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卢芳
临屏思维

装帧设计:刘连生



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題

在「苦惱」中思維出版

陳可堪



一九九三年
四月
北京

序

《卢芳临床思维》一书是卢芳教授及其弟子辛勤笔耕撰写而成。卢芳同志曾执教于黑龙江中医学院,现任哈尔滨市中医院院长,为我省著名中医,学识渊博,造诣深邃,临床经验丰富,医德医风高尚,在教学医疗科研各战线上业绩卓著,成果累累,在群众中享有盛誉。

是书内容较为详尽地介绍了卢芳教授治学方法、学术经验及其独特的治疗专长等,如对神经、内分泌疾病中三叉神经痛的治疗,脾胰同治法治疗Ⅰ型糖尿病等,探赜索隐,独具匠心,取得了卓越成效。

卢芳同志的治学方法和思路,别具风格和特色,诸如博采众长,师而不泥,实践与理论并重,在继承的基础上发扬创新,辨证与辨病结合,中西合璧,发皇古义,融汇新知等。全面反映其具备先进辨证法的治学方法,敏捷的思维,广而深的知识面,毋庸讳言与其成功是分不开的。

书中辨治篇介绍其治疗以内科为主的常见病、疑难病,如支气管哮喘、高血压病、糖尿病、阿狄森氏病、尿崩症等皆有独到之处。学术思想篇、医案篇,内容丰富翔实,论述精湛,凝聚着卢芳教授30年多来宝贵的临床经验和医学心得,诚为当前医林中珍贵之论著。爱书数言以作弁首,盼早日付梓以飨读者。

张琪

于黑龙江省中医研究院

1994年5月21日

编写说明

中医教授卢芳先生是中国名老中医药专家继承工作的导师之一,可称之为中医临床专家。他对疾病分析思维方法独特,遣方用药别具一格,疗效突出。

为了推广他的学术思想和临床经验,其弟子和从事中医药工作的同事共同协作,对他的医疗实践和科研成果进行了全面的、实事求是的总结。因为全书贯穿着卢芳先生临床思维方法,故命曰《卢芳临床思维》。

全书共分学术思想篇、辨治篇、医案篇和附篇四个部分。

学术思想篇连篇汇萃了卢芳教授对有关中医医学理论方面论述的新意,其中有一部分是导师在国际学术会议上的专题讲稿。

辨治篇从中医内科疾病的辨证治疗规律、临床用药规律、以病带证和验方、秘方等四个方面总结论述。中医内科疾病的辨证治疗规律是对导师辨病辨证这一临床思维的高度总结;临床用药规律从辨病用药规律、中西药联用规律、常见症状选药等三方面全面系统地总结了导师临床用药规律及特色,融古治今,中西合璧,贵在创新、实用;以病带证例举了导师对近 30 种常见疾病的思维方式,以西医命名,中医辨证,中西理论合参选药,新颖独特,充分体现了导师辨病与辨证相结合的学术思想;验方、秘方部分收集了导师几代家传秘方及临证验方共 12 则,无私地奉之于众。其所以能济世救人者,亦为导师之夙愿。

医案篇分典型病案赏析和医案整理两部分,可谓导师近年来临床经验之精华。

附篇收集了近年来报刊、杂志、广播等发表、播送的部分有关介绍导师的为人、事迹文章,文中所言有些虽为生活中之琐事,却反映出了导师对中医事业的热爱和执着,读后,相信一定能加深您对卢芳教授的了解、理解和尊重。

本书可供中西医院校师生、临床医生、中西医科研工作者及广大中医爱好者参考、阅读。

由于我们水平有限,书中难免有错误或对导师思维缺乏深刻的认识,不当之处,敬请斧正。

编写委员会

1994 年 7 月 24 日

Preface

"Lufang's clinical thought", which is systematized by Prof. lu's students who sum up their tutor's activities and results of theory, practice and scientific research, etc, during thirty years. It contains rich content, emphasizes clinical practice, meanwhile highlights new and characters. It will positively give impetus to raise the level of clinical treatment, education and scientific research that the book is published. It is a indispensable good company and friend to many amateurs of TCM and patients.

