosis and treatment characteristics of the above three tumor treatments, several thoughts of Professor Wang Yanhui in the treatment of tumors can be preliminarily explored.

1. First focus on the three basic needs of patients: Diet, sleep and urine and stool are the three basic needs of the human body. The current health habit of "like to replenish but hate to reduce" is misleading, and it often causes contemporary people to get sick not because of "deficiency" but because of excessive calorie intake. Regardless of the symptom, it is advisable to treat the patients first and emergency treatment. One of the reasons is that the fullness of the liquid is difficult to enter, the medicine and food are not available, and the acquired source of failure is gastric failure. For the treatment of gastrointestinal tumors, in addition to conventional Western medical treatment, there is another feature that must be emphasized, that is, it is necessary to pay full attention to adjusting the diet, which is one of the key factors in the prevention and treatment of cancer in this system.

2. Mainly grasp the pathogenesis of "Qi" All human beings are only qi and blood, and all physiological



activities in the human body are based on the activities of the qi mechanism and the process of qi transformation. Disorders of qi transformation include deficiency of Vital qi and excess of evil qi. The pathogenesis of "qi" often includes deficiency of qi, stagnation of qi, inversion of qi, and depression of qi. Therefore, the treatment focuses on regulating "qi". In summary, it mainly includes two aspects: qi supplement (Vital qi) and Qi regulation (less evil qi). To invigorate qi is to replenish lung qi, spleen qi, and kidney qi when the viscera has a deficiency of qi. In short, it is to make the body's Vital qi sufficient. Qi regulation includes the conditioning of various forms of pathogenesis such as stagnation of qi, qi inversion, qi depression, and qi dysfunction. Among them, except for some qi depression caused by qi deficiency, qi inversion and qi dysfunction are mostly caused by qi stagnation. Developed on the basis of, so Qi stagnation is common and also a primary pathological product. Generally speaking, the pathogenesis of "qi" is mainly grasped, and it can be said that the relationship between strengthening the body and eliminating evil is grasped.

3. Pay attention to pathological products such as phlegm dampness and blood stasis Professor Wang believes that cancer is essentially empirical. Phlegm turbidity and blood stasis run through the entire course of the cancer. In the pathogenesis of cancer, phlegm and blood stasis are relatively unchanged. The pathological mechanisms of Qi stagnation, cold and heat, lung deficiency, spleen deficiency, and kidney deficiency are variable.


4. Focus on the combination of image-puzzle and symptom based on the differentiation of symptoms and signs. The characteristic of TCM dialectical thinking is image thinking based on image thinking and supplemented by logical thinking. Evidence is an understanding of the overall state of life from the perspective of system function, which is the image of the overall state of life activity. Each different "image-puzzle" has its own

vision and blind spots. At the same time, thinking in images has the characteristics of vagueness. In the process of syndrome differentiation and treatment in TCM, coupled with the symptoms of the body, it can be quickly differentiated and treated. It is a precise treatment process from qualitative to quantitative.

5. Taking "Yin Ping Yang Secret-Yin Yang Balance" as the guiding ideology throughout diagnosis and treatment, one of the core ideas of Professor Wang's diagnosis and treatment of tumors is to restore the body's self-regulation ability through the intervention of Chinese medicine to achieve a "Yin Ping Yang secret-Yin Yang balance" status. Professor Wang believes that "yin and yang secret-yin and yang balance" is a philosophical expression of health and can be used as the guiding ideology for long-term clinical diagnosis and treatment.

In his long-term clinical experience, Professor Wang vividly referred to the process of tumor treatment as "soil modification". In the entire tumor treatment process, the treatment of Chinese medicine is not concerned with the tumor itself, but the "soil" of the tumor. If the "soil" is not suitable for the germination and growth of "seeds", tumors will not occur. In a sense, grasping the state of the human body, carrying out correct "soil modification", and implementing the idea of "yin and yang secret-yin and yang balance" are of great significance to the prevention and treatment of tumors in Chinese medicine.

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# 基于验案3则探讨王彦晖治疗肿瘤的思路

◎王玉洁 奚胜艳 王彦晖

**摘要：**文章通过3则王彦晖教授治疗肿瘤的验案，探讨其治疗肿瘤的思路。王彦晖教授具有30余年的临床经验，在舌象和脉象上的造诣颇深，擅长肿瘤、湿病和温病等防治。认为在肿瘤的中医药防治中，首先应该满足饮食、睡眠、二便的三大基本需求，主要抓住“气”的病机，重视痰湿、瘀血等病理产物，以象、症结合辨证为主，把“阴平阳秘”作为贯穿诊疗的指导思想。

**关键词：**中医理论；肿瘤；病机；象症结合；阴平阳秘

王彦晖教授30余年来专注于中医临床、教学和科研，积累了丰富的临床诊疗经验，在舌象和脉象上的临证造诣颇深，擅长肿瘤、湿病、温病等的防治。笔者有幸随其左右学习，现列举其临床治疗肿瘤病案3则，以飨同道。

## 肺癌病案

患者某，女，69岁。2014年7月18日初诊。主诉：发现肺部占位2年，确诊肺癌2月余（中分化腺癌Ⅳ期）。

现病史：患者2年前体检时发现肺部占位性病变，未予重视，2月前系统检查确诊为肺癌Ⅳ期，目前未予特殊治疗。刻下：咳嗽，阵咳，少许白痰，偶胸痛，口干，腰酸，纳差，难寐，多梦。大便1-2天一行，质时干时稀，小便黄，夜尿2次。舌淡紫（+），苔薄白腻。脉右沉弦（+）细（+）虚（++），左浮弦虚。家族史：其妹妹曾患乳腺癌。西医诊断：肺癌。

中医诊断：癌病。辨证：肺脾气虚、胆郁痰扰、气滞血瘀。

治则：补益脾肺、化痰利胆、理气活血。方药：温胆汤加减。党参30g，茯苓50g，陈皮20g，姜半夏50g，莪术30g，三棱30g，川牛膝20g，平贝母50g，

山慈菇20g，炒白术12g，合欢皮50g，炒酸枣仁30g，生姜6g，大枣15g，生龙骨45g，生牡蛎60g，枇杷叶20g，炙甘草10g。7剂，每日1剂，水煎，每日2服。以该方为基础，随症加减治疗。2014年7月25日二诊，患者诸症缓解。舌淡（+）紫（+），苔薄白；脉右弦细，左弦（+）细。在上方基础上加太子参50g，灵芝25g，浙贝母50g，紫菀10g；改莪术50g，三棱50g；14剂，煎服同前。到2014年10月29日再来诊，自觉无不适。但根据诊查，舌紫（+）尖红，苔薄白。脉左弦（+）细（+），右虚（+）。继续施治。又因患者有一段右脉极虚，加入黄芪有时可用到每剂80g。至2014年12月26日，患者自觉无不适，舌紫（+），苔薄白。脉右虚（+），左弦（+）细（+）。

处方变更为：党参20g，黄芪20g，陈皮15g，姜半夏50g，制天南星30g，莪术50g，三棱50g，川牛膝25g，茯苓20g，炒白术12g，炒枳壳5g，平贝母50g，大枣15g，生姜6g，炙甘草12g。14剂，煎服法同前。继续补益脾肺、化痰、活血祛瘀。一直治疗至今，患者状态良好。

按：陈皮、姜半夏、平贝母、浙贝母、山慈菇、枇杷叶、生牡蛎等化痰利胆；炒酸枣仁、合欢皮、生龙骨等理气重镇安神；党参、茯苓、炒白术、炙甘草、黄芪、太子参、灵芝等补益脾肺；三棱、莪术、川牛膝等活血化瘀。在整个治疗过程中，理清扶正与

祛邪之间的关系，始终灌输“阴平阳秘”的指导思想。

### 肝癌病案

患者某，男，60岁。2013年9月2日初诊。主诉：肝癌手术后1年余。

现病史：患者于2012年7月底经西医检查诊断为肝癌，大小3cm×4cm，行手术切除，后又行介入手术。现胸胁痛，大便每日2到3次，时溏，早醒，吞酸。舌淡(+)紫(+)，苔白黏腻。脉左弦(+)滑(+)大(+)，右滑(+)。家族史：其父亲曾患肝癌。西医诊断：原发性肝癌。

中医诊断：癌病。中医辨证：肝郁脾虚、气滞痰湿血瘀。

治法：疏肝健脾、理气化痰、活血祛瘀、软坚散结。方药：参苓白术散化裁。茯苓30g，陈皮15g，姜半夏50g，炒枳壳5g，炒白术15g，吴茱萸3g，茵陈20g，醋制鳖甲30g，川牛膝15g，莪术50g，三棱50g，赤芍25g，炒白扁豆20g，泽泻30g，炒酸枣仁20g，合欢皮30g，生龙骨30g，生牡蛎60g，醋延胡索25g，川楝子15g，浙贝母50g，白花蛇舌草20g，生甘草10g。7剂，水煎服，每日1剂。以此方为基础，随症加减。第2诊即诉症状缓解。2013年9月13日第3诊CT报告与此前报告对比显示发现新的肝内占位。2013年10月6日第4诊，时胸部抽痛，胸闷，胁痛。舌淡(+)紫(+)，苔白黏。脉左弦(+)，右弦(+)滑(+)细(+)。

处方变更为：党参15g，茯苓90g，炒白术10g，陈皮15g，醋延胡索30g，合欢皮30g，厚朴15g，吴茱萸3g，姜半夏50g，莪术30g，茵陈20g，三棱30g，马钱子0.3g，山慈菇20g，浙贝母50g，炒酸枣仁20g，生龙骨50g，醋制鳖甲30g，神曲15g，生牡蛎60g。14剂，煎服法同前。期间守方治疗2个月。2013年12月15日第13诊：胸闷叹息，胁痛，胃不适。舌紫(+)尖红，苔白腻厚(+)。脉左弦，右弦(+)。10月6日处方加砂仁10g，绿萼梅10g，川楝子10g，泽泻

30g。为进一步巩固疏肝理气安神，一度改每剂炒酸枣仁50g，合欢皮50g。2014年3月28日第22诊：近日早醒，尿多。舌紫(+)，苔淡黄腻厚(+)。脉左弦滑右滑。处方在前述基础上加用每剂车前子20g，泽泻50g，大腹皮15g，川楝子15g，减去党参。2014年5月9日第24诊：近日CT检查报告病情稳定。2014年7月24日又行介入治疗。到2014年8月22日第31诊：时觉气短，叹息，肝区抽痛。舌淡(+)紫(+)，苔白腻厚(+)。脉左弦(+)浮(+)，又弦(+)细(+)。

处方调整为：茯苓20g，陈皮20g，姜半夏50g，莪术50g，三棱50g，川牛膝30g，制天南星30g，焦神曲20g，生龙骨50g，生牡蛎90g，炒白术12g，炒白扁豆25g，醋延胡索30g，茵陈15g，醋制鳖甲30g，炙甘草10g，合欢皮30g，泽泻30g，天麻12g。煎服法同前。

在此方基础上，随着舌象、脉象和症状辨证施治。2014年9月9日，再次行介入治疗。时难入寐。2014年10月22日，又一次行介入治疗。期间体检病情稳定。到2015年12月11日第62诊，舌紫(+)，苔白腻。脉左弦(+)滑(+)，右滑(+)。调整处方为：茯苓20g，陈皮20g，姜半夏50g，莪术50g，三棱50g，川牛膝30g，制天南星30g，神曲20g，生龙骨



50g, 生牡蛎90g, 炒白术12, 炒白扁豆25g, 醋延胡索30g, 茵陈15g, 醋制鳖甲30g, 炙甘草10g, 合欢皮30g, 泽泻30g, 天麻12g, 生蒲黄30g, 大腹皮20g, 生薏苡仁30g, 磁石50g, 射干15g, 红花10g。煎服法同前。相较前期逐渐加重祛湿化痰, 活血化瘀的力度, 同时兼顾重镇安神, 保证睡眠充足, 利于机体自稳态。后续治疗以此为基础方, 随象与症的变化辨证治疗。2016年3月29日行肝内病灶射频消融术。2016年6月26日第74诊, 双胁不适, 喜叹息, 夜尿频。舌紫(+), 苔白黏。脉左弦(+)浮(+)滑(+), 右弦(+)细。调整处方为: 醋延胡索50g, 炒白芍50g, 炒枳壳6g, 茯苓60g, 陈皮15g, 川牛膝30g, 莪术30g, 三棱30g, 姜半夏30g, 炒白术15g, 合欢皮50g, 泽泻50g, 生牡蛎100g, 生龙骨50g, 党参50g, 平贝母50g, 炒紫苏子30g, 桂枝8g, 制天南星30g, 焦山楂20g, 炙甘草10g。持续守方治疗, 煎服法同前。期间根据患者舌象、脉象及症状之改变, 一度改每剂醋延胡索80g, 炒白芍80g, 每剂另加青礞石50g, 生薏苡仁30g, 川楝子10g。截止2016年8月17日为止, 共行15次介入治疗。患者同时中药治疗至今, 生活质量良好。

按: 在方中党参、茯苓、炒白术、炒白扁豆等健脾益气, 炒白芍、炒枳壳、合欢皮、川楝子等疏肝理气, 陈皮、姜半夏、平贝母、生牡蛎、浙贝母、山慈菇、醋制鳖甲等化痰软坚散结; 三棱、莪术行气破血; 青礞石、生龙骨、磁石等重镇安神。

### 卵巢癌病案

患者某, 女, 61岁。2016年5月25日初诊。主诉: 卵巢癌术后2年, 发现癌转移1月。

现病史: 患者2014年4月因腹部肿块就诊, 确诊为卵巢癌Ⅱc期, 后行手术及8个疗程化疗, 8个月前发现CA199及CA125升高, 1个月前PET-CT示: 部分腹膜及肠系膜增厚, 代谢升高, 考虑肿瘤转移伴腹腔积液, 已经行2个疗程化疗。

刻下: 疲乏, 口干, 偶胸闷心慌, 偶咯痰, 胃痞

不适, 纳差, 寐可, 大便日一行, 质中, 小便调。舌淡(+++)紫(+), 苔厚黄(+)腻。脉左虚(+)弦(+)细(+), 右弦(+)细(+)沉。家族史: 其父亲曾患胃癌。

西医诊断: 卵巢癌术后伴转移。中医诊断: 癌病、癥瘕。辨证: 脾肾阳虚、气滞痰瘀。方药: 附子理中汤化裁。党参15g, 熟附子6g, 黄芩12g, 干姜6g, 姜半夏15g, 茯苓60g, 制天南星15g, 莪术20g, 炒白术30g, 炒莱菔子30g, 姜厚朴20g, 炒枳壳10g, 生龙骨50g, 合欢皮50g, 焦山楂20g, 生牡蛎80g, 桂枝10g, 醋制延胡索30g。7剂, 水煎服, 每日1剂。以此方为基础, 在治疗期间同时化疗, 根据化疗后各种症状加减用药。2016年7月27日3诊: 晨起恶心, 痰白量多腰酸汗多, 难入寐, 血小板下降, 贫血, 易醒, 肠蠕动差, 便软, 恶寒, 恶热。舌淡(+)紫(+), 苔白黏。脉左弦(+), 右细(+++)。

调整方药, 早上服用方: 黄芪30g, 党参10g, 黄芩12g, 干姜8g, 姜半夏15g, 茯苓30g, 陈皮15g, 炒白术45g, 姜厚朴15g, 炒枳壳6g, 川牛膝20g, 仙鹤草20g, 柴胡12g, 白芍15g, 炙甘草12g, 磁石50g; 晚上服用方: 党参20g, 黄芩12g, 姜半夏15g, 合欢皮50g, 炒白术45g, 炒酸枣仁50g, 柏子仁30g, 黄精10g, 青礞石50g, 磁石50g, 丹参30g, 茯苓25g, 炒枳壳6g, 陈皮15g, 珍珠母50g, 姜厚朴20g, 夜交藤30g, 醋制延胡索45g, 炙甘草10g。两方各5剂, 水煎服, 每日各方服半剂。2016年8月10日第4诊: 患者诉诸症大减。之后治疗, 在此基础上根据患者的舌象、脉象及症状的变化, 一度早上方中每剂黄芪用到50g, 而晚上服用方则加大重镇安神的方药种类及剂量。2016年9月21日第7诊: 现肝区时痛, CA199升高。余无明显不适, 舌淡(+)紫(+), 苔白黏腻。脉左弦(+)虚(+), 右虚(+)

调整处方, 早上服用方: 黄芪25g, 党参10g, 黄芩12g, 干姜8g, 姜半夏20g, 茯苓30g, 陈皮15g, 炒白术45g, 姜厚朴15g, 炒枳壳6g, 川牛膝20g, 仙鹤草20g, 柴胡12g, 炒白芍15g, 炙甘草12g, 磁石50g, 杜仲20g, 桂枝10g, 莪术30g, 三棱30g, 制天



南星20g,炒紫苏子30g,独活10g;晚上服用方:党参25g,黄芩12g,姜半夏20g,合欢皮50g,炒白术45g,炒酸枣仁50g,柏子仁30g,黄精10g,青礞石50g,磁石50g,丹参30g,茯苓25g,炒枳壳6g,陈皮15g,珍珠母50g,姜厚朴20g,夜交藤30g,醋延胡索45g,炙甘草10g,莪术30g,三棱30g,制天南星20g,杜仲15g,平贝母30g。用法同上。一直治疗至今,患者生活质量良好。

按:方中党参、黄芪、茯苓、炒白术、炙甘草、桂枝、柴胡、仙鹤草等健脾升阳;陈皮、姜半夏、三棱、莪术、炒紫苏子、平贝母化痰软坚散结;生白芍、合欢皮、炒酸枣仁、炒枳壳、姜厚朴、醋制延胡索、丹参等理气安神兼理气止痛;珍珠母、磁石、青礞石等重镇安神;山楂、炒莱菔子等消食理气;柏子仁、黄精、杜仲等补肾填精。

### 肿瘤治疗思路探讨

根据上述3则肿瘤治疗验案的诊疗特点,可以初步探析出几点王彦晖教授治疗肿瘤的思路。

1. 首要注重患者三大基本需求 饮食、睡眠和二便是人体的三大基本需求。现在“喜补恶泻”的养生习惯误导,常常导致当代人患病不是因为“虚”,而是因为过分摄入热量。对中满者,无论其属标属本,都主张先治急治,原因之一即是中满者水浆难入,药食不纳,后天之源衰竭,即是胃气衰竭。对于消化道肿瘤的治疗,除常规西医治疗外还有一个特点须强调,即是必须充分注重调整饮食,乃防治本系统癌症的关键因素之一。

2. 主要抓住“气”的病机 人之所有惟气与血,人体内所有的生理活动都是以气机活动和气化过程为基础的。气化失常包括正气虚,邪气实。“气”的病机常见包括气虚、气滞、气逆、气陷,因而在治疗中注重从调理“气”入手,概括起来主要包括补气(正气足)和理气(邪气少)两大方面。补气就是出现各脏腑气虚的情况来补肺气、补脾气、补肾气等,总而言之就是要使人体的正气能够充分。理气包括气滞、

气逆、气陷、气机横犯等多种形式病机出现时的调理,其中除部分气陷由气虚所致外,气逆、气机横犯则大多是在气滞的基础上发展而来,因此气滞是常见的,也是初级的病理产物。总体上主要抓住了“气”的病机,可以说就把握住了扶正与祛邪的关系。

3. 重视痰湿、瘀血等病理产物 王教授认为,癌症本质上是实证,痰浊和瘀血贯穿于癌症病程的全过程,在癌症的病理病机中,痰瘀是相对不变的,而气滞、寒热、肺虚、脾虚、肾虚等病理病机则是可变的。

4. 以象、症结合辨证为主 中医辨证思维的特点是以形象思维为主、逻辑思维为辅的意象思维。证是从系统功能角度对整体生命状态的一种认识,也就是整体生命活动状态之象。各个不同的“象”具有自身的视野和盲区。同时形象思维具有模糊性的特点,在中医的辨证施治过程中,再加上机体的症状,便能迅速辨证以施治,是由一个定性到定量的精准治疗过程。

5. 把“阴平阳秘”作为贯穿诊疗的指导思想 王教授诊疗肿瘤的一个核心思想是通过中医药的干预,使得机体的自我调节能力恢复,达到一个“阴平阳秘”的状态。王教授认为“阴平阳秘”是对健康的一种哲学表述,可以把它作为长期临床诊疗的指导思想。

在长期的临床经验中,王教授把肿瘤治疗的过程形象地称之为“土壤改造”。在整个肿瘤的治疗过程中,中医药的治疗关注的不是肿瘤本身,而是肿瘤的“土壤”。如果“土壤”不适合“种子”的萌芽生长,肿瘤就不会发生。从某种意义上说,抓住人体所处的状态,进行正确的“土壤改造”,贯彻“阴平阳秘”的思想,对中医肿瘤的防治具有重要意义。

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参考文献(略) 



# Analysis of the Clinical Dosage of Astragalus in Past Dynasties

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**Abstract:** Objective To summarize the characteristics of the clinical dosage of Astragalus from the Han Dynasty to the present. Methods Excel 2007 was used to establish a database of doses of Astragalus in the past dynasties. The most representative medical works of each dynasty were selected. The name of the prescription containing Astragalus, the total amount of Astragalus, the amount of Astragalus, the flavor of the whole prescription, the amount of water added, and the method of administration were entered. The frequency, the most commonly used amount, the upper limit of the commonly used amount, the lower limit of the commonly used amount, the maximum dosage, the minimum dosage and the average dosage of Astragalus were counted, and the characteristics of the dosage of Astragalus in the past dynasties were analyzed based on the literature. Results The dosage of Astragalus in the past dynasties fluctuated greatly (the peak was reached in the Qing Dynasty, and the daily dosage was about 298.4 g), and the remaining dosage was basically stable after a significant decline from Han to Song Dynasty. Conclusions High dosage of Astragalus is generally used for muscular surface limb disease syndromes and stroke sequelae for patients with hemiplegia and paralysis due to deficiency syndrome. When used for other diseases, the dosage may vary depending on the disease.

**Keywords:** Astragalus; clinical dosage; literature research

Astragalus is the dried root of legume *Astragalus mongolicus* or *Astragalus membranaceus*. Excavate in spring and autumn to remove fibrous roots and roots. Judging from the existing literature, the earliest medicinal records of Astragalus appear in "Shen Nong's Materia Medica" (hereinafter referred to as "Ben Jing"). "This Classic" lists Astragalus as the top grade: "Astragalus, sweet, slightly warm. Main carbuncle and long-term failure, excretion of pus and pain relief, gale and disease, five hemorrhoids, rat fistula, tonic deficiency, all diseases in children. One wears grits. "Producing valleys". "The People's Republic of China Pharmacopoeia" (2010 edition, hereinafter referred to as "Pharmacopoeia") The description of the functions and indications of Astragalus is: "Invigorate Qi and promote Yang, strengthen the surface and stop sweating, promote hydration and reduce swelling, nourish body fluid, nourish blood, and

promote to remove the stagnation. Arthralgia cleans toxins to expel pus, astringe sores and build muscle. It is used for qi deficiency and fatigue, lack of food, loose stools, subsidence of qi, chronic diarrhea and prolapse of the anus, bleeding in the stool, superficial deficiency and spontaneous sweating, qi deficiency and edema, internal heat and thirst, blood deficiency and chlorosis, hemiplegia, arthralgia, numbness, carbuncle intractable, chronic ulcer Not astringent". In the clinical application of traditional Chinese medicine, there is a difference between raw astragalus and processed astragalus. Raw astragalus tends to take the surface and distill water, and is longer than solid surface to stop sweating, diuresis and swelling, promote to remove stagnation and numbness, clean toxins and expel pus, condense sores and build muscle, Roasted Astragalus is astragalus that has been stir-fried with honey. Its power of nourishing qi and nourishing

middle energy becomes stronger, and its functions of removing the surface and diuresis are weakened. It is longer than warming the spleen and stomach, replenishing qi and raising yang. Because of the different effects of growing and roasting astragalus, The dosage should be different. The usual dosage of Astragalus given in the Pharmacopoeia ranges from 9 to 30 g.

The following is a detailed analysis of the clinical dosage of Astragalus in the past dynasties in combination with relevant literature.

