

中医药预防非典型肺炎 在于除湿化浊^{*}

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摘 要: 传染性非典型肺炎,符合中医“湿热疫病”的流性特点。预防在于除湿化浊。作者自拟“清宣汤”清解宣化湿毒,以提高湿重体质人群的免疫抗病能力,从而达到预防传染性非典型肺炎的目的。现已为两万余人服用,反应良好。

关键词: 中医药 非典型肺炎 除湿化浊 清宣汤

一、关于非典型肺炎的诊疗

非典型肺炎是由支原体、衣原体、军团菌、立克次体、腺病毒以及其他一些不明微生物引起的肺炎。“非典型肺炎”年年都有发生,只是今年有很强的传染性,病原体为变异性冠状病毒。以往冠状病毒只是引起腹泻等肠胃病变,而这次变异性冠状病毒却迅速引起弥漫性肺纤维化,导致呼吸衰竭。

传染性非典型肺炎的流性特

点,符合中医“温疫病”的范畴。“温疫病”是外感流行性疾病,其发病主要与人体的免疫机能及环境中的致病因素有关。既然,目前还没有什么好的办法杀灭“变异性冠状病毒”。那么,提高人体的免疫机能,预防传染性非典型肺炎的发生,就十分重要。在提高人体免疫机能方面,中医药有着得天独厚的优势。然而,谈到中医药防治病毒性疾病,提高人体免疫机能时,人们总是习惯于用寒凉药杀病毒,用补益药提高人体的免疫机能。而我却认为:

用过寒凉补益药,不太适合这次传染性非典型肺炎的防治。

中医“温疫病”包括“温热疫病”和“湿热疫病”两大类型。用寒凉药清热解毒,仅适合于“温热疫病”的防治。而这次“传染非典型肺炎”从以下4个方面来说,当属于中医湿浊蕴毒生热所致的“湿热疫病”。防治上应以除湿化浊为主,佐以清热。

第一,今年是癸未年,属土,湿气当令。春节以来雨水明显增多,人们处在潮湿的气候中,以致湿困脾土,脾失健运,湿毒内

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停，蕴而生热。

第二，“秋冬进补”，盛行已久。在高营养饮食、低体力劳动的今天，人们每到秋冬时节，仍食用大量肉食，并常常用肉食加参、芪等中药煲汤补养身体，以致肥甘厚味困阻脾胃、助湿生热（有关文章附后）。

第三，现在湿重体质的人，占人群中的绝大部分。其表现为舌体胖、舌苔厚腻水滑、脘腹胀满、大便粘腻不爽。

第四，这次传染性非典型肺炎除高烧、咳嗽外，多伴有肢体困重、周身酸痛难忍、脘腹胀满、大便溏泻等湿邪内困的临床表现；同时，用抗生素治疗无效，而抗生素属于中医的寒凉药。

据以上4种情况，如仍然延用以往用寒凉药抗病毒、用补益药提高人体免疫机能的方法，来防治这次属于“湿热疫病”型传染性非典型肺炎，则不符合中医防治“湿热疫病”的原则。因为过用寒凉药，会进一步伤脾助湿；过用补益药，会进一步助湿生热。反而会降低人体的免疫机能，从而不利于人群中绝大部分属于湿重体质的人对“传染非典型肺炎”的预防。我们根据中医学预防“湿热疫病”的防治原则，拟“清宣汤”清解宣化湿毒，以提高湿重体质人群的免疫抗病能力，从而达到预防传染非典型肺炎的目的。现已为2万余人服用，反应良好。