The book contains four parts: chapter of thought ,chapter of treatment according to differentiation of syndromes, chapter of proved and secret cases, appendix.

Chapter of thought gathers the essence of Prof • Lu's discussion on medicinal theorg , which contains Lectures What were given out when he visited Japan , South Korea and Russia etc.

Chapter of treatment according to differentiation of syndromes , mainly contains four parts ;regulars of treatment acolrding to differentiation of syndromes of internal diseases ,regulars of medical clinical application ,appendix syndromes to diseases and secret prescriptions . The treatmental regulars according to differentiation of syndromes of internal diseases ,which highly summarize prof. lu's clinical thought of combination differentiation of causes with differentiation of deseases ,Regulars of medical clinical application mainly discuss from regulars of medical application according to differentiation of syndromes ,regulars of combined application of western medicine and chinese drugs ,medicinal selection of common—seen symptoms ;Prof. lu's regulars of medical clinical application fuse ancient theory and present theory ,take essence and quest clinical practice . Appendix syndromes to deseases ,lists prof. lu's treatmental experience on more than thirty kinds of common—seen diseases ,names after western medicine ,differentiates syndrome according to TCM ,selects medicine according to theory of combination of western medicine according to theory of combination of western medicine with traditional chinese medicine ,it is new original and unique ,fully shows prof. lu's scholastic thought of combination differentiation of diseases with differentiation of syndromes ,otherwise , emphatically discusses the treatment of diabetes ,prosopalgia and deseases of endocrine system which contain hyperthyresis

according to Prof. lu's special skill, highlights important points , pays attention to some special diseases . Proved and secret prescriptions ,collects twelve prescriptions which have been handed down from Prof. lu's generation to generation and clinical effective decoctions ,contribute them to readers . It is Prof. lu's long—cherished wish to relieve people in diseases and save their life .

Chapter of proved cases is classified into two parts ; the appreciation and analysis of typical cases ,systematization of cases ,It is the essence of Prof. lu clinical experience in these years .

Appendix collects articles which were given out in some papers and magazines ,they reported prof. lu's meritorious deeds . Although these are life affairs ,readers can go further to understand and respect Prof. lu ,because they show his love and inflexible for the undertakings of TCM.

The book is contributed to teachers and students in TCM college, clinical doctors, researchers on scientific study of western medicine and TCM and many amateurs of TCM and patients .

There are some errors in the book and undeeplly understanding to Prof. lu's scholastic thought , which are inevitable because of limited level . please make corrections .

editorial board

July 24, 1994

卢芳小传



卢芳，
黑龙江省肇
东市人。
1939年6
月18日生
(阴历五
月初二)。1961
年毕业于黑
龙江中医学
院。因品学
兼优留校任
教，一直工
作在医疗、
教学、科研
第一线，成
果显著。30
岁就被誉为
黑龙江省

“四小名医”之一，在人民群众当中享有很高的威望。多年来，他始终孜孜不倦地研究中医学术，知识渊博，临床经验丰富，已出版著作12部计200余万字，在国内外中医药刊物上发表数十篇学术论文，桃李遍布大江南北。现任黑龙江省政协委员、黑龙江省晋升高级职称评审委员会委员、黑龙江省自然科学基金专家评审委员会委员、中国中医药学会糖尿病专业委员会副主任委员、中国中医药学会中医基础理论整理研究委员会委员、黑龙江省中医药学会糖尿病专业委员会主任委员、黑龙江省气功学会副理事长、哈尔滨市中医药学会副理事长、哈尔滨市人民政府专家顾问委员会顾问、哈尔滨市中医医院院长等职，并享有国务院特殊津贴。