1 Materials and methods:

1. 1 Source of information:

This research uses the most representative and influential medical works and data from the Han Dynasty to the present. The specific bibliography and data sources are as follows: Han Dynasty Zhang Zhongjing "Treatise on Febrile and Miscellaneous Diseases"; Tang Dynasty Wang Tao "Weitai Secrets" 》; Xu Shuwei's "Puji's Basic Principles" in the Song Dynasty, Pang Anshi's "Treatise on Febrile Diseases" and the "Taiping Huimin Heji Jufang" promulgated by the Song government; Liu Wansu's "Xuanming Lunfang" and Zhang Zihe's "Rumen Shiqin", Li Dongyuan "Internal and External Disorder Distinguishing Theory"; Ming Dynasty Zhang Jingyue "Jingyue Quanshu", Wang Ji "Shishan Medical Cases", Wu Youke "Plague Theory"; Qing Dynasty Cheng Zhongling "Medical Insights", Fu Qingzhu "Fu Qingzhu Female Cases "Medical Records of Ye Tianshi" by Ye Tianshi; Modern (late Qing to 1949) Zhang Xichun, "Medical Records of Chinese and Western References", Zhao Ehua, "Medical Records of Cao Yingfu", Ran Xuefeng "Medical Records of Ran Xuefeng"; Contemporary Chen Ruichun "Chen Ruichun on Febrile Diseases " , Deng Tietao's "Summary of Deng Tietao's Clinical Experience", Chen Ming and other "Selected Cases of Liu Duzhou", as well

as the outpatient oral decoction prescriptions and famous doctor interviews from 11 Chinese hospitals in 8 provinces and cities (autonomous regions) across the country data.

1. 2 Prescription inclusion and exclusion criteria

Include oral decoctions containing astragalus; exclude prescriptions for oral decoctions, pills, powders, ointments, pills, decoctions for external use, and pediatric prescriptions with unclear flavor composition and no dosage records.

表 1 历代黄芪使用频次及用量统计表 (g)

朝代	频次	最常 用量	常用量 上限	常用量 下限	最大 用量	最小 用量	平均 用量
汉代	6	41.4	41.4	20.7	69.0	13.8	36.4
隋唐	59	41.4	41.4	27.6	69.0	6.9	39.2
宋代	253	6.0	8.0	3.3	100	0.4	8.8
金元	163	12.0	14.4	5.4	40.0	0.1	12.3
明代	247	3.7	11.1	3.7	37.3	1.1	9.1
清代	397	3.7	19.6	3.7	298.4	1.5	17.3
近代	269	9.4	9.3	18.7	125.0	4.5	18.6
现代	684	15.0	30.0	15.0	250.0	2.4	24.0

1. 3 Research methods

Use Excel 2007 software to enter the data, enter the prescription name, total amount of astragalus, the amount of astragalus, the number of flavors of the whole prescription, the amount of water, and the method of administration one by one to establish a database of doses of astragalus. Count the frequency of occurrence of Astragalus, the most commonly used amount, the upper limit of the commonly used amount, the lower limit of the commonly used amount, the maximum dosage, the minimum dosage, and the average dosage. The interval value of [P25 ~ P75] is used to indicate the usual dose range.

Conversion standard: When entering the dose value, it will be converted to the value of "g" according to the weights and measures conversion table of the past generations to facilitate later data analysis. The specific

conversion method is as follows: Han Dynasty 1 catty = 16 tael = 220 g, that is, 1 tael = 13.8 g [3]; Tang Dynasty 1 catty = 16 taels = 220 g, that is, 1 tael = 13.8 g; In Song Dynasty, Jin and Yuan Dynasty, the dosage of medicinal materials was mostly in money, 1 catty = 16 taels = 640 g, 1 tael = 10 yuan = 40 g; Ming Dynasty 1 jin = 16 taels = 596.8 g, 1 tael is approximately 37.3 g; 1 jin in the Qing Dynasty is now 596.8 g, 1 tael = 37.3 g; Modern 1 tael = 31.25 g; contemporary 1 catty = 500 g, 1 tael = 50 g.

## 2 results:

### 2.1 Astragalus dosage range in past dynasties

It can be seen from Table 1 that the range of commonly used doses, average doses, most commonly used doses, and minimum doses of Astragalus in the past dynasties did not fluctuate much. However, there was a significant decline from the Han and Tang Dynasties to the Song Dynasty. The changes in the other periods were all around 10 g. The maximum dosage fluctuates greatly, reaching 298.4 g in the Qing Dynasty.

### 2.2 Characteristics of Astragalus Dosage in Han and Tang Dynasty

It can be seen from Table 1 that the dosage range of Astragalus in the Han and Tang Dynasties is similar and the dosage range is narrow, but the average dosage and commonly used dosage are the historical maximum. Zhang Zhongjing's "Treatise on Febrile Diseases" does not use astragalus in the prescriptions, only Fangji Huangqi Decoction, Aconitum Decoction, Huangqi Guizhi Wuwu Decoction, Fangji Fuling Decoction, Astragalus Peony and Guizhi Bitter Decoction, Guizhi plus Astragalus are included in the "Golden Chamber Synopsis" soup. Among the 6 prescriptions, the most commonly used daily dose of Astragalus is 3 taels, which is about 41.4 g today, divided into 3 doses, and the single dose is about 13.8 g. The maximum dosage is Huangqi Shaoyao Guizhi Bittersweet Decoction, of which 5 taels of Astragalus, totaling about

69 g, divided into 3 doses, and the single dose is 23 g. Since the earliest preparation method of astragalus was steaming in the Southern Dynasty and Song Dynasty, and the method of honey roasting was only produced in the Song Dynasty, Zhang Zhongjing's astragalus should be raw astragalus, and most of the prescriptions used for the treatment of body surface disease. For example, Fangji Huangqi Decoction treats rheumatism and Fengshui, Huangqi Guizhi Wuwu Decoction treats blood numbness, Fangji Fuling Decoction treats skin water, Astragalus Peony and Guizhi Bittersweet Decoction and Guizhi plus Huangqi Decoction treat yellow sweat. In this regard, "Ben Cao Si Bian Lu" believes that "Astragalus Xuanying Wei is confined, sparse and supplementary." It can be seen that the Han Dynasty substitutes a large dose of raw astragalus, mainly taking its effect on removing stagnation and Bi and on antiperspiration.

The maximum dose of Astragalus in Wang Tao's "Waitai Secret Yaofang" in the Tang Dynasty is 5 taels, which is about 69 g today. There are 5 prescriptions in total. Three of them originated from Zhang Zhongjing's prescription, and the remaining two prescriptions reused Astragalus, one to invigorate qi to drain pus, and the other to invigorate qi to produce blood. Among them, Qianjin Shuqi Decoction is used to treat postpartum deficiency and heat. Although the amount of Astragalus 5 is large, it is also used in combination with a large number of yin and blood nourishing medicines such as 1 catty of Rehmannia glutinosa and 2 peony, so there is no problem in using it.

### 2.3 Characteristics of Astragalus Dosage in Song Dynasty

It can be seen from Table 1 that due to the prevalence of boiled powder in the Song Dynasty and various reasons, the overall dosage was relatively small, but at the same time it was also used by doctors with a large amount. For example, in Song Dynasty Pang Anshi's "Treatise on General Diseases of Febrile Diseases" Huangqi Decoction contains two halves of Astragalus 2, which

is about 100 g today. Huangqi Decoction comes from "Treatise on General Diseases of the Febrile · Volume Part · Dampness Syndrome", which states that "Dampness condition is a disease, the whole body is painful, feverish, the body is like smoked yellow, it still cures rheumatism, the pulse is floating, the body is heavy, sweating is bad, it is suitable for Huangqi Soup. Two halves of Huangqi, two halves of Fangji, one or two licorice, one and two halves each of Atractylodes, ginger, sixteen dates. Juice, 4 liters of water, fry to 2 liters, detox, one cup of warm drink, long food Serve again".

This prescription is also derived from Zhang Zhongjing Fangji Astragalus Decoction, and its indications are derived from "The Synopsis of the Golden Chamber" "Wet family is a disease, all of which is aching, fever, body color is as yellow as yellow" and "rheumatism, floating pulse, body weight, sweating, evil The wind is the master of Fangji Huangqi Decoction. The dosage is doubled in the same proportion as the original dosage of Fangji Huangqi Decoction.

## 2. 4 Characteristics of Astragalus Dosage from Jin Yuan to Ming Dynasty

According to Table 1, it can be seen that the dosage of Astragalus in the Jin Yuan period and the Ming Dynasty was low, the maximum dosage and the minimum dosage were both low, and the dosage was kept in a relatively low dosage range, the maximum dosage was only about 40 g. Among them, the maximum amount of astragalus is from Li Dongyuan's "Lanshi Secret Store · Janxia · Miscellaneous Diseases" Danggui Buxue Decoction. The formula uses 1 tael of Astragalus, and the total amount is about 40 g. Because it is only used for 1 serving, the daily dose is consistent with each serving. The amount is 40 g. "Danggui Buxue Decoction: Treats women with muscle heat, dryness, red eyes, redness, polydipsia and drinking, day and night, the pulse is voluminous and empty, and there is no repressing of it. Astragalus is one or two, Angelica is two dollars, and made of wine. Take

one serving on the upper mouth, two cups of water, fry until one cup, remove the slag, slightly warm, and serve empty." From the name of the prescription, it is known that it is designed to replenish blood, and later generations will also interpret this prescription as a woman's blood deficiency and fever. square. Astragalus is 5 times the amount of Angelica sinensis, it nourishes qi to produce blood, and it is warm to remove heat.

The maximum dosage of Astragalus in the Ming Dynasty was 1 tael, which is about 37. 3 g today, and a total of 4, which are found in the prescriptions for treating malaria in "Xianxingzhai Medical Notes" and Tuoli Baidu Powder, and the prescriptions for taking medicine after ulceration. "Experience Dacheng" in the treatment of sudden fainting. Among them, the prescription for treating malaria in "Xianxingzhai Medical Notes" and the prescription for treating sudden fainting in "Medical Experience Dacheng" both use astragalus and ginseng to make stubborn diseases to recover. For example, it is recorded in the "Xian Xing Zhai Medical Guang Notes": "Gu Boqin suffers from malaria,...with a clear spleen drink. More than 20 doses of malaria, the body is weak. Zhong Chunzhi, laughed and said: This is too empty, it is necessary to participate , I'm not wrong. I put a large dose of ginseng and Astragalus , one or two doses. Ginseng one or two, astragalus honey one or two, anemarrhena honey five cents, tangerine peel two cents, dried kudzu cents, licorice eight cents, Five coins in plaster". Tuoli Baidu powder and medication after ulceration can be found in the "Xian Xing Zhai Medical Notes" in the swollen toxin chapter. Astragalus is used to take the effect of "treating carbuncle in long-term infection, draining pus and relieving pain".

## 2.5 Characteristics of Astragalus Dosage in Qing Dynasty

It can be seen from Table 1 that the maximum amount of Astragalus in the Qing Dynasty reached the highest peak in history. The maximum dosage of

Astragalus in the Qing Dynasty was 8 taels, which is about 298.4 g today. It was found in Chen Shiduo's "Secret Records of Shishishi": A prescription for treating bipedal pain, lower back pain, and a prescription for treating crane and knee wind, and Wang Qingren's <<Medical Forest Correction

>> Huangqi Taohong Decoction. This is explained in the "Secret Record of the Stone Chamber", saying, "This recipe uses astragalus to replenish qi, and the reason why the two feet can move and move, the qi can do it. The disease of the knee problem is the lack of qi. It is naturally difficult to walk, and if you use half a catty of Astragalus, your qi will be very strong....If the evil qi is gone, the Vital qi will be strengthened. The reason why this skill is quick. As far as it is concerned, it is like referring to the theory of "the foot receives blood and can walk" in "Suwen · Generation of the Five Internal Organs". Qi produces blood, and qi produces blood. Astragalus replenishes qi through the heart to help blood flow, and has the functions of nourishing qi and blood, and promoting to remove stagnation and arthritis.

Chen Shiduo's prescriptions have a large amount of Chinese medicine, which stems from his unique understanding of the "seven prescriptions" (namely, the size is urgent, even the odd and even complex). He believes that "the generous one is not based on the quantity, but on the strong. The one with strong flavor is the big one, the one with strong taste is big, the one with nourishing taste is big, the one with offensive taste is big, how can you use as many medicines as generous. There are also many kinds of herbal medicines in Chinese medicine, but the one that cannot be said to be many is generous, ... the meaning of generosity is large dosage in intention, not just in the use of as many herbal medicines." Because of his understanding of "generous", he uses more and larger amounts in prescriptions. Huangqi Taohong Decoction is used to treat postpartum convulsions. Wang Qingren believes that the first symptom of convulsions is

always caused by insufficient qi, not rising, and no return. Therefore, Huangqi is used to invigorate qi to invigorate Yang. After giving birth, there must be opportunities for blood loss and degassing, so Astragalus is right. If it is a convulsion caused by febrile disease, severe heat and yin damage, it is not advisable to use large doses of astragalus.

## 2. 6 Characteristics of Astragalus Dosage in Modern Times

It can be seen from Table 1 that the dosage of Astragalus in modern times continued the characteristics of the Qing Dynasty. Although the common dosage and average dosage were not like the Han and Tang Dynasties, the maximum amount was larger, and the common dosage and average dosage gradually increased during this historical period.

"Deng Tietao's Clinical Experience" uses Astragalus up to 240 g in the treatment of hemiplegia and paraplegia.

This recipe is a supplement for Buyang Huanwu Decoction, and the re-use of Astragalus should be based on what Wang Qingren said: "The vitality is merged to the left and right, the illness is half-sickness, there is the symptom of merger? In one body, you will see the various states of qi loss. If it suddenly merges into the upper body and cannot go down, the sick legs will become paralyzed." Therefore, astragalus is used to replenish qi, and the qi feet can make the legs proud. However, if astragalus is used in this way, the cause of the disease should be carefully examined, the pulse should be corrected, and the medication should be used with caution.

Zhang Xichun said: "However, in Wang's book, it is not stated how the pulse is like. If the pulse is weak and weak, it can be seen with its prescription. If the pulse is solid and powerful, the human brain will suffer from congestion and the warmth of astragalus and its tonic, in order to help its blood to go up, it will be dangerous and immediate. This must not be careless.

Those who use high-dose drugs in modern times must mention Li Ke. In "Li Ke's Experience in Acute,



Critical and Difficult and Difficult Diseases of Old Chinese Medicine", the amount of astragalus used for many times reached 240 g, such as "This is Qi deficiency and fever, and the true yang gradually recovers. The atmosphere is not full. The original prescription adds 240 g of Astragalus, 3 doses. Sixth diagnosis: Displeased heat goes away and feels chest tightness. The lungs are delicate organs, and the nourishment is too much, and the hyperactivity is harmful. ... Add 60 g of Astragalus to replenish qi and transport blood, and the rest of the medicine remains unchanged." Li Ke believes that Astragalus is "peaceful in medicinal properties, and it is difficult to perform well if it is not exceptionally reused." It can be seen from the above medication that although its dosage is large, it has its own measure. Astragalus 240 g is prescribed only for 3 doses. When you see chest tightness, you will know that it is too much tonic, and the amount will be reduced immediately, and the amount will be reduced again in the prescription for a long time. It shows that there is a more important point when using large-dose drugs, that is, adding or subtracting the amount according to the symptoms. Therefore, drugs may have miraculous effects in large doses, but they need to be courageous and careful to use them freely.

In addition, it has also been reported to treat simple obesity and deficient sores with Astragalus up to 250 g. There are also different opinions on the different dose-effects of Astragalus. Lan Xiongfei believes that when the amount of Astragalus is less than 15 g, blood pressure can be increased, and more than 35 g can be reduced. Zhong Hong believes that 5 to 10 g is required for the rising sun, while Yang Guoying believes that it needs more than 30 g. Lan Xiongfei and Zhong Hong believe that Astragalus less than 30 g can diuresis, and more than 30 g can inhibit diuresis. Lei Genping believes that when diabetic nephropathy occurs with proteinuria and edema of both lower extremities, astragalus dosage between 90 and 120 g can significantly reduce blood sugar, diuresis, swelling,

and protein. Zhang Zhiyuan believes that in the treatment of simple obesity, the dosage of Astragalus is about 150–250 g. If it is less than 60 g, the effect of replenishing qi, promoting water and removing fat is very poor. When Astragalus is used, adverse reactions may occasionally be seen. Lei Genping proposes 3 treatment methods: 1. Itchy skin. It can be cured with ebony, Fangfeng and Kochia scoparia; 2. Abdominal distension can be cured by adding tangerine peel; 3. Hiccups can sometimes be seen with high-dose astragalus, and can be resolved with inula, ocher, and persimmon pedicle

### 3 Conclusion:

In summary, the range of commonly used dosage, average dosage, most commonly used dosage and minimum dosage of Astragalus in the past dynasties did not fluctuate much, except that there was a significant decline from the Han and Tang to Song dynasties, while the maximum dosage fluctuated greatly, the highest in the Qing Dynasty. Up to 298.4 g. Throughout the changes in the dosage of Astragalus in various periods, it is used more frequently and in a larger dosage for the treatment of musculo-surface and limb diseases. It is also used for the treatment of stroke sequelae with hemiplegia and paralysis due to deficiency syndrome, while the treatment of other diseases is based on The amount of primary and secondary relationships such as etiology, disease nature, etc., may vary depending on the symptoms.

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# 历代黄芪临床用量分析

◎张林 林轶群 傅延龄

**摘要：**目的 总结黄芪从两汉至今的临床用量特点。方法 采用Excel 2007建立历代黄芪剂量数据库，选取各朝代最具代表的医学著作，录入含有黄芪方剂的方名、总药量、黄芪药量、整方药味数、加水量、服法等。统计黄芪出现的频次、最常用量、常用量上限、常用量下限、最大用量、最小用量、平均用量，并结合文献分析历代黄芪用量特点。结果 黄芪历代用量规律除最大用量波动较大(清代达峰值，日服量约为298.4g)外，其余量大致规律为汉唐至宋明显下降后基本保持稳定。结论 黄芪用于肌表肢体病证及中风后遗症偏瘫痿痹属虚证者一般用量较大，用于其余病证时则根据病症不同，用量或大或小，随症变化。

**关键词：**黄芪；临床用量；文献研究

黄芪为豆科植物蒙古黄芪或膜荚黄芪的干燥根。春、秋二季采挖，除去须根和根头。从现有文献看，黄芪最早的药用记载出现在《神农本草经》(以下简称《本经》)。《本经》列黄芪为上品，书中记载：“黄耆，味甘，微温。主痈疽久败创，排脓止痛，大风癰疾，五痔，鼠瘻，补虚，小儿百病。一名戴糝。生山谷。”《中华人民共和国药典》(2010版，以下简称《药典》)关于黄芪功能主治的记述为：“补气升阳，固表止汗，利水消肿，生津养血，行滞通痹，托毒排脓，敛疮生肌。用于气虚乏力，食少便溏，中气下陷，久泻脱肛，便血崩漏，表虚自汗，气虚水肿，内热消渴，血虚萎黄，半身不遂，痹痛麻木，痈疽难溃，久溃不敛。”中医临床应用上有生黄芪与炙黄芪的区别。生黄芪偏于走表而利水，长于固表止汗、利水消肿、行滞通痹、托毒排脓、敛疮生肌。炙黄芪为用蜂蜜拌炒过后的黄芪，其益气补中之力变强，走表及利水的功能减弱，长于温补脾胃、补气升阳。由于生、炙黄芪作用有异，所以在用量时宜有所区别。《药典》给出的黄芪的常用量范围为9~30g。

以下结合相关文献详细，分析历代黄芪临床用量规律。

## 1.资料与方法

### 1.1 资料来源

本研究以汉代至今，历代最具代表性、影响较大的医学著作和数据资料为研究对象，具体书目及数据来源如下：汉代张仲景《伤寒杂病论》；唐代王焘《外台秘要》；宋代许叔微《普济本事方》、庞安时《伤寒总病论》及宋政府颁布的《太平惠民和剂局方》；金元时期刘完素《宣明论方》、张子和《儒门事亲》、李东垣《内外伤辨惑论》；明代张景岳《景岳全书》、汪机《石山医案》、吴又可《瘟疫论》；清代程钟龄《医学心悟》、傅青主《傅青主女科》、叶天士《叶天士医案大全》；近代(清末至1949年)张锡纯《医学衷中参西录》、招萼华《曹颖甫医案》、冉雪峰《冉雪峰医案》；当代陈瑞春《陈瑞春论伤寒》、邓铁涛《邓铁涛临床经验辑要》、陈明等《刘渡舟验案精选》以及来源于全国不同区域8个省市(自治区)的11家中医院的门诊内服汤剂处方及名医访谈的相关数据。

### 1.2 方剂纳入及排除标准

纳入含有黄芪的内服汤剂;排除药味组成不明确和没有剂量记载的内服汤剂处方,丸、散、膏、丹、外用煎方及儿科用方。

1.3 研究方法

采用 Excel 2007 软件录入数据,将含有黄芪方剂的方名、总药量、黄芪药量、整方药味数、加水量、服法等逐一录入,建立历代黄芪剂量数据库。统计黄芪出现的频次、最常用量、常用量上限、常用量下限、最大用量、最小用量、平均用量。采用 [ ~ ] 的区间值表示常用剂量范围。

折算标准:录入剂量值时一律按历代度量衡换算表换算成“g”的数值,以便于后期数据分析,具体换算方法如下:汉代1斤=16两=220g,即1两=13.8g;唐代1斤=16两=220g,即1两=13.8g;宋代金元时期药材剂量多以钱为单位,1斤=16两=640g,1两=10钱=40g;明代1斤=16两=596.8g,1两约为37.3g;清代1斤合今596.8g,1两=37.3g;近代1两=31.25g;当代1斤=500g,1两=50g。

2.结果

2.1 历代黄芪用量范围

由表 1 可以看出,黄芪历代常用量范围、平均用量、最常用量和最小用量变化波动并不大,唯从汉唐至宋代有较明显下降,其余各时期的变化均处于 10 g 上下的水平,而其最大用量则波动较大,最高于清代可达 298.4 g。

表 1 历代黄芪使用频次及用量统计表 (g)

朝代	频次	最常用量	常用量 上限	常用量 下限	最大 用量	最小 用量	平均 用量
汉代	6	41.4	41.4	20.7	69.0	13.8	36.4
隋唐	59	41.4	41.4	27.6	69.0	6.9	39.2
宋代	253	6.0	8.0	3.3	100	0.4	8.8
金元	163	12.0	14.4	5.4	40.0	0.1	12.3
明代	247	3.7	11.1	3.7	37.3	1.1	9.1
清代	397	3.7	19.6	3.7	298.4	1.5	17.3
近代	269	9.4	9.3	18.7	125.0	4.5	18.6
现代	684	15.0	30.0	15.0	250.0	2.4	24.0

2.2 汉唐时期黄芪用量特点

由表1可以看出,汉唐的黄芪用量范围相似,用量范围较窄,但平均用量及常用量为历史最大值。张仲景《伤寒论》方剂中未用黄芪,仅《金匱要略》中载防己黄芪汤、乌头汤、黄芪桂枝五物汤、防己茯苓汤、黄芪芍药桂枝苦酒汤、桂枝加黄芪汤。此6方中黄芪最常用日服量为3两,合今约41.4g,分3次服,单次服量约为13.8g。最大用量为黄芪芍药桂枝苦酒汤,其中黄芪5两,合今约69g,分3次服,单次服量为 23 g。由于黄芪最早炮制方法为南朝宋时的蒸制,蜜炙法是在宋代才产生的,故张仲景所用黄芪应均为生黄芪,其方所治也多为体表病证。如防己黄芪汤治风湿、风水,黄芪桂枝五物汤治血痹,防己茯苓汤治皮水,黄芪芍药桂枝苦酒汤和桂枝加黄芪汤治黄汗。对此《本草思辨录》认为,“黄芪宣营卫之壅蔽,疏表而亦补表”。可见汉代用较大剂量生黄芪,主取其行滞通痹、固表止汗之效,其作用部位主要在卫表肌腠。

唐代王焘《外台秘要方》中黄芪的最大剂量为5两,合今约69g,共有5首方剂。其中3首源自张仲景之方,剩余2方重用黄芪,一以益气排脓,一以益气生血。其中千金蜀漆汤为治疗产后虚热,黄芪5两用量虽大,亦是与生地黄1斤、芍药2两等大量滋阴养血药合用,故用之亦无妨碍。

2.3 宋代黄芪用量特点

由表1可以看出,此期由于宋代煮散的盛行及多方面原因,整体用量偏小,但在同时期亦有用量颇大的医家。如宋代庞安时《伤寒总病论》黄耆汤中黄芪2两半,合今约100g。黄芪汤出自《伤寒总病论·卷第三·湿证》,曰:“湿家之为病,一身疼,发热,身如熏黄,仍治风湿,脉浮身重,汗出恶风,宜黄耆汤。黄耆二两半,防己二两,甘草一两,白术、生姜各一两半,枣十六个。咬咀,水四升,煎至二升,去滓,温饮一盞,食久再服。”

此方亦源自张仲景防己黄芪汤,其主治源自《金匱要略》“湿家之为病,一身尽疼,发热,身色如熏黄也”及“风湿,脉浮,身重,汗出,恶风者,防己黄芪汤主之”。其用量为防己黄芪汤原剂量等比