清宣汤组成：生薏米30克、

生麦芽30克、青蒿10克、贯众10克、草河车15克、生甘草10克、藿香10克。

功效：清解宣化湿毒。防治湿热疫病。

生薏米：甘淡，微凉。入脾、肺、肾经。健脾、补肺、利湿、清热。

其除湿而不伤二术助燥、益气而不伤参芪助热、清热而不伤芩连损阴。

生麦芽：甘，微温。入脾胃经。消食、和中、下气，行血散瘀，除上焦滞血。

其消食积、症瘕，除胸膈气结胀满，解郁消痰。

藿香：辛香微温。入肺、脾、胃经。除湿辟秽，快气和中。为散湿圣药，解时行疫气。

青蒿：辛香、苦寒。入肝、胆经。清热解暑、除蒸截疟。

专清血中湿热，为湿温疫病之圣药。

贯众：苦凉。入胃、肝、肺经。清热杀虫，除湿破结，凉血解毒。

解时行疫病之气。

草河车：苦微寒。入肝经。清热解毒，散结消肿，止咳平喘。

生甘草：甘平。入肺、脾、胃经。和中缓急，润肺解毒，调和诸药。

二、后 记

“秋冬进补”，在我国盛行已久。每到秋冬时节，人们习惯于

吃大量的肉食品，并常常是肉食加参、芪等中药煲汤补养身体。殊不知，中医传统补法历史形成的年代，中国贫穷落后，是低营养饮食、高体力劳动的年代。

自改革开放以来，我国经济发展、物质丰富，传统的以植物性食物（粮食、蔬菜）为主的饮食方式，早已被以动物性食物（肉、蛋、乳）为主的饮食方式所取代。由于体力活动、劳动强度的不断下降，脑力劳动、竞争机制的不断增加，人们的代谢调节能力也在不断的下降，高营养物质常常不能完全被人体所代谢，而在体内郁积生热。因此，人们常常在进补后，不仅没有觉得精力充沛，反而出现了头晕耳鸣、口干舌燥、身重体乏、大便不畅等不良症状。高血压、高血脂、高血糖、肥胖症等导致的糖尿病、心脑血管病、肾病、肿瘤、脂肪肝、痛风等富贵病，也在逐年增多。所以，“秋冬进补”的养生方式，已不再适合于现代人。

中医讲究缺什么补什么，现代人主要缺的是运动。当然，现代人并不拒绝进食补品，关键是要因人而异，根据不同个体的身体状况，请中医大夫调配适合自己的补法，以达到补身健体。

调整心态、加强锻炼、平衡膳食的综合调理，才是最佳的强身健体、防病抗衰的养生方法。

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factors after the invasion of causative agents in human body. In this article the authors put forward the theoretical basis and features of the diagnosis and treatment of SARS, Based on the clinic survey of 112 SARS cases in The Hospital of Guangdong Province they believe that this disease can be attributed to the area of acute spring febrile and damp-heat diseases and propose to name it acute spring febrile disease with latent dampness. The article records in detail therapeutic schedules and typical cases of SARS treated by TCM in that hospital.

Key Words: SARS, diagnosis and treatment based on overall analysis of disease and patient's condition by TCM, damp-heat diseases, acute spring febrile diseases

The Prevention of SARS by Traditional Chinese Medicine Lies in the Removal of Dampness and Turbid Evils *in Vivo*

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The severe acute respiratory syndrome (SARS) that has broken out this year accords with the prevalent characteristics of damp-heat epidemic diseases in traditional Chinese medicine (TCM). The prevention of SARS by TCM lies in the removal of dampness and turbid evils *in vivo*. The author of this article has written out a prescription of his own "Qing Xuan Tang" to dispel and dissolve damp toxin, improving the immunity and disease-resistant ability of people with heavy dampness in body for the purpose of preventing SARS. Up to now more than twenty thousand people have taken it and all felt well.

Key Words: Traditional Chinese Medicine, SARS, removal of dampness and turbid evils *in vivo*, Qing Xuan Tang

Study and Establishment of Auxiliary Diagnosis and Treatment Systems of Traditional Chinese Medicine

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With the rising of the global information-based tide and the globalization of traditional Chinese medicine (TCM), the digitalization and standardization of TCM has been put on the agenda and the demand for exchange, teaching and scientific research by modern computer technology and Internet in TCM is constantly increasing. On the basis of the original TCMCADS and starting from the digitalization of pulse and tongue examination used in TCM, the system of computer simulation as mentioned in this article is able to gather and reappear the pulse and tongue images and establish the database of diagnosis and treatment based on teaching materials of TCM, thus providing a platform of convenient and easily-used auxiliary diagnosis and treatment systems for clinical doctors of TCM as well as a platform of long-distance exchange and learning for the learning and study of students and doctors abroad in TCM.

This article is one of the key-note reports made at the first academic salon on traditional Chinese medicine and materia medica held by the journal World Science and Technology in 2000. That conference put its theme on "Scientific characteristics, Modernization and Digitalization of TCM Theories".

Key words: auxiliary diagnosis and treatment systems of TCM, digitalization of TCM, pulse examination, tongue examination

Information Processing and Application of Digital Tongue Image in TCM

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Tongue diagnosis is an important way by which diseases are able to be diagnosed in traditional Chinese medicine (TCM). It is a critical task concerning the inheritance and innovation of tongue diagnosis to study digital tongue image and develop computer analytical system of tongue image by the way of processing techniques of image information and then to sort out, standardize and discover new value and techniques of tongue diagnosis. In this article, the present situation in the study of digital tongue image and the computer analytical system of tongue image is briefed and it is maintained that this technology should be used to clinical treatment, applying processing techniques and computer analytical system of tongue image to the clinical survey of diagnostic reliability and validity so as to promote the objectivity and standardization of tongue diagnosis in

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