一、家传师授，步入医林

卢芳教授出生在一个世医家庭。其祖父从儒而医，在肇东一带颇负盛名，老先生为人善良、刚直、博学多才，既精于医，又擅诗词。在这样家庭熏陶下，卢芳不但从小孕育着学医的志趣，而且付诸行动。在小学就读一些《药性赋》、《汤头歌诀》等中医启蒙书籍，并不断聆听有关医德医风的教导。如《千金方》之“论大医习业”、“论大医精诚”等几篇关于医德方面的文章，他是拳拳服膺。张仲景在《伤寒论·序》中“感往昔之沦丧，伤横夭之莫救”，更鞭策他“勤求古训、博采众方”。祖父的教诲，以及历代名医高尚的医德，为卢芳教授走向献身于

中医事业的道路起了积极的作用。

1956年7月他考取了黑龙江中医学院中医专业。这是一所刚刚建立的中医专业学校,条件艰苦可想而知。昏暗的灯光、阴冷的校舍丝毫没动摇他学医的信念。凭他原来的功底,加之老师的教导,使他对中医的理论以及诊治疾病的方法有了一个全面的了解,打下了较为扎实的基础。在这里,他孜孜不倦地度过了5年“三更灯火五更鸡”的寒窗苦读生涯。

二、培育桃李,呕心沥血

卢芳教授1961年毕业后即留校任教,当时的中医学院,对于一个年轻的中医教师来说实在是困难重重。在没有教学大纲、教材以及缺少具体授课方法的情况下,卢芳身先士卒,自编讲义,深入教学第一线,亲自带学生实习。对医学传道解惑,反复再三,惟恐金针不度。前后授过的课程有5门多,如《中医基础》、《针灸学》、《中药学》、《方剂学》、《中医内科学》等。他每上一堂课,都认真地备课,授课艺术也十分高超,深入浅出,语言生动活泼,条理清楚,说理透彻,深受学生的欢迎。他提出治学应“五宜三忌”:一宜坚实基础,二宜博采精思,三宜熟读背诵,四宜兼及他学,五宜珍惜寸阴;一忌道听途说,二忌浅尝辄止,三忌贪多务得。这些对学生学习中医是很有帮助的。

由于其出色的教学,他本人也曾多次被评为院级优秀教师,黑龙江省优秀教师,黑龙江省高等学校教书育人先进个人等称号。每当他看到自己的学生成为黑龙江各地中医骨干,有的在国家局及省厅局卫生行政部门任要职时,内心感到无限欣慰,因为辛勤的汗水,换来了满园春色,桃李成荫。

1990年卢芳教授被国家中医药管理局批准为全国中医药专家继承工作导师,跻身于全国名老中医药专家行列。

1992年又被国务院授于有突出贡献的专家,享受政府颁发的特殊津贴。

三、仁心仁术,锐意临床

卢芳教授在学术上主张辨病与辨证相结合。辨病即用现代科学方法确诊,辨证即用中医四诊八纲明确证型。用中西医两套理论指导临床用药,所用中药的药性与西医理论丝丝入扣,处方药味少、药量大为其特点。他擅长内科,在神经、内分泌疾病的研治方面有独特专长。在疾病的诊治方面形成了自己的特有规律和思维方式,处方独特,疗效突出。如对糖尿病的治疗,在国内首倡“脾胰同治法”,他认为糖尿病的发病机理,主要是由脾虚所致,在此法指导下创制了治疗糖尿病的双解降糖精胶囊,总有效率在92%以上,尤其对并发症疗效肯定。对三叉神经痛、慢性前列腺炎等疾病的治疗更具特色。已获得的科研成果和在国家及省市立项中标的科研课题10余项。

四、深入探讨,勤于著述

1986年,卢芳教授由于工作需要调到哈尔滨市中医院任院长,刚一上任就大刀阔斧地进行改革,他提出了突出中医特色的“三特一化”的办院方向,即医院突出中医特色、科室突出中医专科特点、个人突出中医专病特长和现代诊疗手段,使医院的诊疗水平有了长足发展,被列为国家示范中医院建设单位之一,跻身于全国杏林计划之中。