例翻倍。

## 2.4 金元至明代时期黄芪用量特点

根据表1可以看出，金元时期和明代黄芪的用量偏低，最大用量及最小用量均为低值，用量都保持在一个相对较低的用量范围，最大量仅为40g左右。其中黄芪最大用量出自李东垣《兰室秘藏·卷下·杂病门》当归补血汤，方中黄芪用1两，合今约40g，因只作1服，故日服量与每次服量均为40g。“当归补血汤：治妇人肌热，燥热，目赤面红，烦渴引饮，昼夜不息，其脉洪大而虚，重按全无。黄芪一两，当归身二钱，酒制。上咀，都作一服，水两盏，煎至一盏，去渣，稍热，空心服。”从方名可知其为补血所设，后人亦将此方解作妇人血虚发热之方。而黄芪5倍于当归之量，补气以生血，甘温以除热。

明代黄芪的最大用量为1两，合今约37.3g，共有4处，分别见于《先醒斋医学广笔记》中治疟之方及托里败毒散、溃后服药之方和《医验大成》中治卒然晕倒之方。其中《先醒斋医学广笔记》治疟之方及《医验大成》治卒然晕倒之方均以黄芪与人参相伍，使顽疾速瘥。如《先醒斋医学广笔记》中记载：“顾伯钦患疟，……用清脾饮。二十余剂而疟不止，体羸弱。仲淳至，笑曰：此虚甚，非参不可，吾徒不谬也。投以大剂参、芪，一剂而瘥。人参一两，黄芪蜜炙一两，知母蜜炙五钱，陈皮二钱，干葛二钱，甘草八分，石膏五钱。”托里败毒散及溃后服药见于《先醒斋医学广笔记》肿毒篇中，用黄芪取其“主痈疽久败创，排脓止痛”之效。

## 2.5 清代黄芪用量特点

由表1可以看到，清代黄芪的最大量达到了历史最高峰。清代黄芪最大用量为8两，合今约298.4g，分别见于陈士铎《石室秘录》治两足痛、腰以下痛之方和治鹤膝风之方，以及王清任《医林改错》黄芪桃红汤中。《石室秘录》中对此有解释，曰“此方妙在用黄芪以补气，盖两足之所以能动而举步者，气以行之也。今鹤之病则人之气虚不能周到，行步自然艰难，今用黄芪半斤，则气旺极矣。……邪气去则正气自固，此功之所以速成也。若以为人不能受，畏而不

用，则反害之矣”。视其所论，似参《素问·五脏生成》“足受血而能步”之说。气生则血生，气行则血行，黄芪补宗气以贯心脉助血运，起补气养血、行滞通痹之功。

陈士铎方中药量偏大，这源于他对“七方”（即大小缓急奇偶复）的独特理解。他认为，“大方者，非论多寡，论强大耳。方中味重者为大，味厚者为大，味补者为大，味攻者为大，岂用药之多为大乎。虽大方之中亦有用多者，而终不可谓多者即是大方也，……大方之义，在用意之大，不尽在用药之多也”。因其对“大方”的理解，故而在组方用药时多用量较大。黄芪桃红汤用于治疗产后抽风，王清任认为抽风一症总由气虚不固、不升、不归所致，故重用黄芪补气固摄升阳。既是产后，则必有失血脱气之机，故黄芪与之正对。若为温病大热伤阴之抽风，则不宜用大剂量黄芪，恐其甘温助热，反更伤阴。

## 2.6 近现代黄芪用量特点

从表1可以看出，近、现代黄芪的用量延续着清代时期的特点，常用量及平均用量虽不及汉唐，但最大量较大，且常用量及平均用量在这段历史时期有逐渐上升的趋势。《邓铁涛临床经验辑要》治偏瘫截瘫方中使用黄芪达240g。言此方为补阳还五汤加味，则其重用黄芪之意当从王清任所言：“元气归并左右，病半身不遂，有归并上下之症乎？余曰，元气亏五成，下剩五成，周流一身，必见气亏诸态。若忽然归并于上半身，不能行于下，则病两腿瘫痪。”故重用黄芪以补气，气足则两腿得荣而能行。但如此重用黄芪，应详审病因，平脉辨证，谨慎用药。如张锡纯言：“然王氏书中，未言脉象何如。若遇脉之虚而无力者，用其方原可见。若其脉象实而有力，其人脑中多患充血，而复用黄芪之温而升补者，以助其血愈上行，必至凶危立见，此固不可不慎也。”现代使用大剂量药物者，必当提及李可，其于《李可老中医急危重症疑难病经验专辑》中多次黄芪用量达240g，如“此属气虚发热，真阳渐复，大气不充。原方加生黄芪240g，3剂。六诊：烦热退净，颇觉胸闷。肺为娇脏，升补太过，亢则为害，生芪减为120g，



余药不变，……加生黄芪60g，以益气运血，余药不变”。李可认为黄芪“药性和平，又非破格重用难以奏功”。从上文用药可以看出，其用量虽大，但自有分寸。黄芪240g只开3剂，一见胸闷即知升补太过，立减其量，而在长时间服用的方子中又再减其量。足见在使用大剂量药物时还有更重要的一点，那就是据症加减其量。所以，药物在大剂量时或有奇效，但需要有胆识、有细心者方能运用自如。

此外，亦有报道治疗单纯性肥胖及虚性疮疡黄芪用至250g者。而关于黄芪不同量效作用，亦有不同观点。兰雄飞认为，黄芪用量小于15g时可升压，大于35g可降压。钟洪认为升阳举陷需5~10g，而杨国瑛则认为需大于30g。兰雄飞及钟洪认为，30g以下黄芪可利尿，大于30g则抑制利尿。雷根平则认为，在糖尿病肾病出现蛋白尿、双下肢水肿时，黄芪用量在90~120g之间有明显降糖、利尿、消肿、消蛋白的作用。张志远认为，在治疗单纯性肥胖时，黄芪用量在150~250g左右为宜，若少于60g则益气利水消脂作用

甚差。黄芪在使用时偶可见不良反应，雷根平提出了3点治疗方法：1、皮肤瘙痒。用乌梅、防风、地肤子可治；2、腹胀，加用陈皮可治；3、用大剂量黄芪偶可见呃逆发作，用旋覆花、赭石、柿蒂可解。

### 3 结语

综上所述，黄芪历代常用量范围、平均用量、最常用量和最小用量变化波动并不大，唯从汉唐至宋代有较明显下降，而其最大用量则波动较大，最高于清代可达298.4g。纵观各个时期黄芪用量变化，其在用治肌表肢体病证时多生用且用量较大，用于中风后遗症偏瘫痿痹属虚证时用量亦较大，而治疗其他病证时则根据病因、病性等主次关系用量或大或小，随症变化。

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参考文献略

（上接第44页）“脾足太阴之脉，上膈，挟咽，连舌本，散舌下。”“肾足少阴之脉……其直者，从肾上贯肝膈，入肺中循喉咙，挟舌本。”可见，通过针刺与舌相关的穴位，可以调节脏腑，疏通诸经气血，有利于语言功能的恢复。

我校靳瑞教授所创的“靳三针”之舌三针临床疗效显著，其舌Ⅰ针为上廉泉，又名舌本，为任脉脉气所发，该穴的深部正当舌体根部，与舌体的运动有密切关系。舌Ⅱ针和舌Ⅲ针分别称为左、右旁廉泉。《医经理解》记载：“廉泉，舌根下之左右两廉出泉脉也，又曰足少阴舌下各一，则廉泉非一穴也。”即《素问·刺疟篇》所述的“舌下两脉者，廉泉穴也”。故以上廉泉穴为主，加之左右旁廉泉组成了“舌三针”。针刺舌三针，不但加强了舌体根部刺激，而且有取合谷刺的含义，正如《灵枢·官针》篇曰：“合谷刺，左右鸡足，针于分肉之间，以取肌痹，脾之应也。”舌体根部是心包经、脾经、任脉经

所过之处，多气多血，取舌三针行合谷刺，加强了针刺的强度，促使语言功能恢复。从解剖位置分析，舌三针位于甲状软骨与舌骨之间，深部有舌下神经的分支和下颌舌骨肌神经等分布，通过刺激舌体根部的末梢神经反射性地增强了中枢神经系统的兴奋性。反复刺激改变反应阈值，增加神经纤维的激活数量，形成反射，从而对语言中枢受损变性的细胞进行调节，使周围未受损变性的大脑皮层功能进行弥补代偿，重建语言活动的神经通路，使患者言语功能得以恢复。

本临床研究结果表明，舌三针疗法操作简便，患者顺应性好，语言功能恢复较快，疗效确切，不失为一种值得推广的治疗方法。

（本文原载于2009年7月刊《针灸临床杂志》，作者单位：广州市第一人民医院，广州中医药大学第一附属医院）

参考文献（略）



# Thirty Patients with Apoplexy and Aphasia Treated with Tongue Three Needles

©Li Xiangli Cai Jingzhou Jiang Ganghui

**Abstract:** Objective: To observe the clinical effect of tongue three needle on stroke aphasia. Methods: Sixty patients were randomly divided into a tongue three needle acupuncture treatment group and a traditional therapy control group. The treatment group was treated with tongue three needles (Shang Lianquan, Left and Right Side Lianquan) at acupoints in the treatment group; the control group was treated with traditional stroke treatment Acupuncture points for aphasia (Yumen, Lianquan, Tongli). After the end of the two courses of treatment, the clinical efficacy was statistically analyzed. Results: The total effective rate of the tongue three needle treatment group was 86.67%, and that of the control group was 73.33%, which was statistically significant ( $P<0.05$ ). Conclusion: Tongue three needle is effective in treating apoplexy with aphasia. It is easy to operate and easy to promote.

**Keywords:** Aphasia; Stroke; Acupuncture and Moxibustion; Tongue Three Needles

Aphasia is one of the common sequelae of stroke patients. Epidemiological investigations show that at least one third of stroke patients are accompanied by speech dysfunction of varying degrees. Acupuncture has accumulated a lot of experience in the treatment of this disease, but there are also ambiguities in diagnosis and unclear mechanisms. "Jin Sanzhen" is a new type of acupuncture therapy. Its acupuncture and moxibustion prescriptions are mostly three-needle. The curative effect is very good. It is welcomed by the majority of patients and is praised as the "New School of Lingnan Needle Change" by the acupuncture circle. Tongue Three Needle is mainly used for diseases related to swallowing dysfunction, but also for diseases related to speech dysfunction. In this study, Beijing Medical University "Chinese Aphasia Test (ABC)" was used to objectively evaluate the treatment of patients with aphasia and aphasia with three-tongue acupuncture. The curative effect is good. The report is as

follows.

## 1 Clinical data

1.1 "Research objects" 60 patients were all inpatients of the Department of Traditional Chinese Medicine, Guangzhou First People's Hospital. They were divided into Tongue Three Needle treatment group and traditional therapy control group according to the order of treatment and randomized natural numbers. The two groups of patients were statistically processed in terms of gender, age, and course of disease, and the differences were not significant ( $P>0.05$ ), and they were comparable. See Table 1.

Table 1 Comparison of general conditions of two groups of stroke aphasia patients

Tongue Three Needle Group	Cases	Male
Female	Course of disease	Ages
		Cerebral infarction

## Cerebral hemorrhage

表1 两组中风失语症患者一般情况比较

组别	例数	性别		病程 ( $\bar{x} \pm s$ , 天)	年龄 ( $\bar{x} \pm s$ , 岁)	脑血管病种类(例)	
		男	女			脑梗塞	脑出血
治疗组	30	18	12	41.6 $\pm$ 6.53	61.5 $\pm$ 5.2	23	7
对照组	30	20	10	39.6 $\pm$ 6.42	59.2 $\pm$ 6.5	21	9

## Control Group

## 1.2 Case selection

(1) Diagnostic criteria: The cases are in compliance with the "Key Points for Diagnosis of Various Cerebrovascular Diseases" revised by the Fourth National Cerebrovascular Disease Academic Conference of the Chinese Medical Association in 1995 and Beijing Medical University "Chinese Aphasia Complete Test (ABC)" regarding aphasia The diagnosis.

(2) Inclusion criteria: ①Comply with "Key Points for Diagnosis of Cerebrovascular Diseases" and "Chinese Aphasia Test (ABC)" for the diagnosis of aphasia; ②Agree to receive Tongue Three Needle treatment; ③Normal mind, able to cooperate with language function score Scale check; ④Age over 18 years old and under 70 years old; ⑤The first onset, the course of the disease is within half a year.

(3) Exclusion criteria: ①Patients with consciousness impairment; ②Patients with severe hearing and vision impairment; ③Patients with cognitive and intellectual impairments, such as dementia, which hinder the assessment of language function; ④Patients with depression or mental illness; ⑤Combined with severe medical diseases By.

## 2 treatment method

## 2.1 Tongue three needle treatment group

(1) prescription: Tongue three needle: The first needle is Shanglianquan, in the depression between the hyoid bone and the mandibular edge in the middle of the jaw; the second needle and the third needle are

respectively in Shanglian Open 0.8 inches beside the spring. Points matching: upper limb hemiplegia with Jiquan, Chize, Neiguan, lower limb hemiplegia with Zhong, Zusanli, Sanyinjiao. (2) Needle: In this study, a disposable stainless steel needle with a diameter of 0.35 mm and a length of 25 mm to 40 mm was selected. The length of the needle is determined by the weight of the patient. (3) Operation: When acupuncture the tongue with three needles, the patient takes the supine position, uniformly chooses 40 mm long needles, 75% alcohol for routine local disinfection, one-handed rapid needle insertion, and the needle tip is 45° -60° obliquely towards the tongue base. Into 25 ~ 35 mm, on the basis of getting qi, use the lifting and twisting technique for 20 s to make the patient's tongue feel sore, numb, swollen, painful and sound. The needle is retained for 30 minutes and twisted once every 10 minutes. Twirl for 20 s each time, flattening and reducing techniques, after the needle is out, encourage the patient to speak as loudly as possible. When acupuncture points on the limbs, use straight needles with a needle depth of 25-35 mm. The needle is lifted and twisted. The needle is retained for 30 minutes, and twisted once every 10 minutes. The treatment was continued for 5 days a week with 2 days of rest, and every two weeks was a course of treatment.

## 2.2 "Traditional Therapy Control Group"

(1) Prescription: Refer to the relevant treatment methods in the textbook "Acupuncture and Moxibustion" in the TCM planning textbook for general higher education, and choose Yamen, Lianquan, and Tongli. Dumb door: 0.5 cun above the median of the posterior hairline, below the first cervical vertebra; Lianquan: anterior median line, above the Adam's apple, the depression of the upper edge of the hyoid bone; Tongli: the radial side of the tendon of the flexor carpi ulnaris, above the transverse stripes of the wrist 1 inch. The points are the same as the treatment group. (2) Three needles with the same tongue. (3) Operation: When acupuncture

the dumb door, the patient takes a sitting position, makes the head slightly forward, relaxes the nape muscles, and slowly pierces 13–25 mm in the direction of the mandible; acupuncture Lianquan, and the needle tip penetrates into the base of the mouthpiece 25 ~ 35 mm; acupuncture through the inside, straight puncture 8 ~ 13 mm. After acupuncture at the above 3 points to obtain qi, the lifting and inserting twisting technique was applied for 20 s, and the acupoint matching technique was the same as that of the treatment group. The treatment was continued for 5 days a week with 2 days of rest, and every 2 weeks was a course of treatment. Both groups of patients received conventional stroke medication at the same time, that is, intravenous infusion of citicoline and ligustrazine were given, and antihypertensive, hypoglycemic drugs or other symptomatic treatments were given at the same time.

### 3 Observation of the result

3.1 Observation indicators Before treatment and after two courses of treatment, all patients were scored according to the scale developed by Beijing Medical University "Chinese Aphasia Test Set", and recorded 6 items of spontaneous conversation, comprehension, retelling, naming, reading, and writing The score of language function.

3.2 The efficacy evaluation standard evaluates the above 6 language functions of patients, and evaluates the efficacy according to the improvement of the overall language function before and after treatment according to the following standards: improvement rate = (score after treatment–score before treatment) / (normal score–score before treatment) × 100%. Significantly effective: improvement rate ≥ 50%; effective: 30% ≤ improvement rate <50%; progress: 10% ≤ improvement rate <30%; invalid: improvement rate <10%.

3.3 "Statistical analysis method" t test is used for measurement data, and x2 test is used for count data.

### 3.4 Treatment results and analysis

3.4.1 "Comparison of the language function scores of the two groups of stroke aphasia patients" is shown in Table 2.

表2 两组中风失语症患者语言功能评分比较 ( $\bar{x} \pm s$ )

项目	治疗组		对照组	
	治疗前	治疗后	治疗前	治疗后
自发谈话流畅性	10.08±1.89	25.15±2.88 <sup>△</sup>	9.82±2.72	21.31±3.12 <sup>*</sup>
自发谈话信息量	6.72±1.26	9.41±2.43 <sup>△</sup>	6.48±2.34	9.23±3.36 <sup>*</sup>
理解	174.75±10.96	187.50±9.35 <sup>*</sup>	171.53±10.50	175.18±11.83 <sup>*</sup>
复述	28.63±3.01	75.50±6.57 <sup>△</sup>	29.12±2.62	64.71±6.98 <sup>*</sup>
命名	17.66±2.86	43.10±4.71 <sup>△</sup>	18.12±2.77	36.29±4.07 <sup>*</sup>
阅读	23.17±2.58	40.36±2.71 <sup>△</sup>	22.56±2.69	35.51±3.07 <sup>*</sup>
书写	9.72±1.28	22.87±1.71 <sup>△</sup>	10.11±1.77	17.19±2.07 <sup>*</sup>

注:与治疗前比较, \* $P<0.01$ ;与对照组比较,  $\Delta P<0.05$ .

The results in Table 2 show that before treatment, the treatment group and the control group have no significant differences in the scores of spontaneous conversation, understanding, retelling, naming, reading, and writing ( $P>0.05$ ), indicating that the two groups are comparable; after treatment There was no significant improvement in the comprehension scores of the two groups of patients ( $P>0.05$ ), and the scores of spontaneous conversation, retelling, naming, reading, and writing were significantly improved ( $P<0.05$ ).

3.4.2 "Comparison of the total curative effect of the two groups of stroke aphasia patients" see Table 3. The results in Table 3 show that the two groups of stroke aphasia patients have significantly improved the degree of aphasia. Compared with the control group, the treatment group has a significant difference in efficacy ( $P<0.05$ ), suggesting that the treatment group is significantly better than the control group.

表3 两组中风失语症患者总疗效比较 (例)

组别	例数	显效	有效	进步	无效	总有效率(%)
治疗组	30	5	14	7	4	86.67 <sup>*</sup>
对照组	30	2	7	13	8	73.33

注:与对照组比较, \* $P<0.05$ .

## 4 Discussion

Traditional Chinese medicine believes that the etiology and pathogenesis of aphasia in stroke is that wind, fire, phlegm, and blood stasis block the heart and kidney meridians, disturb the mind, block the tongue orifices, cause the tongue to become strong and silent, the disease is in the heart and brain, involving the spleen and kidney, etc. Viscera. The tongue is directly or indirectly connected with the five internal organs and six organs through the circulation of meridians, meridians, and meridians. For example, "Lingshu · Meridian" says: "The difference between hand and Shaoyang,... The origin, belonging to the head", "the pulse of the spleen, feet, and Taiyin, the upper diaphragm, pinching the pharynx, connecting the tongue, and dispersing the tongue", "the pulse of the kidneys, feet and shaoyin... ..the straight one, from the kidney to the liver and diaphragm, into the lungs In the throat, hold the tongue." It can be seen that acupuncture at the acupoints related to the tongue can regulate the viscera, dredge the qi and blood of the meridians, and help the recovery of language function.

The tongue three needles of "Jin Sanzhen" created by Professor Jin Rui of our school have significant clinical effects. The tongue I needle is Shanglianquan, also known as the tongue base, which is issued by the Renmai pulse. The deep part of the point is the tongue. The root is closely related to the movement of the tongue. Tongue II needle and tongue III needle are called left and right side Lianquan respectively. "Medicine Classics Understanding" records: "Lianquan, the left and right under the root of the tongue, the two Lian out of the spring pulse, also said that there is one under the tongue of Foot Shaoyin, then Lianquan is not a point." Said "Lianquan acupoint is also for those with two veins under the tongue". Therefore, the above Lianquan points are the main points, and the left and right sides of Lianquan form the "three tongues"

Acupuncturing the tongue with three needles not only strengthens the stimulation of the root of the tongue, but also has the meaning of taking Hegu stimulation. Just as the "Lingshu · Official Needle" article says: "Hegu stimulation, the left and right thumb and index finger, the needle between the divided flesh, Taking muscle numbness, the spleen responds." The root of the tongue is the place where the pericardium, spleen, and Renmai meridians pass. There is a lot of energy and blood. The three needles of the tongue are used for Hegu puncture, which strengthens the intensity of acupuncture and promotes language Function recovery.

From the anatomical position analysis, the tongue three needles are located between the thyroid cartilage and the hyoid bone. There are branches of the hypoglossal nerve and the mandibular hyoid muscle nerves in the deep. It reflexively enhances the excitement of the central nervous system by stimulating the peripheral nerves at the root of the tongue. . Repeated stimulation changes the response threshold, increases the activation number of nerve fibers, and forms reflexes, thereby regulating the damaged and degenerated cells of the language center, so that the surrounding undamaged and degenerated cerebral cortex function can compensate and rebuild the neural pathway of language activity. The patient's speech function can be restored.

The results of this clinical study show that the three-acupuncture tongue therapy is easy to operate, patients have good compliance, and language function recovers quickly. The positive result is a treatment method worth promoting.

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# 舌三针治疗中风失语症30例

◎李湘力 蔡敬宙 江钢辉

**摘要：**目的：观察舌三针对中风失语症的临床疗效。方法：将60例患者随机分成舌三针治疗组和传统疗法对照组，治疗组穴位取“靳三针”之舌三针（上廉泉、左右旁廉泉）；对照组采用传统治疗中风失语症的穴位（哑门、廉泉、通里）。在2个疗程结束后分别统计分析临床疗效。结果：舌三针治疗组的总有效率为86.67%，对照组为73.33%，两组相比有统计学意义（ $P<0.05$ ）。结论：舌三针治疗中风失语症疗效较好，且操作简便，易于推广。

**关键词：**失语；中风；针灸疗法；舌三针

失语症是脑卒中患者的常见后遗症之一。流行病学调查显示，至少有1/3的脑卒中患者伴有不同程度的言语功能障碍，本病针刺治疗已积累不少经验，但也存在诊断模糊和机理不清之处。“靳三针”是一种新的针灸疗法，其针灸处方多为三针，疗效甚好，深受广大患者欢迎，被针灸界誉为“岭南针变新学派”。舌三针主要应用于吞咽功能障碍方面的疾病，而言语功能障碍方面疾病也应用较多。本研究采用北京医科大学“汉语失语成套检测（ABC）”对舌三针治疗中风失语症患者进行客观评价，疗效较好，现报道如下。

## 1 临床资料

**1.1 研究对象** 60例患者均为广州市第一人民医院中医科住院病人，按就诊顺序，用自然数的随机排列表法分为舌三针治疗组和传统疗法对照组。两组患者在性别、年龄、病程等方面经统计学处理，差异无显著性意义（ $P>0.05$ ），具有可比性，见表1。

表1 两组中风失语症患者一般情况比较

组别	例数	性别		病程 ( $\bar{x}\pm s$ , 天)	年龄 ( $\bar{x}\pm s$ , 岁)	脑血管病种类(例)	
		男	女			脑梗塞	脑出血
治疗组	30	18	12	41.6 $\pm$ 6.53	61.5 $\pm$ 5.2	23	7
对照组	30	20	10	39.6 $\pm$ 6.42	59.2 $\pm$ 6.5	21	9

## 1.2 病例选择

（1）诊断标准：病例均符合1995年中华医学会第四届全国脑血管病学术会议修订的《各类脑血管疾病诊断要点》及北京医科大学“汉语失语成套检测（ABC）”关于失语症的诊断。

（2）纳入标准：①符合《各类脑血管病诊断要点》以及“汉语失语成套检测（ABC）”关于失语症的诊断；②同意接受舌三针治疗；③神志正常，能够配合语言功能评分量表检查；④年龄在18岁以上，70岁以下；⑤第1次发病，病程在半年内。

（3）排除标准：①合并有意识障碍者；②严重的听力和视力障碍者；③有认知及智能障碍，如痴呆等妨碍语言功能评估者；④抑郁症或精神病者；⑤合并严重内科疾病者。

## 2 治疗方法

**2.1 舌三针治疗组** （1）处方：舌三针：第一针为上廉泉，在颌下正中一寸舌骨与下颌缘之间的凹陷中；第二针、第三针分别在上廉泉旁开0.8寸。配穴：上肢偏瘫配极泉、尺泽、内关，下肢偏瘫配委中、足三里、三阴交。（2）针具：本研究选用一次性不锈钢毫针，直径为0.35mm，长度为25~40mm，



针具长短的选择依据病人胖瘦决定。（3）操作：针刺舌三针时，患者取仰卧位，统一选用40mm长度的毫针，75%酒精常规局部消毒，单手快速进针，针尖向舌根方向呈45°~60°斜刺入25~35mm，在得气的基础上，行提插捻转手法20s，使患者舌根有酸麻胀痛感并发出声音者佳，留针30 min，每10min捻转1次，每次捻转20 s，平补平泻手法，出针后鼓励患者尽量大声说话。针刺肢体穴位时，采取直刺，针刺深度为25~35mm，提插捻转，以患者得气为度，留针30min，每10min捻转1次，平补平泻。每周连续治疗5天，休息2天，每两周为1个疗程。

2.2 传统疗法对照组 （1）处方：参照普通高等教育中医药规划教材《针灸学》中相关治疗方法，取哑门、廉泉、通里。哑门：后发际正中直上0.5寸，第一颈椎下；廉泉：前正中线上，喉结上方，舌骨上缘凹陷处；通里：尺侧腕屈肌腱桡侧缘，腕横纹上1寸。配穴同治疗组。（2）针具同舌三针组。（3）操作：针刺哑门时，患者取坐卧位，使头微前倾，项肌放松，向下颌方向缓慢刺入13~25mm；针刺廉泉，针尖向咽喉舌根部刺入25~35mm；针刺通里，直刺8~13 mm。以上3穴在进针得气后，行提插捻转手法20 s，平补平泻手法，配穴手法同治疗组。每周连续治疗5天，休息2天，每2周为1个疗程。两组患者均同时接受常规中风病的药物治疗，即给予静滴胞二磷胆碱和川芎嗪，同时给予降压、降糖药物或其他对症处理。

3 疗效观察

3.1 观察指标 所有患者在治疗前、治疗两个疗程后，均按照北京医科大学《汉语失语成套测验》制定的量表进行语言功能评分，记录自发谈话、理解、复述、命名、阅读、书写6项语言功能的得分。

3.2 疗效评定标准 评价患者上述6项语言功能，并依据治疗前后总体语言功能的改善情况按如下标准进行疗效评定：改善率=（治疗后得分-治疗前得分）/（正常得分-治疗前得分）×100%。显效：改善

率≥50%；有效：30%≤改善率<50%；进步：10%≤改善率<30%；无效：改善率<10%。

3.3 统计分析方法 计量资料采用t检验，计数资料采用检验。

3.4 治疗结果与分析

3.4.1 两组中风失语症患者语言功能评分比较 见表2。

表2 两组中风失语症患者语言功能评分比较 (x±s)				
项目	治疗组		对照组	
	治疗前	治疗后	治疗前	治疗后
自发谈话流畅性	10.08±1.89	25.15±2.88 <sup>△</sup>	9.82±2.72	21.31±3.12 <sup>△</sup>
自发谈话信息量	6.72±1.26	9.41±2.43 <sup>△</sup>	6.48±2.34	9.23±3.36 <sup>△</sup>
理解	174.75±10.96	187.50±9.35 <sup>△</sup>	171.53±10.50	175.18±11.83 <sup>△</sup>
复述	28.63±3.01	75.50±6.57 <sup>△</sup>	29.12±2.62	64.71±6.98 <sup>△</sup>
命名	17.66±2.86	43.10±4.71 <sup>△</sup>	18.12±2.77	36.29±4.07 <sup>△</sup>
阅读	23.17±2.58	40.36±2.71 <sup>△</sup>	22.56±2.69	35.51±3.07 <sup>△</sup>
书写	9.72±1.28	22.87±1.71 <sup>△</sup>	10.11±1.77	17.19±2.07 <sup>△</sup>

注：与治疗前比较，\*P<0.01；与对照组比较，△P<0.05。

表2结果表明，在治疗前治疗组与对照组比较，二者自发谈话、理解、复述、命名、阅读、书写能力评分差异无显著性（P>0.05），表明两组具有可比性；治疗后，两组患者理解能力评分无显著性提高（P>0.05），自发谈话、复述、命名、阅读、书写能力评分均有显著性提高（P<0.05）。

3.4.2 两组中风失语患者总疗效比较 见表3。表3结果表明，两组中风失语症患者失语程度均有明显改善，治疗组与对照组比较，疗效差异有显著性（P<0.05），提示治疗组疗效明显优于对照组。

表3 两组中风失语症患者总疗效比较 (例)					
组别	例数	显效	有效	进步	总有效率(%)
治疗组	30	5	14	7	86.67 <sup>*</sup>
对照组	30	2	7	13	73.33

注：与对照组比较，\*P<0.05。

4 讨论

中医学认为，中风失语症的病因病机系风、火、痰、瘀阻滞心肾经络，上扰神明，闭阻舌窍，致舌强不语，病位在心脑，涉及脾肾等脏腑。而舌通过经络、经别、经筋的循行，直接或间接的与五脏六腑相联系，如《灵枢·经脉》云：“手少阳之别，……循经入于心中，系舌本，属目。”（下转第38页）

## 编者按

Liye Zhao, MD (China), is the founder of the China Traditional Chinese Medicine Center in Calgary, Alberta, Canada. He has acupuncture and herbal product licenses from Alberta and Health Canada.

Dr. Zhao graduated from Beijing University of Traditional Chinese Medicine, Beijing Medical University, Hunan University of Traditional Chinese Medicine. He received rigorous training in Chinese and Western medicine. He has practiced medicine in Canada and China for more than 30 years. He has a wealth of treatments for diabetes, hypertension, hyperlipidemia, obesity and infertility. Academic and clinical experience of infertility.

Due to the background of integrated Chinese and Western medicine, Dr. Zhao can inject the essence of Chinese and Western medicine into the development of patented Chinese herbal medicine. There are more than a dozen Canadian NPN herbal certifications and production and research and development bases. Participated in the EEG topographic map, microcirculation tester and 912 fluid in the prevention and treatment of endotoxin acute DIC experimental research and won the first prize of scientific and technological achievements of the Beijing Administration of Traditional Chinese Medicine in 1992.

Since opening the first clinic in Calgary in 1998, Dr. Zhao has helped more than tens of thousands of patients to realize their aspirations for health and wellness. Use Chinese medicine methods to treat various difficult-to-treat diseases, such as chronic pain, hypertension/hyperglycemia, infertility, menopausal syndrome, etc.

Dr. Zhao is an active member of the Alberta Acupuncture Association and is responsible for various aspects of the provincial government's acupuncture legislation, examinations and licenses.

Dr. Zhao often explains comprehensive knowledge of Chinese medicine to professionals and patient groups, and promotes the use of Chinese medicine. This article introduces Dr. Zhao's experience in treating diabetic foot, one of the neuropathic pain series.

## One of the series of acupuncture treatment of neuropathic pain: diabetic foot

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Neuropathic pain is often described as a shooting or burning pain. It can go away on its own but is often chronic. Sometimes it is unrelenting and severe, and sometimes it comes and goes. It often is the result of nerve damage or a malfunctioning nervous system. The impact of nerve damage is a change in nerve function both at the site of the injury and areas around it.

One example of neuropathic pain is called phantom

limb syndrome. This rare condition occurs when an arm or a leg has been removed because of illness or injury, but the brain still gets pain messages from the nerves that originally carried impulses from the missing limb.

Neuropathic pain symptoms may include: Shooting and burning pain, Tingling and numbness. some common causes of neuropathic pain include:

Alcoholism/Amputation/Chemotherapy/Diabetes/

Facial nerve problems/HIV infection or AIDS/Multiple myeloma/Multiple sclerosis/Nerve or spinal cord compression from herniated discs or from arthritis in the spine/Shingles/Spine surgery/Syphilis/Thyroid problems

Neuropathic Pain Treatment: Anticonvulsant and antidepressant drugs are often the first line of treatment. Some neuropathic pain studies suggest the use of non-steroidal anti-inflammatory drugs (NSAIDs), such as Aleve or Motrin, may ease pain. Some people may require a stronger painkiller. Be sure to discuss the pros and cons of the medicine you take with your doctor.

If another condition, such as diabetes, is involved, better management of that disorder may alleviate the pain. Effective management of the condition can also help prevent further nerve damage.

In cases that are difficult to treat, a pain specialist may use an invasive or implantable device to effectively manage the pain. Electrical stimulation of the nerves involved in neuropathic pain may significantly control the pain symptoms. Acupuncture has a very significant effect on neuropathic pain. This article focuses on the acupuncture treatment of diabetic foot. The main symptoms of diabetic foot disease are lower limb pain and skin ulcers. In the early stage, the feet will feel itchy, cold, whitish or purple, tingling, numbness, dullness or loss of the extremities, walking like stepping on cotton, and sudden pain in the lower limbs when walking, and you must rest. It takes a while to continue walking; later, the skin of the feet often ulcerates and necrosis, and the wound does not heal for a long time. The necrosis can penetrate into the tendons, ligaments, and bones, and eventually the patient has to undergo amputation and cause disability.

Acupuncture treatment of diabetic foot, according to its clinical characteristics to take meridian and acupoints.

Such as intermittent claudication: usually occurs in the early stage of the disease, which is manifested as numbness, pain and cramps behind the buttocks, thighs,

and calves after walking for a certain distance, leading to claudication, and even squatting to rest in severe cases, after the symptoms have completely disappeared. Can continue walking. Traditional Chinese medicine syndrome differentiation is mostly qi stagnation, wind and cold elements block the meridians, local acupuncture is performed according to the meridian and acupoints where the pain is located or close to, and acupuncture stimulation is used to dredge the meridians according to the patient's physique. The main acupuncture points should be used on the Huantiao, Juliao and Zhibian. The best effect is that the local pain is immediately relieved when the patient receives the acupuncture and the ring jumps and the conduction to the lower limbs is carried out. In the details, accurate acupuncture points should be taken into consideration. The depth and angle of the stimulus, the amount and conduction of the stimulation, and the acupuncture point, the patient's symptoms are significantly relieved or even disappear completely. At the same time, the patients with thigh symptoms add Fengshi, Xi Yangguan or Chengfu, Yinmen and Weizhong. For calf symptoms, add Yanglingquan, Feiyang, Xuanzhong and other acupoints. The difference in effect is reflected in the difference in technique.


Resting pain: usually occurs in the middle of the disease, manifested as pain in the toe or the end of the toe in a quiet situation, and the pain is more obvious when lying down, especially at night, and it takes a few steps to relieve it. In traditional Chinese medicine, blood stasis is blocked in the blood vessels, phlegm and dampness is blocked in the meridians, and redness, swelling, heat and pain are in the joints. The treatment of this period requires the combination of acupuncture and medicine. While treating pain, it is necessary to improve the circulation of blood vessels, meridians and joints to eliminate stasis. The acupuncture points are selected on the basis of the adjacent meridians and acupoints. As a whole, it is necessary to consider lowering blood sugar, removing blood stasis

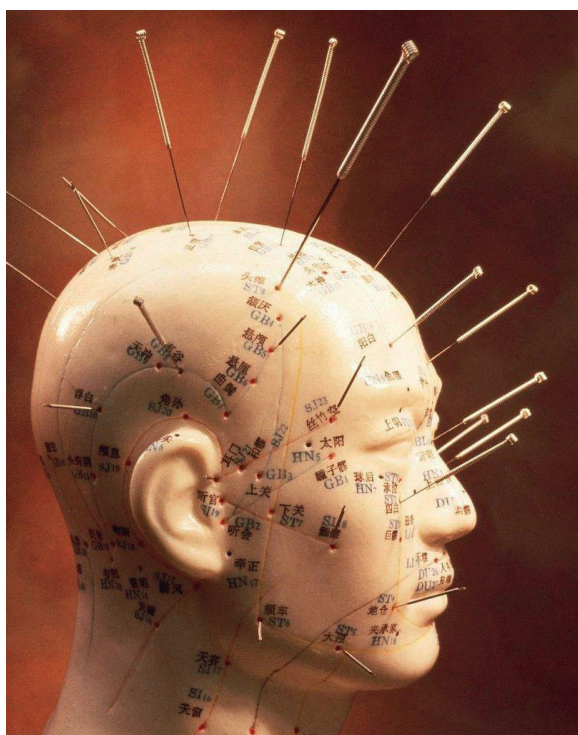
and swelling, and reducing weight and abdomen. Taking advantage of acupuncture and traditional Chinese medicine in overall treatment and treatment of the cause, within one week of treatment, the patient's blood sugar, swelling and pain, weight, and peripheral circulation of the limbs have been significantly improved, and long-term treatment can achieve control and cure of diabetic foot.

**Diabetic foot cases:** Diabetic patients have a long course of disease (>10 years), accompanied by albuminuria and/or reduced estimated glomerular filtration (eGFR), if there are no signs or symptoms of other primary causes of kidney injury, Diabetic kidney disease (DKD) can usually be diagnosed clinically.

Some symptoms do not appear until late in the disease, such as fatigue, anorexia, and limb edema. Signs include the discovery of hypertension, edema, and the resulting microvascular complications (diabetic retinopathy and neuropathy). In this case, how to use acupuncture treatment to improve kidney function, increase GFR, improve vision, and improve peripheral

circulation? Mr. A, 65 years old, due to uncontrolled blood sugar, over 10 for a long time, high blood pressure taking diuretics, resulting in poor kidney function, GFR is lower than 60 (normally greater than 60), and he has gout, diabetic feet, redness and pain, and decreased vision. Acupuncture and moxibustion: Regulate the movement of spleen and stomach to dissipate phlegm and dampness, relieve Tianshu, Yinling, invigorate Shangqiu, Gongsun gains spleen–yang, Taichong dredges the Qi machine, combined with local acupoints on the foot, has only been treated in the clinic for more than one year, and blood sugar control is very good Well, the HAlc index decreased, and the GFR improved significantly to 68. Gout disappeared, diabetic foot pain relieved within a week, and lower limb edema disappeared. The acupuncture treatment made him very satisfied!

**Conclusion:** There are approximately 10 million diabetic patients in the United States, and foot disease is the main reason for 20% of diabetic patients to be hospitalized, and lower extremity problems are the most common diseases that require surgery. About two-thirds of non-traumatic lower limb amputations occur in patients with diabetes. According to statistics, the amputation rate of lower limbs in diabetic patients is 40 times that of non-diabetic patients, and about 15% of diabetic patients will develop foot ulcers in their lifetime. In addition, diabetic foot ulcers can also complicate or induce other acute cardiovascular and cerebrovascular events, and even induce acute complications of diabetes, such as ketoacidosis, hypertonic coma, and systemic sepsis, which directly threaten the lives of patients. For the problem of diabetic foot, it must not be neglected. Introduction and promotion of acupuncture treatment of diabetic foot, which greatly reduces the incidence of diabetic foot and reduces government medical expenses, is a good thing for the people and the country. The author of the article hopes to attract the attention of relevant professionals and patients. 



## 编者按

赵立业医学博士，是中国中医药中心在加拿大阿尔伯塔省卡尔加里的创始人，并有阿尔伯塔省的针灸和加拿大卫生部草药产品许可证。赵医生毕业于北京中医药大学，北京医科大学，湖南中医药大学，接受过中西医的严格培训，在加拿大和中国行医30余年，拥有丰富的学术和临床经验。

由于拥有中西医结合的学术背景，赵医生能将中、西医的精华注入到中草药的专利开发。已经获得十几个加拿大NPN草药认证，并拥有生产和研发基地。曾参与过脑电地形图、微循环测试仪及912液防治内毒素急性DIC实验研究获得1992年北京中医管理局科技成果一等奖。

自从1998年在卡尔加里开第一个诊所以来，赵医生已经帮助超过数万名患者，实现患者健康和保健的愿望。用中医药方法，治疗各种难以治疗的疾病，如慢性疼痛、高血压、高血糖、不孕不育、更年期综合症等。

赵医生是阿尔伯塔省针灸协会的活跃成员，负责省政府针灸立法、考试和执照的多方面工作。赵医生经常在对专业人士和患者团体讲解全面的中医药知识，推广中医药的使用。本文章介绍赵博士治疗神经性疼痛系列之糖尿病足的经验。

# 针灸治疗神经性疼痛系列之糖尿病足

◎赵立业

神经性疼痛通常被描述为放射或烧灼性疼痛。它可以自行消失，多是慢性的。它的疼痛时常发作，来来往往，痛不欲生。多是神经损伤或神经系统功能障碍的结果。神经损伤表现在损伤部位及其周围区域神经功能的改变。

神经性疼痛的一个例子称为幻肢综合症。当由于疾病或受伤而将手臂或腿部切除后，就会发生这种罕见情况，但是大脑仍然会从最初从缺失肢体产生冲动的神经中获得疼痛信息。

神经性疼痛症状可能包括：穿击痛、灼痛、酸胀和麻木。神经性疼痛的一些常见原因包括：酗酒、截

肢、化学疗法、糖尿病、面神经问题、HIV感染或艾滋病、多发性骨髓瘤、多发性硬化症、椎间盘突出症或脊柱关节炎引起的神经或脊髓压迫、带状疱疹、脊柱外科、梅毒、甲状腺问题。

神经性疼痛的治疗，抗惊厥药和抗抑郁药通常是治疗的第一线。一些神经性疼痛研究表明，使用非甾体抗炎药（NSAID）（例如Aleve或Motrin）可以缓解疼痛。有些人可能需要更强的止痛药，请务必与您的医生讨论服用该药的利弊。

如果涉及另一种疾病，例如糖尿病，则对该疾病的更好的治疗可以减轻疼痛。有效地控制病情还有助



于防止进一步的神经损伤。

在难以治疗的情况下，疼痛专家可以使用侵入性或可植入设备来有效管理疼痛。参与神经性疼痛的神经的电刺激可显著控制疼痛症状。针灸治疗神经性疼痛有非常显著的疗效。

本文重点介绍糖尿病足的针灸治疗。糖尿病病的主要症状是下肢疼痛及皮肤溃疡。在早期，双脚会感觉皮肤瘙痒，怕冷，发白或发紫，肢端刺痛，麻木，感觉迟钝或丧失，走路像踩在棉花上一样，进而在行走时突然出现下肢疼痛，必须休息一会儿才能继续行走；后来，往往会足部皮肤溃烂、坏死，创口久久不愈，坏死可深入肌腱、韧带以及骨头，最终病人不得不接受截肢手术而导致残废。


针灸治疗糖尿病足，根据其临床特征性表现来进行取经络和穴位。比如，间歇性跛行通常发生在病变早期，具体表现为行走一段距离后，突然出现臀部、大腿、小腿肌肉麻木、疼痛，以至于痉挛或跛行，严重者甚至需要蹲下休息，等症状完全消失后才可继续行走。中医辨证多为气滞、风寒邪阻滞经络，根据疼痛所在或接近的经络和穴位进行局部针刺，根据患者的体质，用稍重或疏泄的手法行针刺刺激以疏通经络，臀部要取环跳穴为主穴。患者在接受针刺环跳穴时局部疼痛的立刻缓解，并有传至下肢体的传导感应。细节上要考虑到准确取穴，针刺的深度和角度，刺激的数量和传导，以及针刺入穴位后，患者的症状有明显的缓解甚至完全消失。同时，有大腿症状的加刺风市穴，膝阳关穴或承扶穴，殷门穴和委中穴。有小腿症状的加刺阳陵泉穴和飞扬穴、悬钟穴等穴位。另外，效果的差异还体现在手法上的差异。

休息疼痛通常发生在疾病的中间，表现为脚趾或脚趾末端处于安静状态时的疼痛，躺下时尤其是在晚上，疼痛更明显，需要采取一些步骤减轻它。在传统中医中，表现为血管的血瘀阻滞，经络的痰湿阻滞，关节发红、肿胀、热痛。这个时期的治疗需要针灸和药物的结合。在治疗疼痛的同时，有必要改善血管、经络和关节的循环以消除瘀滞。根据相邻的经络和穴位选择穴位。总之，有必要考虑降低血糖，消除血瘀

肿胀，减轻体重和腹部。充分利用针灸和中药对病因进行综合治疗，在治疗一周内，患者的血糖水平、肿痛、体重和四肢周围循环能得到明显改善，长期治疗可以控制和治愈糖尿病足。

糖尿病足案例：糖尿病患者病程长（>10年），伴白蛋白尿和/或估算肾小球滤过率（estimated glomerular filtration, eGFR）降低，如没有其他肾损伤原发病因的体征或症状，则通常可临床诊断糖尿病肾病（diabetic kidney disease, DKD）。一些症状直到疾病晚期才出现，例如乏力、厌食以及肢体水肿。体征包括高血压、水肿和微血管并发症（糖尿病视网膜病变和神经病变）。在这种情况下，如何用针灸治疗来改善肾功能，提高GFR，改善视力，并改善四周肢体循环呢？A先生，65岁，因血糖失控，长期在10以上，高血压服用利尿药导致肾功能损伤，GFR低于60（正常大于60），同时有痛风、糖尿病足、红肿疼痛、视力下降。针灸取穴：调理脾胃运化痰湿，泻天枢、阴陵，补商丘、公孙增益脾阳，太冲疏通气机，并结合足部局部穴位，来诊所治疗仅一年多，血糖控制非常好，HAlc指标下降，GFR明显改善到68。痛风消失，糖尿病足疼痛在一个星期内缓解，下肢水肿消失。针灸治疗让他非常满意！

结束语：在美国约有一千万个糖尿病患者，而足部疾病是百分之二十糖尿病患住院治疗的主要原因，且下肢毛病是最常见而需要手术的疾病。大约三分之二非创伤性下肢截肢发生在糖尿病患者身上。据数据统计，糖尿病患者下肢的截肢率是非糖尿病患者的40倍，约15%的糖尿病患者会在一生中发生足溃疡。另外，糖尿病足溃疡还可并发或诱发其他急性心脑血管事件，甚至诱发糖尿病急性并发症，如酮症酸中毒、高渗性昏迷、全身脓毒症等，直接威胁到患者的生命。对于糖尿病足的问题，绝不可忽略。介绍和推广针灸治疗糖尿病足，极大地降低糖尿病足的发病率和减少政府医疗费用，是一件利民利国的好事，希望能引起相关专业人士和患者的高度重视。

（作者为加拿大医学博士）

## Thoughtson the New Coronavirus Plague.

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After the outbreak of the COVID-19 plague, General Secretary Xi personally deployed and directed himself. At the Political Bureau meeting on the first day of the first month in Chinese Lunar Calendar (January 25), he decided to adopt the mode of cooperation between Traditional Chinese and western medicine to treat patients. Traditional Chinese Medicine personnel quickly entered the main battlefield and overcame many difficulties including the lack of reserves of herbal medicine, not being understood by patients and western doctors and etc. Traditional Chinese Medicine soon played a great role, achieved obvious good results. Not only in mobile cabin Hospital, which supposed to be full of panic and grief, the herbal fragrance is floating in air, the doctors and patients practice the Ba Duan Jin constantly, even the person who discredited TCM in the past has also been rescued by Traditional Chinese Medicine, defeating COVID-19 to regain his health.

China's cooperation between Traditional Chinese and western medicine rescue model got highly estimates form WHO expert, he sincerely said that if he unfortunately infected, also hope to come to China for treatment. I think he definitely does not envy the ventilator of ICU in China, but likes the atmosphere and medical effect of mobile cabin hospital.

TCM as “the first and required choice” has become an unprecedented reality

In the past, the treatment methods of Traditional Chinese Medicine are listed in the last as one of the

alternative treatment measures, only play the role of supplement or replacement. There never has a “Diagnosis and Treatment Guide” to put the Traditional Chinese Medicine to the prominent position as first choice and required treatment. But this situation changes in COVID-19's treatment. The participation rate and utilization rate of TCM, the ratio of patent Traditional Chinese medicine to herbal soup, have been directly brought into the investigation index. Even these indexes have the value of “one vote veto”. Where the TCM rescue rate is low, the work there will be considered as passive and become the target of public criticism. According to data released by the Hubei Provincial Health Commission on February 12, 2020, the participation rate of TCM was only 30%. This result immediately sparked an uproar, even though the most elite western medicine experts in China gathered there. The situation of eagerly looking forward to Traditional Chinese Medicine has never appeared in the past, but now it has all of a sudden become a life-saving fashion and the popularity of the Internet. Moreover, in a concentration of tens of thousands of patients, some experts who hope to practice scientific experiments of western medicine and import western medicine, even not be able to gather the certain number of people observed in groups. This is something they did not expect. It can be said that their expectations have been subverted and their time and space changed.

Facts have taught many western doctors who looked down on Traditional Chinese Medicine and thought that Traditional Chinese Medicine cannot solve any problems;

Cao Lirong, deputy chief physician of obstetrics and gynaecology who performs surgery in Wuhan No. 1 Hospital, treated herself successfully by syndrome differentiation knowledge of TCM. Doctor Zhan Tao, who works for the Department of Neurology of Changsha western medicine hospital, treated nearly 100 patients with Traditional Chinese Medicine. The appearance of these phenomena looks like sudden and accidental, but it does show a certain inevitable trend, and indicates western medicine doctors the necessity and great future value to learn Traditional Chinese Medicine.