他先后出版的著作如《内科辨病与辨证》(黑龙江人民出版社出版)、《中医诊治内分泌

代谢病》(黑龙江人民出版社)、《三叉神经痛与中医疗法》(黑龙江科学技术出版社)、《常见病古今秘方及自我疗法》(黑龙江科学技术出版社)、《中国糖尿病医案选》(黑龙江科学技术出版社)、《中国糖尿病医方选》(黑龙江科学技术出版社)、《中国糖尿病保健咨询》(黑龙江科学技术出版社)等备受读者欢迎。他先后去日本、韩国、俄罗斯等国进行国际交流和讲学,还多次参加国际学术讨论会,所作学术报告得到与会代表的赞誉。他的事迹曾在《黑龙江日报》、《人民政协报》、《党纪党风》杂志、黑龙江电视台、黑龙江电台上做过专题报道。他的名字已载入《中国中医药名人志》和《世界名人录》中,卢芳教授 30 多年的历程踏出了一条名医之路。

巩如伦

1994 年 6 月于哈尔滨

LUFANG'S LIFE

Lufang was born in zhaodong county of Helongjiang province on June 18, 1939. He graduated from Heilongjiang College of TCM in 1961, than was kept in college as a teacher because of his good characters and scholarship, he worked in the forefront of education ,medical teatment and scientific research ,got obvious results ,He was famed as one of "the four famous junior doctors " in Helongjiang province in his thirties , enjoyed high prestige among the masses. He has a wide range of knowlege ,gets great attainments in learning and rich clinical experience ,Cures many saver and Lingering disease ,renowns at home and abroad . He diligently studies scholastic theory of TCM , industriously writes ,twelves works which were written by himself have been published , more than two millions words . He has given out many lectures in journals of TCM at home and broad . His students can be found all over the country . His posts can be described as fellow ;P. C. C member of Helongjiang province ,member of appraisal and examination commission of promotion to high appraisal and examination commission of promotion to high office in HLJ, member of appraisal and examination commission of natural science found in HLJ ,associate director member of diabetic comission of all— china association of TCM , member of systematization and research commission of traditional chinese medicine basic theory of all — china association of TCM ,director member of diabetic comission of HLT association of TCM ,associate director of HLT qikong coucil ,associate director of Harbin association of TCM ,advisor of expert and consultative committee of Harbin people's goverment ,principal of Harbin hospital of Harbin people's goverment ,principal of Harbin hospital of TCM . He enjoy the special allowance given by the State Council.

I Getting what handed dow from his older generations and teachers' education , taking the step into field of TCM

Professor lu was born in a old and well — known family , his grandfather was a famous doctor and a confucian scholar in Zhaodong county of Heilongjiang, a kind and upright man who had a wide range of knowlege ,was proficient not only in medicine but also in poems . prof. lu was not only interested in TCM under the influence of his family

,but also took into action at his childhood ,he recited some concise and important books of TCM, such as "poems of properties of chinese drugs "and "recipes in rhyme ",etc . meanwhile studied instructions of medical morals ,such as " discussion on famous doctors practice " and " famous doctors' good faith " which were from " essential prescriptions worth a thousand gold ",he was sincere belief in them."sorrow for sick and dead people in the past",grieved for dead young not be saved from the preface of " treatise of fiberal and miscellaneous diseases encouraged him to "industiously study ancient instructions and wildly collect prescriptions from each school ",The instructions of grandfather and noble morals of famous doctors in each school encouraged prof. lu to give himself to undertakings of TCM.

He was enrolled by department of TCM of HLJ college of TCM in July ,1956,the college was just built at that time ,the studying condition was very hard ,dimlight ,shady and cold dormitory ,couldn't shake his confidence in studying TCM,Teacher's instructions and his original sound basis provided the occasion for him to completely understand theory of TCM and diagnosis and treatmental methods ,Laid a sound foundation for his practice . He studied hard for five years at there .