### “ The Sinicization of Western Medicine “ and “ the Globalization of TCM” are coming

In the process of COVID-19, Traditional Chinese Medicine plays a greater role than the SARS period, which moved and educated a lot of western medicine doctors, also changed some people's understanding who once discredited the Traditional Chinese Medicine.

Cao Lirong, deputy director of obstetrics and gynaecology at Wuhan No. 1 Hospital, often performed surgery and was infected COVID-19 when treating patients. She applied TCM treatment to herself and cured very soon. This is different from the method adopted by western medical experts such as Li Wenliang, and the results are also different. Zhan Tao, a physician of Department of Neurology in the First Hospital of Changsha, after studying Traditional Chinese Medicine, treated 100 patients in the first line. He relied on TCM syndrome differentiation rather than a specific prescription.

The successful experience of these two “Western Medicine studying TCM” reveals the necessity and importance of Sinicization of western medicine.

At present, COVID-19 has spread all over the world. Through this epidemic situation, we can also see

the necessity of Traditional Chinese Medicine going to the world, that is, not only TCM acupuncture needs to go globe wide, but also TCM herbs and other treatment methods, as well as the whole Traditional Chinese Medicine system, should go to the world for the benefit of human being. Therefore, after the Sinicization of western medicine, a process of globalization of Traditional Chinese Medicine will also follow.

Traditional Chinese Medicine plays very important role in COVID-19's treatment. However, it is definitely not a top show of the Traditional Chinese Medicine. As Zhang Xiaotong and other Chinese medicine colleagues have said, Traditional Chinese Medicine is in a hurry to respond to the battlefield with shackles after decades of transformation and is ordered to fight in distress. It is only a little show of TCM.

There is no doubt that this time, TCM practitioners who have the opportunity to display their talents on the front line are basically the personnel within the system. A large number of folk TCM personnel with unique skills do not have the chance to play a role on the first line. Some of them feel frustrated and almost find no way to serve the country.

However, when the Traditional Chinese Medicine faced the outbreak of the epidemic, there was indeed a lot of chaos and there were different opinions at the same time. As to the causes of chaos, there are historical reasons, but more importantly, the unsuitable teaching materials are the main cause.

Under the background of coexistence of Traditional Chinese and western medicine, COVID-19 can be cold damage or warm disease, the difference between them is only the type of syndrome and the treatment choice of Xin Wen ( pungent warm ) and Xin Liang (pungent cold). Rather than the difference between three infectious diseases in western medicine, not the difference between pneumonia and meningitis, virus and bacteria. Despite of

various infectious diseases in western medicine, febrile disease, cold damage, warm disease and plague in TCM are all studied on the common pathogenesis, transmission characteristics, diagnosis and treatment.

The purpose of releasing exterior with pungent warm herbs is to remove heat, not to dissipate the coldness; the cold damage is a febrile disease, not a deficiency cold disease; Zhang Zhongjing only indicated applying sweating method and relieving the exterior, he never said that hot nature herbs must be used. In Zhang Zhongjing's time, there was no rule for pungent cold herbs to release the exterior, rather than that he opposed and did not adopt the pungent cold solution.

The name of disease in TCM is rooted in the theory of Traditional Chinese Medicine itself. Oracle bone inscriptions can name COVID-19 as plague, that is to say, it is epidemic; Nei Jing can name it as febrile disease, because this kind of disease is characterized by fever; Nan Jing, Zhang Zhongjing said it is cold damage, and Cao Zhi of the same era said that is plague; Nei Jing indicates applying sweating method within three days and purgation method three days later. Hua Tuo added one method as vomiting for four days later. Zhang Zhongjing recommended eight methods and 397 methods, which shows the treatment methods are more and more abundant.

However, Zhang Zhongjing was called the medical sage by later generations, and his prescription was respected as the Jing Fang (classical formula), which became a closed system. Since then, no matter how good the prescription is, they still cannot be involved in the six meridians syndrome differentiation system. As a last resort, the specialists of febrile disease in order to pass on their own experience, had to find another way to create another system: warm disease system.

But the textbook compilers lack of the knowledge of academic history research, and do not take into account the background of the coexistence of Traditional Chinese

and western medicine. They only follow the wrong views of the scholars of febrile disease in Qing Dynasty, always go along with the old without keeping pace with the times, and even further magnify the defects of warm disease experts' theory, insist that cold damage and warm disease are completely different from all aspects such as cause, pathogenesis, transmission, diagnosis and treatment. They consider cold damage and warm disease belong to two incompatible major disciplines, which separate the historical ties, resulting in a variety of confusion.

### Disease-syndrome combined with hierarchical diagnosis and treatment is the prominent characteristic of TCM

No matter the six meridians syndrome differentiation of Shang Han Lun, or Wei Qi Ying blood and Sanjiao syndrome differentiation of Wen Bing (warm disease) theory, they all describe the process of development and change of exogenous febrile disease from the exterior to the interior, from mild to severe. Wu Jutong's three energizers syndrome differentiation also reflects the change process of exogenous febrile disease from shallow to deep, from light to heavy.

As diagnosis and treatment of plague (infectious diseases) in TCM way, we cannot only name the disease simply based on the primary level like cold damage, warm disease and plague. It must be refined gradually to more layers, at least three or four levels, in order to carry out effective treatment.

That is to say, when a TCM practitioner faces COVID-19's patient, who is diagnosed with cold damage, the practitioner cannot prescribe herbal formula directly. Because there are still 6 types of syndrome as "secondary level of disease name" belong to the cold damage: Taiyang syndrome, Yangming syndrome, Shaoyang syndrome, Taiyin syndrome, Shaoyin syndrome

and Jueyin syndrome.

Still, Taiyang and other 5 syndrome also have 2 types: Jing ( meridian ) syndrome and Fu ( organ ) syndrome, as the third level of disease name .

Again, the Taiyang Jing ( meridian ) syndrome still can be divided into “exterior excess without sweating” and “exterior deficiency with sweating” , which is deemed as the fourth level of disease name.

If COVID-19 patient is diagnosed as warm disease, all the process of diagnosis and treatment is same as the cold damage above. It means before prescribing herbal soup medicine, the “disease name” must be gradually layered down. After knowing the primary level of disease name as warm disease, we need to refine it further to find the “the secondary level of disease name” : Wei level, Qi level, Ying level, or blood level;

Or refine it into upper jiao level, middle jiao level or lower jiao level which are also the secondary level of disease name.

And also like treating the cold damage patient above, we need to “name” the disease layer by layer, untill the syndrome and prescription corresponding to each other, which is finally counted as “reach the bottom” . Only

then, the herbal soup formula can be prescribed.

No matter how many new infectious diseases there are, traditional Chinese medicine is everlasting. Sitting in the distant future of history, waiting for western medicine to find all kinds of mutated or non-mutated viruses one by one, there is no need to ask whether it is avian flu or swine flu, Ebola, or AIDS, SARS, COVID-19, and so on, all of which are simplified once and for all. The greatest truths are simplest. Because in the absence of Western medicine, the diagnosis and treatment path of TCM has begun to take shape, the only thing we need to do is to integrate them.

“innovate while inherit ” is the instruction by General Secretary Xi, it is also the call of the times.

To go to the world, traditional Chinese Medicine must show its specific character and attach equal importance to Tao ( rule ) and skills. We cannot settle for less to use the laboratory indicators to limit the TCM development, even try to westernize of Traditional Chinese Medicine, which must end up losing ourselves.

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( Hebei Academy of Chinese Medical Sciences ) 

( 上接第55页 )

并且还要进一步像面对伤寒病患者那样，一层一层分下去，到了证候与方剂（方证）相对应的时候，才算“探底”了，这个时候才能开汤药。

不管有多少新发的传染病，中医都是“万变不离其宗”，来自遥远的古代，却坐在未来深处，当西医一个一个去发现各种变异的或者没有变异的病毒，中医不用问它是禽流感还是猪流感，是埃博拉，还是艾滋病、非典、新冠肺炎等等，统统“大道化简”，一

劳永逸。因为在没有西医的时候，中医的诊疗路径，和理论已自成体系，可在关键时刻“厚积薄发”。

“守正创新”是习总书记给我们的指示，也是时代的呼唤。

中医药走向世界，必须彰显个性，道术并重，而不能用实验室的指标限制发展，不能舍本逐末，西化中医，丢了自己。

( 作者单位：河北省中医院科学院 ) 



# 曹东义：新冠瘟疫的反思

◎曹东义 译者/张枫戎 陈思蓉

这一次新冠瘟疫爆发之后，习总书记亲自部署、亲自指挥，在正月初一（1月25日）的政治局会议决定采用“中西医协作”的模式救治患者。中医药人员很快进入主战场，克服了中医药储备不足、不被医患人员理解等重重困难，中医药迅速发挥了巨大作用，取得了有目共睹的成果。方舱医院，这个本应该“风声鹤唳”“哀声一片”的地方，空气中却飘着中药香，不断上演着医患共做八段锦的动人画面，连过去的“中医黑”也获得中医药的救助，战胜新冠肺炎重获健康。

中国的“中西医协作”救助模式，令世卫专家感慨不已，他由衷地说假如自己不幸感染了，也希望来中国治疗。我想，他绝对不是羡慕中国ICU的呼吸机，而是喜欢方舱医院的氛围与效果。

## 中医药“首选必治”，成为前所未有的事实

在过去各种疾病的医学救治方案里，中医药的治疗方法都是列在最后，作为“备选的治疗措施之一”，是“补充”和“替补”的角色，从来没有《诊疗指南》把中医药的作用提高到“首选、必治”的突出地位。然而，这一次新冠肺炎的治疗不一样了，中医药的“参与率”“使用率”，中成药与汤液使用比例，直接成为考察指标，甚至有“一票否决”的价值，哪里的中医药救治率低，哪里的工作就被动，成为众矢之的、万夫所指。2020年2月12日湖北省卫健委公布的数据，中医药参与治疗只有30%，这样的结果立即引发一片哗然，尽管那里云集了全国最精英的西医专家。对于中医药热切期盼的形势，过去从未出现，现在一下子成为救命的时尚和网络流行的显学。

而且，有些希望“科学实验”西药、进口药的专家，在几万例患者集中出现的时候，竟然凑不齐“入组观察的人数”，这是他们始料未及的事情，可以说颠覆了他们的预想，换了一个时空。

事实教育了很多看不起中医，认为中医解决不了什么问题的西医：武汉市第一医院做手术的妇产科曹丽蓉副主任医师，用中医药知识辨证论治自救成功；长沙西医神经内科出身的湛涛主治医师，用中医药成功治疗近百例患者。这些现象，尽管有一定的偶然性，也显示了某种必然的趋势，让他们展示出“西医学习中医”的必要性，和未来中医隐藏的巨大价值。

## “西医中国化与中医世界化”即将到来

新冠肺炎过程之中，中医药比非典时期发挥了更大的作用，感动了或教育了很多西医，也让有些“中医黑”改变对于中医的认识。

武汉市第一医院的妇产科副主任医师曹丽蓉，经常做手术，并且在救治患者的时候被感染，她身患新冠肺炎之后，用中医药的方法很快治好了。这与李文亮等西医专家所采取的方式方法不同，结果也不一样。长沙市第一院神经内科的湛涛主治医师，他学习了中医之后，在一线治疗一百例患者，依靠中医辨证论治而不是某个具体方药。

这两位“西学中”的成功经验，揭示了“西医中国化”的必要性，及其重要性。

目前，新冠肺炎在世界范围内传播，经历这次疫情，也可以看出中医药走向世界的必要性，也就是不仅中医针灸需要走向世界，中医的药物和其他治疗方法，以及整个中医体系都应该走向世界，造福于人

类。因此，在“西医中国化”之后，一个“中医世界化”的过程，也将随之而来。

中医药在这次新冠肺炎救治之中的作用，是非常重要的，但是，这绝对不是中医药作用的“顶级展示”，而是如张晓彤等中医药同道所说，中医是在被改造几十年之后带着枷锁上战场，受命于危难之际，仓促应战，略显身手而已。

毫无疑问，这一次有机会在一线展示才能的中医，基本上都属于体制内的中医，大量身怀绝技的民间中医药人员，没有机会到前线去发挥作用，他们有些人觉得“冯唐易老，李广难封”，几乎是“报国无门”。

但是，中医界面对疫情爆发的时候，的确有很多混乱，乱说纷纭，莫衷一是。这些混乱形成的原因，有历史的因素，更重要的是学校教材“上梁不正”造成的。

在中西医并存的背景下，新冠肺炎既可以是伤寒，也可以是温病，它们的区别只有发病类型不一样，治疗选择上的辛温与辛凉的主要区别，而不是西医三类不同传染病病种之间的区别，不是肺炎与脑炎、病毒与细菌的不同。热病、伤寒、温病、瘟疫，研究的都是各种传染病的共同发病规律、传变特征与诊治方法。

辛温解表的目的，是为了除热，而不是散寒；伤寒是热病，而不是虚寒病；张仲景只说当发汗、当解表，从来没有说必须用热药。张仲景的时代，没有辛凉解表的法则，而不是他反对辛凉解表、不采用辛凉解表。

中医的疾病名称，都根源于中医自身的理论来命名。“甲骨文”可以说新冠肺炎是瘟疫，就是说它具有流行性；《内经》能说它是热病，是因为这类疾病都以发热为主要特征；《难经》张仲景说它是伤寒，同时代的曹植就说它是瘟疫；《内经》治疗，三日之前用汗法，三日之后用泄法；华佗增加一法，四日用吐法；张仲景八法、三百九十七法，治疗的方法越来越丰富。

但是，张仲景被后人称为医圣，他的方子被尊为

“经方”，成了封闭的体系。此后，再有多少好的方子，也进不了“六经辨证”的体系。不得已，温病学家为了把自己的经验传承下去，就另辟蹊径，开创了另一个温病学体系。

但是，编教材的人，缺乏学术史研究知识，也没有把中西医共存的时代背景考虑进去，只是顺着清代温病学者的错误观点，“始终顺旧”，不能与时俱进，并且“变本加厉”，进一步放大了温病学家的不足，硬说伤寒与温病在病因、病机、传变、诊治方面“完全不同”，属于寒温、水火不容的两大学科，人为割裂了历史的联系，造成了各种混乱。

## 病证结合分级诊疗，是中医突出的特色优势

伤寒的六经辨证，温病学说的卫气营血、三焦辨证，都描述了外感热病由表入里，由轻而重的发展、变化过程。吴鞠通所说的“三焦辨证”，也反应了外感热病由浅入深，从轻到重的变化过程。

中医诊疗瘟疫（传染病）的疾病名称，不能简单停留在伤寒、温病、瘟疫的“初级阶段”，必须逐渐分层，到三四级之下，才能开展有效治疗。

也就是说，当一个中医面对新冠肺炎患者，他（她）被诊断为“伤寒病”的时候，不能凭此诊断开具汤药。因为，伤寒病下边，还有太阳病、阳明病、少阳病、太阴病、少阴病、厥阴病的“第二级疾病名称”。

太阳病等“病名”下边，还有“经病（证）”和“腑病（证）”的“第三级疾病名称”。

太阳经病（证）下边，还有“表实无汗”病（证）与“表虚有汗”病（证）的第四级疾病名称。

假如新冠肺炎患者被中医诊断为温病，其诊治过程这和被诊断为伤寒这样，必须逐步向下分层，才能开具汤药。在知道是温病这个“一级疾病”名称之后，无法凭此开具汤药，还要进一步划分是卫分病、气分病、营分病、血分病的“第二级疾病”名称。

或者，分上焦病、中焦病、下焦病的“第二级疾病”名称。（下转第53页）

# 与肿瘤博弈的策略与智慧

◎王振华

在科学高度发达的今天，肿瘤依然是高悬在人们头上的一把利剑，一个人无论平时多么冷静自信，多么勇敢坚强，一旦患了肿瘤，同样会惊慌失措，方寸大乱。肿瘤不但考验医生，更考验患者及其家属，因为相对其他疾病而言，肿瘤治疗方法的选择、决策需要患者及其家属更多地参与其中。然而肿瘤治疗是一个非常复杂的问题，既有西医的手术、放疗、化疗等，又有中医中药，面对纷乱复杂的治疗方法，如何选择和取舍对预后和转归至关重要，这不仅需要一定的知识储备，更需要超越具体知识之上的综合能力、思辨能力、决策能力，只有这样，才能在与肿瘤的博弈中处变不惊，游刃有余，策略而又智慧地选择最佳的治疗方法、方案，避免陷入误区，取得最后的胜利。

## 1 什么是肿瘤？

西医认为，肿瘤是人体自身细胞的异常增生。所谓异常增生，一方面是指增生得太快，超出了正常的生长节奏，另一方面则是指肿瘤细胞与正常细胞的结构不同。癌细胞的无限制增生足以摧残机体，置人于死地，而这正是癌症的可怕之处。

从分子生物学层面看，肿瘤是机体在各种致癌因素作用下，细胞在基因水平失去了对其生长的正常调控，导致异常增生而形成的新生物。也就是说，肿瘤的本质是基因突变。

肿瘤有良性与恶性之分，良性肿瘤对机体的影响不大，而恶性肿瘤则会导致严重后果。通常人们习惯将恶性肿瘤称之为“癌症”，但严格地讲，癌症是指起源于上皮组织的一类恶性肿瘤，如肝癌、乳腺癌、

皮肤癌等，占恶性肿瘤的80%~90%，而另外约10%起源于间叶组织（包括纤维结缔组织、脂肪、肌肉、脉管、骨和软骨组织等）的恶性肿瘤则称为肉瘤。

既然肿瘤是基因突变的结果，那么肿瘤与机体之间的关系就是敌我矛盾，治疗目标就是杀灭癌细胞。以杀灭癌细胞为目标是西医治疗肿瘤的主要方法，手术、放疗、化疗是其经典方法，而新近发明的靶向治疗、免疫治疗、基因治疗等，从根本上说，依然是杀灭癌细胞，只是更为精巧、精准而已。以杀灭癌细胞为目标是一种对抗性治疗模式，作为一种系统的治疗肿瘤的方法和模式经历了漫长的历程，取得了伟大成就，在肿瘤治疗中的地位和价值是毋庸置疑的，然而对抗性治疗是一把双刃剑，效果虽然很明显，缺陷和局限性也很明显。

## 2 对抗性治疗模式的缺陷和局限性

西医对抗性治疗模式的缺陷和局限性主要表现为以下几个方面：

### （1）治疗作用有限

以手术为例，肿瘤早期，由于病灶比较局限，手术切除效果较好。然而临床上多数患者一经发现往往已经是中晚期了，无法彻底手术切除，只能做姑息性手术（部分切除肿瘤），此时，手术的作用是非常有限的。其他局部治疗方法如介入治疗、放射治疗、射频消融、激光、氩氦刀等也存在类似问题。

### （2）促进肿瘤转移

据报道，所有以消灭肿瘤细胞为目标的治疗方法，包括姑息性手术、介入治疗、放疗、射频消融、化疗，甚至靶向治疗等，均可导致未被杀灭的残存癌

细胞转移潜能增强，而且发现，这些肿瘤转移潜能提高还伴有不同的基因改变。这就提示，对抗性治疗模式激发了肿瘤细胞的耐受、进化和逃逸机制，而这已经成为肿瘤治疗失败的主要原因。

### （3）毒副作用比较严重

以化疗为例，首先化疗药物往往敌我不分，在杀灭肿瘤细胞的同时，也会杀灭正常的组织细胞，所谓“杀敌一千，自损八百”，其对机体的摧残是巨大的；其次，化疗药物通常具有明显的胃肠道反应，骨髓抑制以及肝肾功能损害等。很多患者往往因无法耐受化疗药物的毒副作用而被迫终止治疗，甚至有些患者因化疗药物的毒副作用而加速死亡。

### （4）对肿瘤的复发与转移乏力

以直接杀死肿瘤细胞为目的的对抗性治疗方法，并没有从根本上触及肿瘤得以产生的原因和土壤，治标不治本，因此，对于肿瘤的复发与转移基本上束手无策，而复发与转移恰恰是决定肿瘤预后的关键。

## 3 中医对肿瘤的认识

中医对肿瘤的命名包括“瘤”“积聚”“癌”等。“瘤”者，留也，有停留、阻塞、聚集之意，故中医又称肿瘤为“积聚”。大家熟悉的“癌症”之“癌”字其实就来自中医，宋代医家杨士瀛在《仁斋直指附遗方论》中记载：“癌者上高下深，岩穴之状……毒根深藏，穿孔透里”。可见，“癌”是古人对肿瘤形状的描述。

在中医看来，肿瘤的发生是由于气滞、血瘀、痰阻等导致经络不通，气血运行不畅而形成的一类疾病。具体内容包括：（1）气滞、血瘀、痰阻等导致经络不通。（2）经络不通，则局部组织得不到正常气血阴阳的温润和滋养而发生变异，形成对机体有害的恶肉、毒瘤，其状峻险，如癌如岩。（3）从经络阻滞不通到形成肿瘤经历了漫长的过程，肿瘤相对独立，在机体局部“安营扎寨”，形成“巢穴”。

（4）肿瘤对机体的危害性在于对机体组织结构的浸润破坏，并以其特有的方式盗取机体的营养，最终导

致机体衰竭而死亡。（5）肿瘤并非外来物，并不完全是异己分子（比如细菌、寄生虫、脓肿等），虽然不完全受机体节制，但毕竟与正常组织同源、相似，与机体共生共存，息息相关。

不难发现，肿瘤与机体的关系非常像匪寇与政府的关系。由良民落草为寇的原因无非有二，一是物质匮乏，二是精神扭曲，两者都可以理解为个体因得不到政府的阳光雨露，误入歧途，落草为寇，危害一方，成为社会的毒瘤。对于匪寇该如何处置呢？方法无非有两种，一是剿灭，二是招安。也就是说，除了剿灭，如果晓之以理，动之以情，并给其以出路，匪寇是可以弃恶从善，改邪归正的。肿瘤也是如此，除了剿灭，也可以安抚，即让癌细胞改邪归正。

明代医家李中梓在《医宗必读·积聚》中指出：

“初者，病邪初起，正气尚强，邪气尚浅，则任受攻；中者，受病渐久，邪气较深，正气较弱，任受且攻且补；末者，病魔经久，邪气侵凌，正气消残，则任受补。”这里的“攻”就相当于剿灭，而“补”则相当于安抚。

扶正祛邪是中医治疗肿瘤的基本方针，具体地说，祛邪的方法有：以毒攻毒法，软坚散结法，行气解郁法，活血化瘀法，化痰散结法，清热解毒法等；而扶正的方法有：补气养血法，滋补肝肾法，健脾益肾法等。

可见，在中医眼里，肿瘤与机体之间并非简单的敌我矛盾，而是息息相通，休戚与共，是一个无法截然分割的有机整体。在治疗上并非简单地剿灭，而是立足整体，审时度势，攻补结合，恩威并施，与冷冰冰的手术、放疗、化疗等相比，多了一些温度、多了一些智慧，也多了一些希望和出路。

古人云：“善弈者谋势，不善弈者谋子，善谋势者必成大事。”西医擅长“谋子”，而中医则擅长“谋势”，虽然从杀灭癌细胞的角度看，西医的优势非常明显，但从长远看，中医审时度势，攻补结合，进退有方的治疗模式更为深邃、睿智。中药取之于自然，没有明显的毒副作用，只要假以时日，便可水滴石穿，峰回路转，收到意想不到的神奇效果。



基于对剿灭模式缺陷和局限性的反思，西医对肿瘤的认识也在改变。动物实验证明，将肿瘤细胞移植到正常成年动物体内并不产生肿瘤，而且还参与正常器官的构成；对肿瘤细胞的细胞外基质加以干预，可诱导癌细胞转化为正常细胞。临床报道，三氧化二砷对某一类型的白血病有效，而其作用并非直接杀死白血病细胞，而是使其“改邪归正”。反式维A酸也有类似作用，这种治疗叫作“分化诱导治疗”。

西医这一新的发现与中医对肿瘤的认识不谋而合。也就是说，西医也逐渐认识到肿瘤是一种全身性疾病，同时也是一种慢性病，无法速战速决，必须打持久战，否则欲速则不达，反而加速患者的死亡。

“带瘤生存”“打持久战”等策略的提出，目的就在于为剿灭模式降温，防止过度治疗带来的危害，强调综合效果，强调患者的生存时间和生活质量。西医中有远见卓识者再次将目光投向中医中药。

#### 4 中西医结合治疗肿瘤的策略

对于肿瘤，西医长于剿灭，速战速决；中医长于调理，打持久战。因此，临床上一般西医打头阵，先有效地清除、剿灭肿瘤，然后由中医来收拾残局。中医与西医相互结合，取长补短，可以收到更为理想的效果。

##### （1）中医中药配合手术

手术切除是治疗大多数实体恶性肿瘤行之有效的方法，尤其是对于早期肿瘤，手术切除可以获得较好的效果，部分患者可长期缓解甚至治愈，故又称“根治性手术”。为了防止复发，追求“根治”效果，曾经有片面扩大手术范围的倾向，然而真正达到“根治”效果的毕竟是少数，多数患者会复发，过度的手术创伤反而加速患者的死亡。相反，适当缩小手术范围，患者的生存时间反而更长。恶性肿瘤的手术治疗经历了“由小到大、由大到小、保全功能”的再认识过程。对于中晚期肿瘤，手术的意义只是减轻肿瘤负荷，称之为姑息性手术。因此，无论是早期、中期还是晚期，手术之后并非万事大吉，而是要治病求本，



防止肿瘤的复发与转移。

手术具有明显的创伤性，术后患者往往身体虚弱，体质下降，对此，中医的调理脾胃，补气养血等治疗方法，可以改善体质，促进术后康复。手术康复之后，采取中医辨证施治，可以从根本上纠正肿瘤得以产生的土壤，防止肿瘤的复发和转移。

##### （2）中医中药配合化疗

与手术类似，也有“根治性化疗”之说，所谓根治性化疗，是指某些肿瘤对于化疗药物敏感，通过系统、充分的化疗可以收到长期缓解甚至治愈的效果。这些肿瘤细胞增殖快，与正常细胞的分裂周期有一个明显的时间差，因而对化疗药物比较敏感，容易被化疗彻底摧毁。主要包括：恶性淋巴瘤、急性白血病、睾丸精原细胞瘤、绒癌等。

除了根治性化疗，尚有辅助化疗和姑息性化疗。所谓辅助化疗是指配合手术、放疗而进行的化疗，旨在提高手术、放疗的治愈率。对于手术后复发、转移或无法手术切除者，化疗的目的在于使肿瘤缩小，减轻症状，延长生存时间，称之为“姑息性化疗”。

无论是根治性化疗、辅助化疗，还是姑息性化疗，共同的问题是毒副作用比较严重，因此，化疗必须审慎、适度，过度化疗会适得其反，加速患者的死亡。尤其是对于姑息性化疗，治疗作用有限，却要承受化疗药物严重的毒副作用，如果患者体质可以耐



受，则给予适度化疗，否则，应选择中医中药治疗。

化疗药物常见的毒副作用包括胃肠道反应、骨髓抑制、肝毒性、肾毒性、心脏毒性等，在化疗期间配合中药，可以明显减轻化疗药物的毒副反应，增强人体对化疗药物的耐受性以及敏感性（减毒增敏），顺利地渡过化疗难关。

### （3）中医中药配合靶向治疗

所谓靶向治疗是指在分子水平找出精确的致癌靶点（该靶点可以是肿瘤细胞内部的一个蛋白分子或者基因片段），进而设计相应的药物阻断这些靶点，达到杀死肿瘤细胞的目的。由于这些致癌的靶点往往为肿瘤细胞特有或者在肿瘤细胞中含量更为丰富，因此，靶向治疗对肿瘤细胞的特异性较传统化疗更强，而副作用相对较小。目前，靶向治疗较为成功的肿瘤主要有乳腺癌、胃癌、小细胞肺癌、B细胞淋巴瘤、胃肠道间质瘤、黑色素瘤、结直肠癌、卵巢癌等。

靶向治疗将西医对肿瘤的治疗推向了一个新的高度，为肿瘤患者带来了更多希望。然而，依然有其局限性，表现为：其一，靶点寻找困难，目前只有为数不多的肿瘤找到了靶点；其二，找到了靶点，未必找到了药物；其三，即使找到了药物，也不是所有人都有效，对于同一种肿瘤，有的人有靶点的表达，有的人没有表达。例如，曲妥珠单抗只对约25%~30%的乳腺癌患者有效。其四，靶向治疗也有副作用，有的靶点并非完全为肿瘤细胞所特有，正常细胞也有不同程度的表达，从而引起各种各样的不良反应。多靶点药物则可引起广泛而严重的副作用。另外靶向药物也具有通常意义上的胃肠道反应、骨髓抑制以及肝肾功能损害等不良反应。更为重要的是，从根本上说，靶向治疗的性质依然属于剿灭模式，只是更为精巧、精准而已，所以靶向治疗也需要与中医中药相结合，方可收到更为理想的效果。

### （4）中医中药配合放射治疗

放射治疗对早期霍奇金淋巴瘤、睾丸精原细胞瘤、肾母细胞瘤、神经母细胞瘤、视网膜母细胞瘤等比较敏感，其次对鼻咽癌、口腔癌、皮肤癌、宫颈癌、食管癌等效果也可以。放射治疗的副作用有皮肤

黏膜损伤、厌食、恶心、呕吐、发热、血细胞降低等，配合中药常常可以使其减轻。

此外，西医尚有介入治疗、免疫治疗、内分泌治疗等，均有其相应的适应证，在临床上常常与手术、放疗、化疗等相结合，在此不再一一赘述。

临床上经常遇到一些肿瘤晚期的患者，肿瘤已经扩散转移，既失去了手术机会，又对放、化疗不敏感，或者因年高体弱无法耐受放疗、化疗，此时，中医中药成了他们唯一的救命稻草。通过服用中药，大部分患者症状减轻，生活质量改善，生存时间延长，肿瘤生长减缓、缩小甚至消失。

## 5 结语

如果问，什么疾病最可怕？肿瘤一定排会在第一。可以说，没有哪一种疾病像肿瘤一样让人突然变得惶恐和脆弱；也没有哪一种疾病像肿瘤一样能够让人放下一切，像投入战斗一样严阵以待；更没有哪一种疾病像肿瘤一样让人重新审视自我，重新规划人生。与肿瘤博弈不仅仅需要知识，更需要策略与智慧，这种策略和智慧不仅可以帮助人们走出肿瘤的阴影，同时也会让人们重拾自信，以全新的姿态面对人生。

（作者单位：中国人民解放军总医院第八医学中心）

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作者简介：王振华，医学博士、博士后，毕业于中国中医科学院研究生院，先后在西苑医院攻读心血管专业博士学位，在广安门医院作肿瘤专业博士后研究。原就职于解放军总医院第八医学中心。从事中医临床30余年，以“弘扬中医，济世惠民”为己任，勤求古训，融汇新知，躬身实践，勇于创新，对多种慢性疑难病症的诊治得心应手，疗效显著。行医感言：心系苍生方开慧，艺经百炼可通神。MTV

# Unknown cause treatment equals neither prevent nor reduce the deterioration of the health of an individual

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1. Teacher You Xiyin is one of a few pure Chinese medicine doctors in this era. He pays no attention to fame and fortune. He has a noble medical ethics, superb medical skills, and is humble in the public. He is a traditional Chinese medicine doctor, but he doesn't stick to stereotypes. He integrates the benevolence of doctors into clinical practice, and he combines modern technology with traditional Chinese medicine. Without the support of any capital, he clinically overcomes the difficulties of leukemia treatment and obtained the corresponding national patent. But teacher You XiYin is little known. The reason why our cover character introduced him is because he is a powerful faction who speaks with "efficacy", and he is also an advocate and practitioner of clinical symptoms and cause treatment.

2. Leukemia is commonly known as blood cancer, especially in children and adolescents with a high mortality rate. Traditional Chinese medicine, as a traditional treasure of China, has a long history and profound knowledge. It has good effect, fast recovery, low cost, and low toxicity and side effects in the treatment of blood diseases. It has been widely concerned by scholars at home and abroad. On the patent website of the State Intellectual Property Office of the People's Republic of China, the patent number ZL2007101193834 "A traditional Chinese medicine composition for the treatment of leukemia and its preparation method" is impressive, the patent inventor is You XiYin. Who is You Xiyin? What kind of academic

attainments made his research achievements in the treatment of hematological diseases of Chinese medicines win national patents?

3. You Xiyin was born in 1951 in a village in the hometown of Qihuang in Qingyang, Gansu Province. Qingyang is the beginning of the "QihuangzhiShu" of the Chinese people and the source of the Chinese farming culture. Traditional Chinese medicine has always occupied a dominant position in the field of this area, and it is very popular among local people. Famous Chinese medicine doctors were from various local families. You Xiyin is the third generation of TCM descendants of the You family in Changle Prefecture, Longyuan, Gansu Province. Since his childhood, XiYin has been reading classics of traditional Chinese medicine under the guidance of his grandfather, and has learned to recognize herb medicine, process the herb medicine and use the herb medicine. The You family has a high reputation and prestige in Qingyang, and it is deeply supported and respected by the local villagers. You Xiyin, who has been in the past few years, can still remember the classics of traditional Chinese medicine when he was young. We often hear people say that someone has TCM merit, which refers to people like XiYin. In his youth, You Xiyin worked as a barefoot doctor for a few years, but after the outbreak of the Cultural Revolution, he stopped practicing medicine and decided to go to an engineering design school and become an engineering designer. During the Cultural

Revolution, Chinese medicine was considered to be one of the four legacy left by feudal society. A large family of Chinese medicine such as You Xi Yin has suffered a violent impact. All the medical books in his family were piled up in the yard for incineration. Due to the large number of ancient medical books, the smoke from the burning books did not disappear for days and nights. His father was also taken away to fight in the street wearing a sign. During the parade, a villager secretly replaced the brand worn by his father with a fake paper sticker, which looked large but light in weight. The simple folks, in this way, return this folk good doctor. Shortly after Xi Yin's father was forced to list and travel the street, the red guards demolished the door of his home as a feudal superstition, and the family cultural heritage of several generations was immediately destroyed, and his father was lying in chaos. Throwing on the ground at the gate beam of the gate, weeping helplessly like a child. Due to excessive sadness, he died of anger in a few days. The death of his father was greatly affected by Xi Yin, and he decided not to practice medicine. Go far away and study engineering design. In the field of engineering design, Xi Yin quickly grew into a senior engineer with a good income and a very comfortable life. But he always felt that his life was missing something. After the end of the Cultural Revolution, all people in the society are getting better every day, and new social diseases are also getting more and more every day. Depression has become a new stubborn disease that destroys healthy lives. A prestigious distant relative of the You family, best at doing communication work for others, for some reason, suffering from severe depression, after a period of self-torture, he eventually ended his life by suicide. When the news reached Yu Yin's ears, he was shocked. The laughter of the distant relatives in the past and the scene of solving the problems for the folks are still vivid. Moreover, depression is not a terminal illness! The death of this relative is like

opening the door to bad news, one after another, and some news of serious illness or death. The medical consciousness rooted in the heart and immersed in the bone marrow from a young age makes You Xi Yin think that these people can obviously save lives! At this time, another bad news came that a child of a family member of the family had leukemia and was lying on the bed. From the last period of the child's life in the hospital bed, You Xi Yin clearly found that the child's leukemia symptoms were very similar to the anemia that was treated by the grandfather. Recalling the process of the grandfather's treatment and the memorized medical books, and the father had enlightened him to treat the medical treatment of anemia, he suddenly realized the treatment. He deplored the death of the child. The Qi Huang spirit that flows through the blood of the clan's family and rescues the crisis, reminds of Yu Xiyin all the time: Is it going to be a doctor again in the future life? When he was working in Xi'an, a seriously ill young girl with leukemia found Yu Xiyin on the recommendation of a friend. The patient knew that the Chinese medicine of his family from generation to generation had a high reputation, and the patient begged Yuxi to treat her leukemia. You Xi Yin described a prescription for her and asked her to grab three pieces of herbal medicine. Try it. If it works, then take it. If it doesn't work, go to another doctor. Later, there was no news of young women. A few years later, when a middle-aged woman kneeled and thanked him with two children, he learned that this person was a leukemia patient who he had inadvertently cured a few years ago. The news that Xi Yin could treat leukemia spread like wildfire. The sense of responsibility and mission of treating and saving people made him decisively give up his professional design and start to take the road of medical treatment again. You Xiyin said: "While modern medicine has given a high name to many modern diseases, it is daunting, but as long as you know the cause, find the root cause, apply the right herbal

medicine, and the treatment will have wonders. When I was a child, I often heard my grandfather say to his father: "Treatment without knowing the cause is murder!" This sentence was also regarded as the highest criterion for practicing Chinese herbal medicine. Xi Yin began research on blood diseases in 1981, and made breakthrough progress in the research of traditional Chinese medicine treatment of blood system diseases. He obtained a national patent for the treatment of leukemia in 2007. He settled in Tongzhou, Beijing in 2008 and concentrated on Chinese medicine for blood diseases. According to You XiYin, the effect is the objective standard of Chinese medicine. The real effect of traditional Chinese medicine is both to treat the symptoms and treat the root or cause of diseases.

4. The old Yuxi has the spirit of a middle-aged man in his forties. His eyes were bright and sharp, his words were powerful, and he was full of integrity. He said: Acute leukemia belongs to the categories of "warm poison", "heat labor" and "blood syndrome" of Chinese medicine. Chronic leukemia belongs to the categories of "deficiency", "disease", "disease", and "sputum nucleus" of traditional Chinese medicine based on its manifestations of weak anemia, enlarged liver and spleen, and lymph nodes. At present, some scholars have summarized the etiology and pathogenesis of leukemia into three points: one is due to evil excess cause the diseases, and chronic illness causes deficiency; the second is due to deficiency and illness, and then becomes a futile labor; The third is the combination of deficiency and evil excess. Through research and analysis of leukemia, it is believed that in addition to internal and external factors in traditional Chinese medicine theory, junk food, environmental pollution, the abuse of hormones and antibiotics, ionizing radiation and other chemical and physical factors can cause spleen qi deficiency and bone marrow. In the early 1960s, some scholars divided leukemia into 6 syndrome types: Yin deficiency type, Yang deficiency type, Yin

and Yang deficiency type, fatigue type, phlegm-heat type and warm type. From Xiyin, leukemia is divided into three categories: one is poisoned into the bone marrow, the patient has high fever, sweating and heat, hemorrhage, anemia, hepatosplenomegaly, lymphadenopathy, dizziness, bone pain, joint pain, pulse like flood Big. This type is more common in adolescent patients, manifested as various acute leukemias or various chronic leukemias during the acute attack period, the onset is rapid and fierce. The second is liver and kidney disease and stasis and poisoning, patients with hot flashes and night sweats, five upset fevers, frequent irritations, general weakness, weight loss, hepatosplenomegaly, especially spleen, sternal tenderness or pain in the ribs, pulses wiry tread rapid or thread rapid. This type is more common in chronic myelogenous leukemia. The third is spleen and kidney deficiency and stasis and toxin. The onset is slower than the first two, pale, dizziness, palpitations, waist and knee soreness, fatigue, poor appetite, enlarged liver and spleen or lymph nodes, pale tongue and less fur, pulse pulse fine. This type is more common in patients with chronic lymphocytic leukemia. What is the cause of leukemia, it is necessary to use the corresponding symptomatic Chinese medicine, so that the effect is significant. Chinese medicine is not slow, symptomatic Chinese medicine can take effect after taking 3 to 5 package of Chinese herbal formula. If the effect of the herbal medicine is slow to one or two months, the patient will not be alive. According to Xi Yin, the treatment of leukemia with traditional Chinese medicine cannot be measured by the relevant indicators of Western medicine. The patient's morbidity in the morbidity of the cells has been constantly changing in uncertain factors. Pursuing the ever-changing indicators inevitably will delay the current emergency condition. The key is to See if the patient's Jingqi has improved in time after taking the medicine. If you are full of spirit and energy, all related physiological indicators will naturally

improve, that is, righteousness and evil are not necessary. According to Xi Yin, the human body has the integrity and systemic nature of the unity of nature and man. For any disease, the blindness of local confrontation without the integrity and system conception will definitely lose the true intention of medicine. Traditional Chinese medicine pays attention to balance and harmony. The disease of the human body stems from the original balance of the system being broken. Therefore, the Yellow Emperor's Internal Classic believes that the disease is "born in yin or yang." In the study of leukemia, analyze the mechanism of the disease, diagnose and explore the pathology in various ways, that is, "differentiation". The diagnosis of TCM is to "look, smell, ask, and touch" to understand the condition of the disease, identify the attributes of surface, cold, heat, virtual, yin and yang, and then determine the treatment according to the pathological changes such as etiology, viscera disease position, qi, blood and fluid. Methods, using the corresponding Chinese medicine herbs.


5. Clinical practice works like a god, meditation is the secret. You Xiyin has decades of peace-keeping practice, he believes that all diseases are born from emotional stress (heart). Although the etiology of the patient is very complicated, the heart is the master. To date, none of the leukemia patients he has treated have been caused by the same etiology. In order to find out the exact cause, the doctor must practice meditation to improve his understanding and correctly judge the related pain mechanism. Chinese medicine professionals with meditation skills have the wisdom to find out the cause. If a Chinese medicine practitioner does not meditate internally, even if he is very smart, it is nothing but clever. Modern Chinese medicine practitioners have a lot of stress in life and have a lot of daily chores. There are few people who have a pure and calm heart. This pure heart cannot fall from the sky, it can only be obtained through meditation. Meditation can make people concentrate,

not distracted. The specific method of meditation is to meditate, adjust your breathing, and carefully observe your own mental state, from static to fixed, from which you can get physical and mental purity, and open wisdom. Wisdom (Hui) comes from Zen. During the process of meditation, self-adjustment of body, self-adjustment of breath and mind. The interest-adjustment can purify one's physiology and psychology, and one's life will be relaxed and vigorous. The wisdom gained through meditation can help people eliminate greed, aversion, infatuation, slowness, doubt and other troubles. The wisdom brought by deep meditation can eliminate these troubles, bring life into truth and tranquility, reconnect the body and the soul, and in the softness and lightness, make one's life a pure and beautiful magic power. As a Chinese medicine practitioner who has been meditating, his heart and wisdom is like a mirror, and he has insight into the patient's condition. In the process of deep exploration of leukemia by You Xi Yin, it is precisely meditation that allows him to be loyal to objective facts in clinical practice. As a result, his prescription of herbal medicine has the help of divine aid and has a significant effect. Regarding meditation, You Xiyin once published a monograph entitled "Dao Dao Health Preservation", which is regarded as a rare traditional authentic health practice by the society.

6. Meeting new healthcare challenge needs, Chinese medicine is a miracle. Chinese medicine is a general practice, and leukemia is just one of the modern diseases that You XiYin is good at treating. There are too many patients looking for him to treat leukemia, and most of these patients are ruined and penniless. Faced with many troubled leukemia patients, Yu Yin often feels unable to help. He hopes that the patents for his leukemia Chinese medicine composition and its preparation method can be transformed as soon as possible to benefit more patients. This is the crystallization of the practice of medicine by several generations of the family, and it is



also the crystallization of traditional Chinese medicine and modern technology. He said: "The emphasis is on syndrome differentiation. Traditional Chinese medicine should be innovative in order to show its vitality in the new era. The principle of innovation is to meet the health needs of the people in the new era." Xi Yin pointed out In order to meet the health needs of the people, traditional Chinese medicine needs to innovate on the basis of the original without breaking away from the traditional medical track. Traditional Chinese medicines are usually prepared by roughing and extracting essences, such as quenching, braising, calcining, frying, and so on processing. Innovative invention is to study its theory and pharmaceutical technology in a broad sense, and to innovate the traditional Chinese medicine service method, usage, manufacturing technology, processing accessories, and process flow to adapt and meet the needs of modern people to the greatest extent. Safety and high quality are the two aspects most valued by Xiyin. He said that the key to controlling the quality of herbs lies in the quality of medicinal materials and the technical standards of the extraction process. Traditional Chinese medicine prescriptions are based on standard decoctions, and they attach great importance to the compound effect of prescriptions and single-flavor Chinese medicines. They often control the internal quality of raw materials in many aspects. The invention by Xiyin not only focuses on the process of selecting, extracting, concentrating, and drying medicinal materials, but also avoids the loss and destruction of the index components of the main herbs. He strictly controls the stability of the product to ensure the high quality of the product after molding. Because the invention inherits the comprehensive curative effect of decoction, it is easy to absorb, has obvious effects, and has the advantages of ready-made medicine, easy storage, easy to carry, and easy to take. The declaration is very smooth. According to Xi Yin, there are serious

problems in the production, study, and research of Chinese medicine in my country. Few companies are willing to invest in this aspect, making innovation in Chinese medicine "important in speaking and secondary in doing it." He believes that the examination of the innovation effect of traditional Chinese medicine takes a lot of manpower and material resources. If Western medicine indicators are used to verify and explain the theory of traditional Chinese medicine, this is inappropriate. The affirmation and utilization of traditional Chinese medicine should be shifted from "emphasis on experiment and light on clinical" to "emphasis on clinical and light on experiment", that is, avoiding short-selling theory and speaking with actual effect is the essence of medicine. The so-called innovation of traditional Chinese medicine must be fully understood Chinese medicine innovates on the basis of its own enlightenment. Otherwise, using only a little level of limited knowledge to innovate traditional Chinese medicine with profound cultural heritage will become a perpetual sinner who destroys the image of traditional Chinese medicine. Xiyin hopes that relevant national functional departments can use Chinese medicine patents to promote the progress of Chinese medicine technology, enhance the competitiveness of Chinese medicine in domestic and foreign markets, combine Chinese medicine technology research and patents, study international patent regulations and declarations, and organize professional technical personnel and experts To jointly discuss and formulate protective measures to promote the development of traditional Chinese medicine to the mainstream international pharmaceutical market. The author sincerely hopes that the patent of "Chinese medicinal composition for the treatment of leukemia and its preparation method" invented by Xi Yin will be able to give healthy help to leukemia patients in the society with the support of investors. 