I Imparting knowlege and educating students ,working his heart out

Prof . lu acted as a teacher in college when he graduated in 1961 . The teaching condition was very difficult for a young teacher ,there were not teaching programmes and teaching material . even the teaching methods needing fumbling in practice . prof. lu lead his colleague in a charge , edited teaching materials by himself ,taught Lessns for students and guided them to practise ,repeatedly explained the perplex for students ,in order to help them understand the theory . He taught many subjects ,such as " basic theory of TCM " ,"diagnostics of TCM" ,"acupuncturology " ,"chinese materia medical " and " internal medicine of TCM,etc . He always diligently prepared for teaching ,his teaching skill was very excellent ,explaining profound in simple terms ,vivid language and well—organized materials ,penetrating illustration ,he was respected by students. He put forward the policy of " five appropriation and three taboo ". on pursuing his studying ; the first should lay a sound basis , the second should widely collect information and closely thinking ,the third should repeatedly read and recite ,the fourth should give consideration to the other subjects ,the fifth should treasure time ;the first taboo was hearsay ,the second was to stop after getting a little knowlege of a subject , the third was to covert a lot and profit . These are helpful for students .

He was appraised the exemplary teacher because of his excellent education many times ,he was always gratified at the idea of his students who became the key members in each field of TCM in HLJ,some of them had the posts in China administrative bureau of TCM and HLJ bureau , because these were the attainments of his industriors

teaching.

Prof. lu was approved to be a tutor of all—china inheriting work of TCM by China management bureau of TCM, this inheritance rules were built for cultivating new generation of doctors who were proficient in TCM and unique in skill . Prof . lu has ranked among famous experts of TCM in China .

He was appraised to be a expert who had excellent contribution by the state council ,was rewarded the special allowance which was given by goverment .

Ⅲ Kind heartedness and kind skill ,keen on clinical practice .

Prof Liu advocates combination of differentiation of diseases with differentiation of syndromes , differentiation of diseases is diagnosed by mordern science methods , differentiation of syndromes is to classify the types of syndromes definittly by applying the four kinds of diagnosis methods ,applys medicines under the guidance of theories of western medicine and TCM. The nature of chinese drugs is applied with meticulous care and flawlessartistry according to theory of western medicine . Characters are few medicines and heavy quantity . He is proficent in treating internal diseases ,diseses of neurology and endocrin systems ,he has formed his special regular and thought mode on diagnosis and treatment of diseases . He makes unique formula and gets miraculous effect . For instance ,he put forward the theory of "treating spleen and pancreas at the same time " at first ,he thought the mechanism of diabetes mainly to be deficiency of spleen , so he originated I 、 II 、 III capsules of " shuangjiejiangtangjing " , the totally effective rate was 92% ,especially the curative effects of complplication were positive . He has distinguished feature on the treatment of prosopalgia and chronic prostatitis . He has won more than ten items scientific research results and research tasks which were endowed by state or province .

IV Deeply discussing ,diligently writting

Prof. lu was designated the principal of Harbin hospital of TCM in 1986, he reformed foundly and advocated the policy of "three highlight and one mordernization " , that is to highlight characters of TCM in hospital ,hightlight the special features of TCM in each department ,highlight the special skill of TCM in person and apply the mordernized diagnosis and treatmental methods . The hospital developed rapidly ,was appraised the state's exemplary hospital which was ranked among all—China advanced hospitals .

He wrote books , "differentiation of diseases and defferentiation of syndrome on internal deseases " , (HLJ people's publishing house) , " diagnosis and Treatment of endocrinopathy and metabolic diseases in TCM " (HLJ people's publishing house) " prosopalgia and treatmental methods of TCM " (HLJ scientific and technical publiishing house) , " ancient and present secret prescriptions of common—seen diseases and self—