## 编者按

由玺印老师是当今这个时代为数不多的纯正中医人之一。他不计名利，医德高尚，医术精湛，深藏民间。他是传统中医人，却不墨守陈规。他把医者仁心融入临床实践，他让现代科技与传统中医完美结合。他在没有任何资本的支持下，在临床上攻克白血病治疗难关，取得了相应的国家专利。但是由玺印老师却鲜为人知。我们的封面人物之所以推出他，是因为：他是用“疗效”说话的实力派，他还是临床标本兼治的倡导者和践行者。

## 由玺印：不知病因的治疗等于杀人

◎李善举

白血病俗称血癌，特别是儿童、青少年发病率较高。中医药作为中华民族的传统瑰宝，历史悠久，博大精深，在血液病的治疗方面具有疗效好、速度快、费用低、毒副作用小的优势，受到国内外学者的广泛关注。中华人民共和国国家知识产权局的专利网站上，“一种用于治疗白血病的中药组合物及其制备方法”（专利号ZL2007101193834）赫然在目，专利发明人是由玺印。

由玺印是谁？是什么样的学术造诣，让他的中药治疗血液病研究成果荣获国家专利？

### 济危救困日月鉴，难舍中医动乾坤

由玺印，1951年出生于甘肃省庆阳地区歧黄故里的一个村庄里，庆阳是华夏民族“岐黄之术”的开端，华夏农耕文化的源头。中医在这个地区的医疗领域里一直占据着主导地位，深受当地百姓的欢迎。当地各个家族的名中医也人才辈出。由玺印是甘肃省陇源地区长乐府由氏家族第三代中医传人。由玺印自幼年开始，就在祖父指导下熟读中医经典，并学习识





药、制药和用药。由氏家族在庆阳当地的名声和威望很高，深受当地村民的拥戴和尊崇。现今已经近古稀之年的由玺印对年轻时读过中医经典还能倒背如流。我们常常听人说某某人有中医童子功，指的就是由玺印这样的人。青年时期的由玺印曾做过几年赤脚医生，但是在文化大革命暴发后，他不再行医，毅然就读了工程设计学校，成为一名工程师。

文化大革命期间，中医被认为是封建社会遗留下的四旧之一。像由玺印这样的中医大家族遭受到了猛烈的冲击，他家中珍藏的医书全部被堆在院子里进行焚烧，由于古籍医书太多，烧书发出的浓烟几天几夜才散尽。他的父亲也被拉走戴着牌子游街批斗。游行时有村民偷偷把他父亲戴的牌子换成了一个纸糊的假牌子，看着很大，份量却很轻。朴实的乡亲，用这样的方式回报这位民间的良医，让人想哭又想笑，悲中又有喜。由玺印的父亲被强制挂牌游街后不久，破四旧立四新的红卫兵把他家中的大门当做封建迷信强行拆除，几代人的家族文化遗产即刻间毁于一旦，父亲趴在乱扔在地上的大门木板横梁上，像一个孩子样无助地嚎啕大哭。由于伤心过度，几天之后气绝身亡。父亲的死对由玺印打击很大，他决定不再行医。远走

他乡，学习工程设计。在工程设计领域，由玺印很快就成长为一名高级工程师，收入颇丰，日子过得十分滋润。但是他总觉得自己的生活少点儿什么。

文化大革命结束后，社会各界人民群众的日子一天比一天好起来，新的社会疾病也一天比一天多。忧郁症成为危及健康的新顽疾。由氏家族一位有威望的远亲，最擅长的是给他人做思想工作，不知什么原因，却患上了重度忧郁症，一段时间的自我折磨后，最终选择以自杀的方式结束了自己的生命。消息传到由玺印的耳里时，他十分震惊。昔日远亲爽朗的笑声和给乡亲排忧解难的场景还历历在目，怎么人说没有了呢？况且，忧郁病也不是什么绝症！这位亲戚的离世就像打开了一个坏消息的大门，接二连三，又传来一些亲朋好友病重或病故的消息。从小扎根在心里和浸入骨髓的医者意识，使由玺印认为：这些人明明是可以救活的！就在这时，又一噩耗传来，家中某位亲人的孩子得了白血病已躺在病床上奄奄一息，全家人眼睁睁地看着这个孩子病逝，心如刀割，却无能为力。从孩子在病床上最后的一段生命时光中，由玺印清晰发现孩子的白血病症状和祖上医治的贫血病十分相似，回想祖辈治病的过程和熟背的医书，及父亲曾点悟他治疗贫血症的医理，他突然顿悟出治病药方。他为孩子的病逝感到痛惜。由氏家族血脉中流淌的济危救困的岐黄精神，无时无刻不提醒着由玺印：今后的人生路，是不是要再次做医生？他在西安工作时，一位重病的白血病女青年在朋友的推荐下找到由玺印。患者知道他的家族世代代的中医都有很高的名望，患者恳请由玺印把她死马当活马医。患者把由玺印当成生命中最后一根救命稻草。由玺印给她开了药方，让她去抓三付药，试一下，如果有效就接着吃，如果没有效就赶紧去找别的医生治。后来便没有了女青年的消息。事隔几年后，一位中年妇女带着两个孩子给他下跪感恩时，他才得知这个人就是几年前自己无意间治愈的白血病患者！

由玺印能治疗白血病的消息不胫而走。治病救人的责任感和使命感，使他果断放弃自己的设计专业，再次开始踏上行医之路。由玺印说：“很多现代病虽



然西医给取了一个高大上的名字，让人心存畏惧，但是只要知道病因，找到病根，对症下药，治疗就会有奇效。小时候常听爷爷对父亲说，不知病因的治疗等于杀人！”爷爷的话也被他当成行医的最高准则。

由玺印1981年开始进行血液病的研究，在中医药治疗血液系统疾病研究方面取得了突破性进展，于2007年获得中药治疗白血病的国家专利，并于2008年定居北京通州，专心从事血液病的中药研究。由玺印认为，疗效是检验医学真理的唯一标准。真正的中医疗效是标本兼治。

### 病因复杂踪难寻，找准病因须辨证

近古稀之年的由玺印，有着四十多岁中年男性的精气神。他双目炯炯有神，话语铿锵有力，正气浩然于胸。他说，急性白血病属于祖国医学“温毒”“热劳”“血证”等范畴。慢性白血病根据其贫血虚弱、肝脾及淋巴结肿大等表现，属于祖国医学“虚损”“症瘕”“底病”“痰核”等范畴。目前有学者将白血病的病因病机归纳为三点：一是因实及病，久病致虚；二是因虚致病，遂成虚劳；三是虚实交错，虚证多见。通过对白血病进行研究分析后认为，除中医理论中的内因和外在因素外，垃圾食品，环境污染以及激素和抗生素的滥用，电离辐射等化学物理因素均可致精气内虚伤及骨髓。上世纪60年代初期有学者将白血病分为6个证型：阴虚型、阳虚型、阴阳两虚型、瘀血型、痰热型和温热型。

由玺印则将白血病分为三类：一是毒入骨髓，患者高热，大汗而热不解，出血，贫血，肝脾、淋巴结肿大，头昏痛，一身骨痛关节痛，脉象洪大。该类多见于青少年患者，表现为各种急性白血病或各种慢性白血病急性发作期，起病迅速凶猛。二是肝肾同病瘀毒，患者潮热盗汗，五心烦热，动辄激怒，全身乏力，形体消瘦，肝脾肿大，以脾为甚，胸骨压痛或肋处痛，脉象多弦数或细数。该类多见于慢性粒细胞性白血病。三是脾肾两虚瘀毒类，发病较前两类缓慢，面色苍白，头昏心悸，腰膝酸软，神疲乏力，胃口不

佳，肝脾或淋巴结肿大，舌淡少苔，脉象虚细。该类多见于慢性淋巴细胞性白血病患者。

是什么样的病因引起白血病，就要用相应的对症中药，这样才会疗效显著。有些人认为中医是“慢郎中”，由玺印认为持有这种观点的人如果是中医从业者，应该对中医再进行深入的学习。如果是业外人士，那是对中医存在着误解。“中药不慢，对症的中药3~5付药就能见效，如果药效慢到一两个月才能见效，患者早不在人世了。”由玺印认为，中医药治疗白血病的过程中不能用西医的相关指标衡量，患者在病态中细胞指标一直在千变万化的不确定因素中，穷追万变指标必然会耽误当下的紧急病情，关键要看患者用药后精气神是否得到了及时改善。精气神俱足，一切相关的生理指标自然会随之改善，即“正气内存，邪不可干”。

由玺印认为，人体具有天人合一的整体性和系统性，对于任何一个疾病而言，失去整体性和系统观念盲目局部对抗，必定会失去医学的真实本意。中医讲究平衡和谐，人体的疾病源于系统原有的平衡被打破，所以《黄帝内经》认为疾病“或生于阴，或生于阳”。在白血病的研究中，分析疾病产生的机制，多种方式诊断探求病理，即“辨证”。中医诊病首先是“望、闻、问、切”了解病情，辨表里、寒热、虚实、阴阳的属性，然后根据病因、脏腑病位、气血津液等病理变化，按证候属性，决定治疗方法，采用相应的药物。唯有进行辨证找准病因，才能知己知彼，百战百胜。

### 临床实践效如神，禅修功夫是秘密

由玺印有数十年的平心静修历程，他认为万病皆由心生。虽说患者的病因十分复杂，但万变不离其宗，心为其主。迄今为止，他所治疗的白血病患者中，还没有是同一种病因导致的。而想找准病因，医者必须进行禅修来提高自己的悟性，来正确判断相关的疼痛机理。有禅修功夫的中医人更容易拥有找准病因的智慧，如果一个中医人不禅修内养，即使聪明过

人也不过是“小聪明”而已。

现代中医人，生活压力大，日常的琐事繁多，有一颗清净心的人少。这颗清净的心不可能凭空从天而降，只有通过禅修才可以获得。禅修可以让人聚精会神，心神不散乱。由玺印禅修的具体方法是：通过打坐，调整呼吸，细心观察自身的心理状态，由静到定，由定获得身心清净，并开启智慧。慧从禅中来。

禅修过程中的调身、调心、调息，可以使人的生理和心理得到净化，人的生命会因此轻松愉快，生机勃勃。通过禅修得到的智慧，能够帮助人们清除贪、嗔、痴、慢、疑等烦恼。深层次的禅修所带来的智慧，可以把这些烦恼消除，使生命进入真实与宁静，使身体与心灵重新联结，在柔软和轻安中，使一个人的生命拥有一股清净美好的神奇力量。

经历禅修的中医人，其心灵好似一面明镜，对病人的病情可以洞察秋毫。由玺印在对白血病深入探索的过程中，正是禅修让他在临床实践中，忠于客观事实，他的立方用药也因此如有神助，疗效显著。关于禅修，由玺印曾出版过一本专著《丹道养生大成》，被社会各界公认是罕见传统正宗养生术。

### 满足健康新需求，中医中药有神威

中医是全科，白血病只是由玺印擅长治疗的现代疾病的其中一种。找他治疗白血病的患者太多，并且这些患者绝大部分是被西医治疗的倾家荡产、身无分文，走投无路之后，才找到中医。很多白血病患者在西医治疗时，还受到药源性二次伤害。面对众多困苦白血病患者，由玺印常常感到帮不过来。他希望他的白血病中药组合物及其制备方法的专利，能尽早的转化出来，让更多的患者受益。这是由氏家族几代人行医的临床结晶，也是传统中医与现代科技的结晶。

他说：“治病重在辨证，中药在新时期要想展现出生命活力则应该创新，创新的原则是满足新时期民众健康需求。”由玺印指出，历代中医药大家丰富的医疗实践证明，中药要想满足民众健康的需求，需要在原本的基础上不脱离传统医学轨道再进行创新。

传统中药通常是去粗取精，在淬、烩、煅、炒、炮等外形上制作。而创新发明则是从广义上研究其理论及制药技术，对中药的服法、用法、制作技术、炮制辅料、工艺流程进行革新，以适应和最大限度的满足现代民众的需求。

安全和高品质，是由玺印最看重的两个方面。他说，控制药品质量的关键在于药材质量及提取工艺的技术标准。传统中药方剂基于标准煎剂，十分重视方剂及单味中药的复方作用，常常是多方位严格控制原料的内在质量。由玺印的发明不仅注重药材的选用、提取、浓缩、干燥、成型等过程，还尽量避免主药指标性成分的损失和破坏。他对产品稳定性进行严格控制，以确保产品成型后的高品质。由于该发明继承了煎剂的综合疗效，易吸收、显效快，又具备成药易贮存、易携带、易服用的优点，同时克服了服用量大、工艺不合理、成分破坏严重等缺点，所以专利申请十分顺利。

由玺印认为，我国中药存在严重的产、学、研脱节问题，很少有企业愿意在这方面投入，使中药创新“说起来重要，做起来次要”。他认为，中医药创新效果检验要花费巨大的人力、物力，用西医指标对中医药理论进行验证与说明是不妥当的。对中医药的肯定和利用，应该由“重实验、轻临床”转向“重临床、轻实验”，即回避空头理论，用实效说话才是医学本质所在，对中医药的所谓创新，必须在了解中医药后，在自身开悟的基础上进行创新。否则，只利用一点局限性的自我水平来对文化底蕴深厚的中医药进行创新，反而破坏了中医的形象。

由玺印希望国家相关职能部门能利用中药专利促进中药技术进步，增强中药在国内外市场的竞争力，并将中药技术与专利相结合，研究国际专利法规及申报技巧，组织专业技术人员与专家共同探讨并制定保护措施，促进中药走向国际医药主流市场。

笔者衷心希望由玺印发明的“治疗白血病的中药组合物及其制备方法”的专利，能够在有识之士的资助下，尽早化成甘露，给社会上的白血病患者及时送去健康的福音。MY



## Chen Yuanwei, doctors must have a benevolent heart

◎Li Shanju

Excellent folk practitioners of traditional Chinese medicine are pearls scattered in the world. Chen Yuanwei is undoubtedly the most dazzling one in Zunyi, Guizhou. He is radiant, like an uncontested great virtue hermit, silently protecting the health of the grassroots people.

### Good Chinese herbal medicine, good prescription, good therapeutic effect

Chen Yuanwei gave himself the WeChat name "Qianbei Grassroots Doctor", which means a private doctor who specializes in treating ordinary people. However, his patients are not only ordinary people, but also many high-ranking officials living in provincial and capital cities, as well as many foreign patients from Germany, Italy, Japan, the United States, and South Korea.

Chen Yuanwei is in the folk countryside, but his medical skills and herbal medicine are advancing with the times, and it is his responsibility to meet the health needs of the people. For example, traditional Chinese medicine is troublesome and the decoction is difficult to swallow. Chen Yuanwei purchased modern western medicine pharmaceutical equipment and made Chinese medicine raw materials into capsules and tablets.

When you approached his Chinese herbal medicine room and took a sharp look, there were small bottles and boxes similar to western medicines in your eyes. You thought it was western medicine. A closer look reveals that they are all Chinese herbal medicines made from raw materials of Chinese medicine in accordance with

modern western medicine. According to the different conditions of the patients, he combined different Chinese patent medicines and gave them to the patients. Don't underestimate the Chinese patent medicines processed by these individuals. They are all made with the addition and reduction of medicinal flavors on the basis of classic prescriptions. Taking the treatment of colds as an example, colds can be divided into wind-cold cold and wind-heat cold. However, whether it is to treat wind-cold cold or wind-heat cold, Chen Yuanwei here only uses a pill composed of several Chinese medicine raw materials. As long as you take a few tablets at the beginning of a cold, you can get relief at a time. There is no such thing as a saying that it takes a week to treat a cold.

When the new crown epidemic broke out in the spring of 2020, Chen Yuanwei asked the villagers to use this tablet to prevent colds, and the effect was excellent. This approach of Chen Yuanwei not only fully retains the advantages of personalized and tailor-made prescriptions of traditional Chinese medicine, but also adds the advantages of modern western medicine quantitative concepts. While the advantages of traditional Chinese medicine are not discounted, the bright spots of western medicine are added. It not only overcomes the shortcomings of the popularization of western medicine without individual specificity, but also overcomes the shortcomings of traditional Chinese medicine. For those patients who know how to decoction and are willing to decoction, they still prescribe authentic herbal decoctions. Different from traditional Chinese medicines in other

places, most of the traditional Chinese medicines used by Chen Yuanwei here are collected by his family and disciples in the mountains, or purchased from villagers near the primeval forest. The Chinese herbal medicines he stocked filled the warehouse of nearly 1,000 square meters. Chinese herbal medicine is good, the prescription is good, and the effect is good. Together, it is really good to be Doctor Chen Yuanwei.

### Hello, hello, hello everyone

Traditional Chinese medicine is a general practitioner, and Chen Yuanwei is a typical representative of general practitioners. You can't say that he is good at seeing that kind of disease. It seems that modern people's diseases range from common children's gynecological trauma to many difficult diseases such as heart disease, hypertension and tumors. , He can be treated. The effect is amazing. In order to facilitate medical treatment for patients from afar, Chen Yuanwei converted some idle houses on the outskirts of Suiyang into hotel-like rooms, and equipped them with kitchen utensils. Patients can cook their own meals and have meals with Chen Yuanwei's family. Chen Yuanwei called this place "Tianyuan Health Care Center". The health centers in many places were born under the planning of the person involved, but his health center was born naturally to meet the needs of patients. It is really hello, hello, everyone.

Since mankind entered the 1990s, the aging of the population has become increasingly serious. Relevant data show that in 2016, China's population aged 60 and above accounted for 13.26% of the total population, 2.93% higher than that in 2000. The number of elderly people with chronic diseases and empty-nest elderly both exceeded the 100 million mark in 2013. Related agencies predict that by 2025, China's population of people over 60 years old will reach 300 million, making it a super-aged

country. However, the Chinese pension market has not yet formed a standardized system and model. Chen Yuanwei's health care center provides useful lessons for latecomers.

In China, people often equate health care and elderly care industries. There are basically three types of elderly care industry: family care, community care and institution care. The main models are "combination of medical care", "combination of health care" and "combination of medical care". "Combination of medical care and elderly care" realizes the docking of medical and elderly care services, but the post-rehabilitation treatment for some semi-disabled and disabled elderly people is not perfect; "Combined medical care" is usually located in medical institutions and rehabilitation institutions. It is not integrated into the daily life of the elderly at home, and lacks the services, facilities and environment for the elderly life, so it cannot meet the needs of "nourishment"; the "combined health and nurture" lacks the doctor team and medical facilities of professional medical institutions, and suffers from illness. The elderly are often unable to receive timely diagnosis and treatment. In view of the above, Chen Yuanwei integrated the three modes of "medicine and health care", "healthcare and health care" and "medicine and health care" to form an integrated model of "medicine, health care and health care". This model solves the problems that hospitals cannot provide for the elderly, nursing homes cannot treat diseases, and families cannot take care of them.

### The magic weapon for a lifelong career

Chen Yuanwei's relationship with Chinese medicine is inevitable by accident. Chen Yuanwei has his magic weapon to build a career based on traditional Chinese medicine. This magic weapon is what his mother taught him when he first studied medicine.

Chen Yuanwei also had an older brother ten years

older than him. In 1952 or 1953, he had just graduated from the Political Department of Southwest Revolutionary People's University and suffered from bronchial lung cancer. The government sent his brother to the best hospital in Beijing at that time, but he died in the end.

Chen Yuanwei's grandfather was Weng Guqiu, a famous Chinese medicine doctor in Chengdu before and during the early liberation period. After learning about this, he and Chen Yuanwei's mother suggested that Chen Yuanwei should learn Chinese medicine from him.

Before Chen Yuanwei went to Chengdu to study medicine, his mother called him to the bed and asked him if he knew: "Doctors must have a loving heart?" Chen Yuanwei said I didn't know, and his mother told him the source of the allusion: ancient times, There is an old Chinese doctor, a patient is sick, and he asks him for treatment. There is a herbal introduction "human flesh" in the prescription prescribed by the doctor. The doctor was afraid that the patient could not find human flesh, so he cut a piece of flesh from his leg and used it for the patient's family. The saying "Doctors must have a loving heart" has been around since then. My mother said to Chen Yuanwei: "To tell you this allusion today, I don't want you to cut off your own flesh to make medicinal primers for patients in the future. I want you to remember one thing. People who study medicine should learn ethics first. To study medicine, you must have an empathy with the patient and sit in the position of the patient to think about the problem. Then what questions will the patient think about? Three questions: one, hope that the disease can be cured. Two, hope that it will be faster. , I hope to save a little money. If you say that the purpose of your medical study is to get the money in the patient's pockets into your own pockets after you have mastered the techniques, you will never be a good doctor. "My mother's teaching of Chen Yuanwei, Affected his life. Today, all the patients seeing Chen Yuanwei are like seeing relatives who have reunited after

a long absence.

### Enlightenment when life is dark

During his youth, Chen Yuanwei was detained for two years. It was the period of the Cultural Revolution, and there were big-character posters everywhere. When Chen Yuanwei wrote "Long live Mao Zedong Thought", he made a clerical error and missed the word "East". It was pronounced as "Long live Mao Zedong Thought". Because of the similar pronunciation of "Mao Ze" and "Mao Lao" in Guizhou dialect, Chen Yuanwei was detained for two years. In the past two years, apart from reading philosophy books and medical books, all were isolated from the world. In the past two years, Chen Yuanwei once again studied classics of traditional Chinese medicine such as Treatise on Febrile Diseases, and studied philosophical works such as Marx and Mao Zedong Thought. He found that using philosophical concepts to learn, research and apply Chinese medicine is very beneficial.

Someone asked Chen Yuanwei: Is he full of hatred in his heart because he was detained for two years because he missed a word? He said sincerely from the heart: No. He said that if it were not for the past two years, he would not have such ample time to "deep research on Chinese medicine" and "deep research on philosophy." For others, the past two years have been a disaster of imprisonment. For him, the past two years have been the prime time for "cultivating the Tao", especially the successful "getting the Tao".

Chen Yuanwei now has his own "Tianyuan Health Care Center" as well as a Tianyuan winery. In the 1990s, his Jiujiu Tianyuan wine was as famous as Kweichow Moutai, which is now well-known overseas. It is not only designated for use by some local government agencies, but also popular in Hong Kong. The reason why

Tianyuan Wine was so popular at that time was that it helped the Chinese National Weightlifting Team achieve unprecedented results in many important events. In 1995, the national weightlifting team was in a low period, and its performance was stagnant. According to a person from the National Sports Commission, Mr. Chen Yuanwei, the producer of Tianyuan Wine, sponsored this wine for the National Weightlifting Team. The national weightlifting team first sent the wine to the National Doping Testing Center for doping testing. As a result, Tianyuan wine does not contain any stimulants, hormones and antibiotics, which meets the strict requirements for athletes to drink. Subsequently, the national weightlifting team conducted a one-month trial. At that time, dozens of male athletes participated in the trial, and individual athletes generally improved by 5-10 kg! Subsequently, at the Guangzhou World Weightlifting Championships held at the end of 1995, he won five gold, five silver, six bronze and the first in the team total score, making a historic breakthrough! The previous national weightlifting team's performance was ninth in the group. The national weightlifting team fully affirmed the three major effects of drinking Tianyuan wine: one is that the team members fall asleep quickly and sleep normally; the other is to recover from training fatigue and play a good role in persisting in large-volume training the next day; third is to increase Athlete muscle strength training plays a very good role. With the help of Tianyuan Wine, the national weightlifting team achieved brilliant results in Atlanta in 1996 and Sydney in 2000.


Mr. Chen Yuanwei has never regarded himself as a winemaker, let alone a businessman, because he felt that his true identity was a doctor, and Tianyuan wine was just one of his weapons for healing and saving people. Related research found that Tianyuan wine contains 8 kinds of essential amino acids and 11 kinds of non-essential amino acids. Among them, arginine can improve the vitality of lymphocytes and phagocytes, activate the cellular immune

system and regulate immune function.

Tianyuan Feed Additives and Tianyuan Feed are by-products when Mr. Chen Yuanwei developed Tianyuan Wine. The breeding experiment was carried out on chickens and pigs in the experimental breeding farm of the institute. The test results show that the weight gain of the monomer is similar or higher than that of the existing compound feed and the conventional farm feed; the meat quality of livestock and poultry has obvious advantages, and the ability to resist disease is strong; More lean meat, less fat, and thin eggshells. The test results show that the developed TY-I TY-II functional compound feed has reached the expected five goals.

Not many people know about Tianyuan Feed Additives and Tianyuan Feed. These two treasures born from the research and development of Tianyuan wine have been in the boudoir for 20 years. Chen Yuanwei looks forward to the people who are destined to come together and form an alliance between the Qin and the Jin Dynasty for the benefit of To the people, create greater social value.

## Conclusion

*Chen Yuanwei is ordinary, but Chen Yuanwei is not ordinary. He never said that he would inherit and innovate Chinese medicine, but he naturally inherited and innovated Chinese medicine. There is no relevant organization to commend him, but he is deeply loved by patients all over the country. In addition to the role of a doctor, he has his own winery, pig farm, and chicken farm. The words of the "heart of love" that his mother said when he was a child helped him settle down, establish a career, and establish a virtue. He has accomplished himself and blessed others.* 

# 陈远维：医家要有“割股之心”

◎李善举



优秀的民间中医，是散落在人世间的珍珠。陈远维无疑是贵州遵义地区最耀眼的那颗，他光芒四射，像一位与世无争的大德隐者，默默护佑一方基层百姓的健康。

## 药好、方好、疗效好

陈远维给自己取的微信名是“黔北丐医”，意为专给普通老百姓看病的民间医生。但是他的患者不仅普通老百姓多，身居省城、京城“达官贵人”也很多，还有众多慕名而来的德、意、日、美、韩等外国患者。

陈远维虽身处民间乡野，但他以满足老百姓健康需求为己任，在医疗和药物方面保持与时俱进。传统的中药煎熬麻烦，汤药难以下咽，陈远维就购买引进现代化的西药制药设备，把中药原料制成胶囊和药片等中成药。走近他的药房，猛一看，满眼是类似西药的小瓶、盒子，让人以为是西药，仔细一看，竟全是由中药原料制成的西药状中药片。他根据病人病情的不同，把不同的中成药进行组合后，给患者使用。不要小看了这些手工制作的中成药，其实都是在经方的基础上增减药味制成，别看模样普通，但都在延续中国传统医学的血脉。以治疗感冒为例，中医分风寒感冒和风热感冒，但是不论是治疗风寒感冒还是风热感冒，陈远维只用数种中药原料合成的药片，让患者在感冒初期吃几片，就能很快见效，他这里没有“治疗感冒需要一周时间”的说法。2020年春季，新冠疫情暴发时，陈远维让乡亲们用这种药片预防感冒，效果极佳。陈远维的这种做法，既完整保留了中医个性化量身定做的开药优势，还加进了西药“清清爽爽”的优势。在中医药优势不打折的同时，加进了西药的亮点。既克服了西药普适大众化没有针对性的缺点，还克服了中医难熬难吃的缺点。而对于那些会煎药、愿意煎药的患者，则还是会开出传统的草药汤剂。与别的地方的中药材不同的是，陈远维这里的中药材大多数是家人和弟子们在山里面采挖而来，或是从原始森林附近村民的手中收购而来。他囤积的中草药，装满了近千平米的库房。药好，方好，疗效好，加在一起，成为陈远维医生的“法宝”。

## 你好、他好、大家好

中医是全科医生，陈远维是全科医生的典型代



表，并不能说他不擅长看哪种具体疾病，然而，从常见中医的内、外、妇、儿，到诸如心脏病、高血压、肿瘤等疾病，他都可以治疗。效果还让人赞叹。为了方便远道而来的患者就医，陈远维把绥阳郊区的一些闲置的房子改装成类似旅店的风格，并配套了厨房用具，患者可以自己动手做饭菜，还可以和陈远维一家人一起进餐。陈远维把这个地方称之为“天源康养中心”。很多地方的康养中心，是当事者策划诞生，而他的这个康养中心，是为了满足患者需要，自然而然地生成，真是你好，他好，大家好。

进入20世纪90年代以来，全球人口老龄化日趋严重。相关数据显示：2016年，我国60岁及以上人口占总人口的13.26%，比2000年高出2.93%，慢性病患者老年人和空巢老年人人口数量在2013年均突破1亿人大关。相关机构预测，2025年我国60岁以上老年人口将达到3亿，成为超老年型国家。然而，我国养老市场还没有形成一个规范性的体系和模式。陈远维的康养中心，给后来者提供了有益的借鉴经验。

在我国，人们常把康养和养老产业划等号，养老产业基本是存在三大类型：家庭养老、社区养老和机构养老。主要模式为“医养结合”“康养结合”“医康结合”三种。“医养结合”实现了医疗和养老服务的对接，但是对于一些半失能、失能老年人的后期康复治疗却不完善；“医康结合”，由于其服务地点通常在医疗机构和康复机构，没有融入老人的日常居家养老生活中，并缺乏养老生活的服务、设施和环境，所以也无法满足“养”的需求；“康养结合”，由于缺乏专业医疗机构的医生团队和医疗设施，患病老人往往无法得到及时的诊治。鉴于上述，陈远维把“医养结合”“康养结合”“医康结合”三种模式整合在一起，构成了“医康养”一体化模式。这一模式解决了医院不能养、养老院不能医、家庭无法护的难题。

### 安命立业一生的法宝

陈远维跟中医结缘，是偶然当中的必然。陈远维凭借中医药安命立业，有他的法宝。这法宝就是他学

医之初母亲教导他的一席话。

陈远维的上面还有个哥哥，比他大十岁，上世纪50年代初，从西南革命人民大学政治系刚刚毕业，就患了支气管肺癌。当地政府送他的哥哥去北京当时最好最好的医院治疗，但最终还是不治身亡。

陈远维的外祖父叫翁古秋，是解放前和解放初期时成都的名中医，知道这件事后，和陈远维的母亲建议，让陈远维去跟他学中医。

陈远维去成都学医之前，母亲把他叫到床面前，问他是否知道，医家要有“割股之心”。陈远维摇摇头。母亲就给他讲这个典故的出处：古时候，有位老中医，病人请他诊治。医生开出的药方中有一味药引子——“人肉”。医生怕病人找不到人肉，就把自己腿上的肉割了一块下来，给这个患者家属用。医家要有“割股之心”的说法，就是从这时开始有的。母亲对陈远维说：“今天给你讲这个典故，并不是希望以后你把自己的肉也割了给病人做药引子，是要你记住一点，学医先学德，医生要和病人有一个换位思考，坐在病人的位置上思考问题。那么，病人会想些什么问题呢？三个问题：一，希望把病治好。二，希望好快一点。三，希望钱省一点。如果说你学医的目的，是想把技术学到手后，把病人兜里的钱搞到自己兜里来，你永远不会是个好医生。”母亲对陈远维的教导，影响了他的一生。今天，所有的病人见到陈远维，就像是见到久别重逢的亲人。

### 人生至暗时悟道

青年时期的陈远维被关过两年禁闭。那是文化大革命时期，到处是大字报，大放大鸣。陈远维在写“毛泽东思想万岁”时，出现了笔误，少写了一个“东”字，被人念成“毛泽思想万岁”，由于贵州方言中“毛泽”和“茅厕”的发音相似，陈远维被关押了起来，一关就是两年。这两年中，除了能看哲学书和医书外，精神世界几乎与世隔绝。在这两年中，陈远维再次深研了《伤寒论》之类的中医经典著作，并且深入学习了马克思主义、毛泽东思想等相关理论著

作。他发现用哲学观念来学习、研究和运用中医，受益颇深。

有人问陈远维：因为少写一个字被关了两年，内心是不是充满了仇恨？他发自内心真诚地说：没有。他表示，如果不是这两年，他不会有这么充裕的时间“深研中医”，并“深研哲学”。在别人看来，这两年是牢狱之灾，对他而言，这两年是“修道”的黄金时间，尤其是成功地“得了道”。

现在的陈远维，除了有自己的“天源康养中心”，还有一个天源酒厂。他的九九天源酒在上世纪90年代，曾与当今蜚声海外的贵州茅台酒齐名，不仅是一些地方政府机构指定用酒，还在香港地区热销。天源酒之所以在那时受到如此热捧，是因为这款酒助力中国国家举重队在诸多重要赛事中取得了前所未有的好成绩。1995年，国家举重队处于低谷期，成绩徘徊不前。经国家体委相关人士介绍，天源酒的酿造者陈远维先生赞助了国家举重队这款酒。国家举重队首先将酒送到国家兴奋剂检测中心进行兴奋剂检测，其结果是天源酒不含任何兴奋剂、激素和抗生素等，符合运动员饮用的严格要求。随后，国家举重队进行了一个月的试验，当时数十名男运动员全部参加了试验，单项成绩运动员普遍提高了5~10公斤！随后在1995年底举行的广州世界举重锦标赛上，获得了五

金、五银、六铜及团体总分第一的好成绩，取得了历史性突破！之前国家举重队的成绩是团体第九名。国家举重队充分肯定了饮用天源酒的三大作用：一是队员入睡快，睡眠正常了；二是对恢复训练疲劳，对第二天坚持大运动量训练起到很好作用；三是对增加运动员肌肉力量训练起到很好作用。在天源酒的助力下，国家举重队在1996年亚特兰大和2000年悉尼奥运会上取得了辉煌的成绩。

陈远维先生从没有把自己当成造酒人，更没有把自己当成一个商人，因为他觉得自己的真正身份是医生，理应悬壶济世，天源酒只是他治病救人的利器之一。相关研究发现，天源酒中含有8种人体必须的氨基酸和11种非必需氨基酸，其中精氨酸具有提高淋巴细胞、吞噬细胞活力的作用，能激活细胞免疫系统，调节免疫功能。

天源饲料添加剂和天源饲料是陈远维先生研发天源酒时的副产品。饲养试验在研究所实验养殖场以鸡、猪为对象进行。试验结果表明，单体增重相似或高于现有配合饲料和农家常规饲料；畜禽肉质具有明显优势，抗病变能力强；肉、蛋口感鲜、香，肉质紧密细嫩，猪肉皮薄、瘦肉多、肥肉少、蛋壳薄。试验结果表明，所研制的TY-I型TY-II型功能型复合饲料达到了预期的五项目标。

天源饲料添加剂和天源饲料知道的人并不多，这个因研发天源酒而诞生的两个“宝贝”待字闺中已经有二十年，陈远维期待有缘人来珠联璧合，结秦晋之盟，从而造福于民，创造更大的社会价值。

## 结语

陈远维很普通，但是陈远维又不普通。他从没有说过要对中医进行继承和创新，但是他自然而然、润物无声地对中药进行了继承和创新。没有相关机构对他进行表彰，但是他深得全国患者的厚爱。在医生这个角色之外，他有属于自己的酒厂、猪场、鸡场。母亲在他小时候说的“割股之心”的典故，让他安身、立业、立德。既成就了自己，也福泽了他人。📖



# Zhang Jinbo, Chinese medicine has the effect of "covering the cup" in treating insomnia

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Insomnia refers to sleep disorders, which is a common physical and mental illness of modern people in modern society. Traditional Chinese medicine in the motherland calls insomnia "not looking at sight" or "insomnia". Insomnia is not only high in the elderly, but also common in middle-aged men and middle-aged women in cities, which seriously interferes with people's normal work and life. Zhang Jinbo is the director of the "Preventive Treatment" Center of Yantai Hospital of Traditional Chinese Medicine and a special clinical expert of Chinese medicine at Beijing University of Chinese Medicine. He has won praise and trust from many patients in treating insomnia. Zhang Jinbo has proved with a lot of clinical practice: TCM has the effect of "covering the cup" in treating insomnia.

## Don't use jujube seed as a "sedative" medicine

When Zhang Jinbo came to the Traditional Chinese Medicine Clinic of Beijing University of Traditional Chinese Medicine from Yantai, there were very few patients in the clinic. However, since the treatment of a long-term insomnia Tianjin aunt, the number of patients has begun to surge, and one third of the outpatients are insomnia patients.

This 70-year-old woman in Tianjin has had insomnia for more than 30 years. She has been using sleeping pills for a long time to fall asleep at night. As she gets older, her insomnia becomes more and more serious. As long as there are new sedatives on the market, this aunt will become the first group of drug users. Before receiving Zhang Jinbo's treatment, Tianjin aunt will not only take

the latest sedatives but also antidepressant drugs. In the words of Tianjin Auntie, sleeping pills have a certain effect of helping sleep, but they can only be regarded as maintenance, not as being cured. When Tianjin Auntie's mood fluctuates, these sleeping pills will be ineffective. Over the years, Tianjin Auntie has a pale complexion, her mind is dizzy during the day, she has no energy, she is forgetful about doing things, she loses her appetite and loses her appetite when eating, and she is very painful. Under normal circumstances, it is difficult for her to fall asleep. After falling asleep, she usually wakes up an hour later. After waking up, she can't sleep again.

Zhang Jinbo prescribed seven pairs of Chinese herbal medicines to Tianjin Auntie. The old lady asked before leaving, "Do my sleeping pills stop?" Zhang Jinbo said, "Don't stop. You have been dependent on sedatives for so many years. You can't stop them all at once. After eating Chinese herbal medicines, slowly reduce the amount." Aunt Tianjin would like to follow the doctor's advice. When the second Chinese herbal medicine worked, she began to slowly reduce the amount of sedatives. On the night of the last Chinese herbal medicine, she wanted to see what would happen if she did not take western sedatives. Still slept well. The old lady has poker friends, drinking friends, and patient friends. She shared her joy of getting a good doctor in a group of patients, who all like to pass on word of mouth. When Tianjin Auntie returned to the clinic, she brought seven patients with insomnia to Zhang Jinbo.

Zhang Jinbo told Qihuang Chuanren's column that with the popularization of Chinese medicine knowledge, whether it is Chinese medicine or Western medicine,

many doctors like to use wild jujube seed to make Chinese herbal medicine when they encounter insomnia. Some patients have an effect, but most patients have no effect. . Why is there no effect in some patients with jujube seed? Because people are different, the causes of insomnia are different, and the treatment methods and Chinese herbal medicine should also be different.

Many Chinese medicine practitioners think that it is a sedative. Some people even use up to 100 grams of fried jujube seed to treat insomnia, but it still cannot cure insomnia. Because wild jujube seed is not a sedative, it cannot cure all kinds of insomnia. Jujube seed nourishes liver blood, which can nourish liver yin. The liver belongs to wood among the five elements. If wood does not make fire, it will not disturb the mind. If your mind is not disturbed, people will be at peace, as long as they are at peace, they will sleep. The ancients used wild jujube seed to nourish blood, nourish yin and soften the liver, and prevent the lack of liver yin and blood from starting a fire. After the fire becomes strong, it disturbs the mind. This is the principle used by the ancients to treat insomnia with fried jujube seeds, and it has a certain range of applications. If jujube seed is used as a sedative, 500 grams of jujube seed is not as sedative as a bottle of diazepam. One diazepam only costs a penny. How much is 100 g of jujube seed? This is from the economic point of view. From the point of view of curative effect, it cannot be considered as a sedative. TCM treatment of insomnia is not based on sedation. In the treatment of insomnia with traditional Chinese medicine, only by identifying the cause of the disease and seeking the root cause can it be effective.

## Mechanism of TCM Differentiation and Treatment of Insomnia

Chinese medicine believes that insomnia is caused by the imbalance of yin and yang in the body. But yin and

yang are a big concept in Chinese medicine, and almost all diseases are caused by the imbalance of yin and yang. Insomnia is essentially that the yin and yang of the body's meridians cannot embrace each other. Ancient Chinese medicine believed that when yang qi enters yin qi, one will sleep soundly, and when yang qi flows out of yin qi, one will wake up. When we treat insomnia, we must think of nourishing yin and restraining yang so that yang can enter yin.

In the treatment of insomnia in traditional Chinese medicine, it is necessary to grasp the time period of insomnia of the patient, and the reasons for insomnia are different at what time period. Traditional Chinese medicine has a very fine division of the viscera, such as heart yin, heart yang, kidney yin and kidney yang, liver yin and liver yang. Is the patient's insomnia caused by the loss of balance between heart yin and heart yang, or liver yin and liver yang. Whether the loss of balance is caused by the imbalance of spleen yang and spleen yin, or the loss of balance between kidney yin and kidney yang, depends on the patient's pulse image.

Depending on the situation, the prescription and medicine prescribed by the doctor are different. Traditional Chinese medicine pays attention to syndrome differentiation and treatment. Different Chinese herbal medicines have different prescriptions. There is no fixed prescription for the disease, and the doctor always formulates the prescription according to the disease. Suppose there is a patient with insomnia who wakes up at 12 o'clock at night and can't sleep anymore. At this time, the hour belongs to the Zishi, Zidan, the gall bladder meridian is in Shaoyang, Shaoyang moves, causing fire, disturbing the mind and confusion. disturbed. We treat according to the syndrome differentiation of Chinese medicine. At this time, Shaoyang fires strong and Shaoyang is easy to move. We use Chaihu Shugan Decoction to reconcile Shaoyang. It is to soothe the liver and relieve Shaoyang, plus some Chinese herbal



medicines that help sleep, basically a few Chinese herbal medicines can solve the patient's problem.

The causes of insomnia are different for men and women, and for old and middle-aged people. Generally speaking, women who suffer from insomnia should start with the liver, because most women suffer from spleen deficiency and liver depression, which will turn into fire for a long time. Women generally need to relieve the liver, relieve depression, invigorate the spleen and soothe the nerves. Men should start with the kidneys, and men generally suffer from kidney deficiency. The elderly need to replenish qi and blood.


Zhang Jinbo pointed out that sometimes a word of the patient is the valuable diagnostic information of the doctor. For example, patients often dream of fighting or dueling, which is generally arousing anger. Dreaming of always flying up, generally considered to be full of energy, dreaming of always falling from high altitude, Chinese medicine thinks it is kidney deficiency. Always dream of some trivial things in life, that is, the spleen is weak. When thinking too much hurts the spleen, it's easy to dream of lingering dreams, and sometimes there will be dreaming dramas. The dreams I had last night can be continued tonight from yesterday. This is thinking too much hurts the spleen. Our Chinese medicine doctors think it is concerning. Because of the spleen idea, he is very concerned about some problems. Caring is about thinking. Traditional Chinese medicine generally uses the spleen to nourish the heart. At this time, we need to use Guipi Decoction, which is sad and fearful. We use different prescriptions. Men always dream about water, which is usually caused by kidney problems. According to Chinese medicine, it may be caused by prostate problems or bladder meridian problems.

However, in the treatment of insomnia, Chinese medicine is not a panacea. Medication is not as good as diet therapy, and diet therapy is not as good as psychotherapy. The so-called psychotherapy is the use of

health rules, such as exercise. In the daytime, try to get yourself excited and sweat. When you exercise and sweat, the meridians of your body will open and close. When you sweat, you will be relieved. When all the meridians are running smoothly, the energy of the meridians will flow in and out on time. Yin and Yang can hug each other in time. Therefore, sweating during exercise during the day is also a good way to solve sleep problems. This is not a medicine therapy, this is a traditional Chinese medicine method, also called natural therapy. As long as you know how insomnia is caused and find the cause of insomnia, any method can be used to cure it. There is no fixed method. Does traditional Chinese medicine have to use medicine to treat diseases?

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#### Introduction to Zhang Jinbo:

*Male, born in 1964, master tutor of Shandong University of Traditional Chinese Medicine, special clinical expert of Beijing University of Traditional Chinese Medicine. He brought into play the theory of "all qi and depression, all belong to the lung" in the "Internal Classics", and refined the dialectical and therapeutic thinking of "declaration and transparency"; he proposed ten methods of declaring, transparent, rectifying, opening and closing, and opening and closing to cure diseases. It is believed that the meridians of the whole body are dependent on the three energizers, attached to the fur, the lungs are depressed, and the occlusion of the Xuan Mansion is the main pathogenesis. He authored "Xuanming Medicine Heart Method". He put forward the academic view that the numbness is outside, the dysfunction is inside, the swelling is inside, and the disease is outside. He invented the method of picking through the meridian, enriching the scope of the external treatment method; he declared the transparent Xuanfu, and used Jinpingmu to treat liver disease; He proposed that the viscera, blood vessels, meridians, and limbs also have appearances, and they all have a new view of the lung owner, and innovated a new theory of "resolving the appearance and expanding the collaterals". He sits in expert outpatient clinics in the Traditional Chinese Medicine Hall of the hospital. There are an average of more than 70 outpatients per day, with a maximum of more than 100 visits. Many medical seekers come from Beijing, Shanghai, Nanjing, Jinan, Guangzhou, Shaanxi, Chongqing, Northeast China, Xinjiang and Inner Mongolia, Overseas Chinese, and overseas and international friends from the United States, Canada, Japan, South Korea, etc., have created a huge social impact on the outpatient service at twelve o'clock in the morning and even the first afternoon in the first afternoon, registration, and appointment registration two months ago.* 



# 张金波：中医治失眠有“覆杯”之效

◎李善举

失眠是指睡眠障碍，是现代社会的一种常见身心疾病，祖国传统中医将失眠称之为“目不瞑”“不寐”。失眠不仅在老年人群中高发，在都市里的中年男性和中年女性群体中，也很常见，严重干扰了人们的正常工作和生活。张金波是烟台市中医医院“治未病”中心主任，也是北京中医药大学中医临床特聘专家，在治疗失眠上，赢得了众多患者的称赞和信赖。张金波用大量的临床实践证明：中医治失眠有“覆杯”之效。

## 莫把酸枣仁当“镇静”药

张金波初到北京中医药大学国医堂出诊时，门诊室里的患者十分稀少。然而，自从医治了一位从分诊台引导过来的长期失眠的天津大妈之后，患者应诊量开始暴增，门诊量三分之一的患者都是失眠病人。

一位七十多岁的天津大妈，失眠已经有三十多年了，夜晚入睡长期以来用安眠药维持，随着年龄的增长，失眠越来越严重。市场上只要有新的镇静药出现，这位大妈就会成为第一批用药人，天津大妈在接受张金波治疗前，不仅吃最新的镇静药，还吃抗抑郁的药。用天津大妈的话说，安眠药有一定的助眠效果，但是只能算是维持，不能算是被治愈。天津大妈情绪出现波动的时候，这些安眠药就会处在失效状态。这么多年来，天津大妈面色萎黄，白天头脑昏沉，浑身没有力气，做事情健忘，丢三拉四，吃饭越来越没有胃口，十分痛苦。她一般情况下很难入睡，入睡以后，通常是一个小时后就醒，醒了之后就再也睡不着觉。

张金波给天津大妈开了七剂药，老太太临走时问，“我的安眠药停吗？”张金波说：“你先别停，你

吃这么多年的镇静药，已经有依赖，一下子停掉不行，吃中药见了效以后，慢慢的减量。”天津大妈谨遵医嘱，第二剂药见效时，她就开始把镇静药慢慢地减量，到吃最后一剂中药的那个晚上，她想试试不吃西医镇静药会怎么样。结果，她照样儿睡得挺好。老太太有牌友、酒友，还有病友。她在一个病友群中分享了自己得遇良医的喜悦，病友们如获福音。天津大妈复诊时，一下就给张金波带来了七位失眠病友。

张金波告诉岐黄传人专栏采访者，随着中医知识的普及，不论是中医还是西医，遇见失眠患者，很多医生都喜欢用酸枣仁。有的患者用后有效果，但是绝大多数患者没有效果。为什么不同患者用酸枣仁后的效果不一样？答案是致病原因不一样！那么，遣方用药也应不一样！很多医生用酸枣仁，觉得它是个镇静药，甚至有人治失眠时炒酸枣仁的用量达到100克，但是照样不能治失眠。因为酸枣仁不是镇静药，更不能包治各种失眠。酸枣仁养肝血，肝血能够滋润肝阴。肝在五行中属于木，木不生火，就不扰心神。心神不乱，人就安。只要安，人就眠。古人用酸枣仁是养血滋阴柔肝，防止肝不足而生火的，火旺以后呢，扰动心神。这是古人用炒酸枣仁治失眠的道理，它是有一定的应用范围的。假如把酸枣仁作为镇静药来用，500克枣仁它也不如一瓶安定片镇静作用强，一片安定片才一分钱，100克酸枣仁多少钱？这是从经济上算，从疗效上看，不能认为酸枣仁它是个镇静药。中医治失眠不是以镇静为主。中医治失眠，只有找准病因，求根治本，才会有“覆杯”之效。

## 中医辨证治失眠的原理

中医认为，失眠是人体阴阳失衡所导致。但是阴

阳在中医里面是一个大概念，几乎所有的病都是因为阴阳失衡所导致。失眠，本质上是人体经脉之气的阴阳不能相抱。古人认为，阳气入阴气则寐，阳气出于阴气则悟。我们在治失眠时，就要想法滋阴敛阳，让阳气进入阴。

中医治失眠要抓住患者失眠的时间段，在什么时间段失眠，其病因往往是不同的。中医对脏腑有很细的划分，如有心阴，也有心阳，有肾阴也有肾阳，有肝阴也有肝阳，患者的失眠症到底是心阴心阳失去平衡造成，还是肝阴肝阳失去平衡造成，还是脾阳脾阴失去平衡造成，还是肾阴肾阳失去平衡造成，要从患者的脉象来确定。

根据不同的情况，医生开出的方和药不一样。中医是讲究辨证论治，一方一药，一症一药，病无定病，方无定方，医生永远是根据具体病症来遣方用药。比如说有一位失眠患者，夜里12点醒后，就再也睡不着了，这个时候，时辰属于子时，子胆，胆经是在少阳，少阳一动，生火，扰乱心神，神乱不安。我们根据中医的辨证，这个时候是少阳火旺，少阳易动，我们用柴胡舒肝汤，和解少阳，或者是用小柴胡汤加减，或者是用四逆散，只要是舒肝和解少阳，再稍加一些有助睡眠的药，基本上几付药就能解决患者问题。

失眠的病因，男女不一样，老年、中年也不一样。一般的女性失眠，多从肝上着手，因为女性大多数脾虚肝郁，虚久化火，女性一般要舒肝解郁、健脾安神。男人要从肾上着手，男性一般多是肾虚。而老人则要益气补血。

张金波指出，有时患者的一句话，就是医生宝贵的诊断信息。比如说，患者常梦见打仗或是决斗，一般是肝火旺盛。梦见老是飞腾，一般认为是气盛，梦见总是从高空处坠落，中医认为是肾虚。总是梦见一些生活的琐碎小事，就是脾虚了。多思伤脾，就容易做梦缠绵，并且有时候会出现做梦连续剧，昨天晚上做的梦，今天晚上还可以接着昨天的继续往下做，这是思多伤脾，中医认为病因源于“意”，因为“脾主意”，患者经常思考一些问题，过度思虑。“意”，

就是思考，中医一般用健脾养心，这个时候要用归脾汤。悲思忧恐惊，不同情志用方是不一样的。男性总是梦见水，一般是肾出了问题，按照中医断病，可能是前列腺出了问题，或是膀胱经出了问题。

但是，在治疗失眠方面，药物也不是万能的。药疗不如食疗，食疗不如心疗。白天想办法让自己精神饱满，适当运动出汗。一运动一出汗，全身的经脉就会处于开合的状态，一出汗经脉就运行通畅了，经脉就会按时出入，阴阳就能按时“相生相抱”。因此，白天运动出汗，也是解决睡眠问题的好办法。这不是药的疗法，这是中医疗法，也叫自然疗法。只要知道失眠是怎么导致的，找到病根，用什么法都可以治，法无定法。难道中医治病就一定要用药吗？<sup>①</sup>



#### 张金波简介

男，1964年生，山东中医药大学硕士研究生导师，北京中医药大学临床特聘专家。他发挥《内经》“诸气凌郁，皆属于肺”学说，提炼了“宣解通透”的辨证论治思想；他提出宣解、通透、中正、开阖、启闭治病十法，认为全身经脉都依仗于三焦，依附于皮毛，肺气拂郁，使玄府闭塞为主要病机，著有《玄冥用药心法》。他提出“痹于外，而痿于内，痹于内，而痿于外”的学术观点，发明了循经挑刺法，丰富外治法的范围；他宣解通透玄府，佐金平木治疗肝病；他提出脏腑血管经络及四肢百骸亦有表，皆有肺所主的新观点，创新了“解表宽中扩络”的新理论。他在医院国医堂专家门诊坐诊，日门诊平均达70多人，最多可达100人次以上，慕名求医者来自全国各地，以及美国、加拿大、日本、韩国等国家的海外华人和国际友人。在中医院工作的他，门诊挂号、预约的人往往排到凌晨十二点，甚至有的人在前一天的下午来等号，临床疗效让他拥有巨大的社会影响力。