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当代中医 临床精华

CLINICAL ESSENTIALS OF
TRADITIONAL MEDICINE IN
CONTEMPORARY CHINA

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He has worked for a long time in the field of classroom teaching, clinical practice and scientific research of Chinese medicine. As one of the disciples of the celebrated TCM veteran physician Dr. Ding Jiming, Professor Hong is well-versed in the study of TCM hepatic disease. He has won the second prize of Scientific and Technological Progress in Shanghai as well as the second prize of Scientific and Technological Progress in TCM awarded by the State Administration of TCM for his achievements in the study of resisting hepatic cirrhosis.

His principal writings include:

What shall we do after internationalization of TCM?

Transform the educational thinking and realize the training of top-grade manpower in TCM.

Dr. Ding Jiwan's notes in clinical practice.

Selection of hundred Chinese patent drugs based on Han prescriptions.

Commentary and collation of case records among four schools selected by Dr. Liu.

Practical science of hepatic disease in TCM.

Sex education.

Human sex.

Comparative study on sex behavior between the freshmen in Shanghai and Hongkong.

Survey on sex view, sex psychology and sex behavior among the undergraduates in Shanghai.

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主要论著有：

《中医国际化了我们怎么办？》《转变教育思想，实现中医人才优化培养》《丁济万先生临证笔谈》《中国汉方成药百方选》《柳选四家医案校评》《实用中医肝病学》《性的教育》《人类的性》《沪港一年级大学生性行为比较研究》《上海大学生性观念、性心理、性行为的调查研究》

COMMENT

The essentials of traditional Chinese medical documents in the past five years especially the recent three years are compiled in this book. The contents of this book lay stress on the clinical practice, and the diseases are commonly seen in abroad, including medicine, surgery, gynecology and pediatrics.

Owing to that the documental materials which we face are voluminous and the information is much, when compiling this book, we select emphatically materials of strong repetition and irrefutable therapeutic effect so as to make the book possess a pronounced academic nature and practicality. We also make effort to make the writing in the book concise and easy to learn to meet the demand of different readers outside China. In some of the materials, there are only names of the prescriptions but no drugs, or there are only drugs but no dosages, in this case, we complete them respectively according to the listings in the classical formula books and the routine dosages recorded in the pharmacopoeia.

Introduction of the clinical essentials of Chinese medicine in contemporary China is a matter of our new attempt, whether the contents and the form are appropriate, remain to be further rectified by the colleagues at home and abroad.

We are grateful to Mr. Daniel Balsam for his generous help in revising part of the articles.

The compiler,
February, 1993.

编写说明

本书汇编了我国近五年来，特别是近三年来最新的中医药文献精华。书中内容侧重于临床，病种为国外常见，涵内、外、妇、儿各科。

由于我们面对的文献资料多，信息量大，编写中我们侧重选择重复性强、疗效确凿的资料，使本书具备较强的学术性和实用性，语言也力求简明易学，以满足国外多层次读者的需要。书中部分资料有方无药，或有药无量，我们则依据经典方书和药典的常规剂量添补完备。

将当代中国医学的临床精华介绍到国外，这是我们一项新的尝试，内容、形式当否，尚祈海内外同道明教匡正。

编者 于1993年2月

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**Clinical Essentials of Traditional
Medicine in Contemporary China**

当代中医临床精华

BRONCHIAL ASTHMA

Bronchial Asthma (called asthma for short) is a common chronic disease. It is clinically characterized by paroxysmal oppressed feeling in the chest, coughing, expiratory dyspnea and wheezing, even opening mouth and raising shoulders for breath, and even having difficulty in lying flat. These symptoms can be controlled by antiasthmatics or lessen automatically. Asthma has complicated causes. It occurs primarily because the stimulation of certain endogenous or exogenous factors in patients with inheritant and/or allergic constitution gives rise to the increase of airway reactivity to induce extensive airway stenosis. Asthma is called "wheezing syndrome" in Traditional Chinese Medicine (TCM). Phlegm is thought as the major pathogenic factor of asthma in TCM. Whereas the disease may manifest itself in lung, its origin can be traced to the spleen and kidney. Its principles of treatment call for a differentiation of evil and rightness, relief and urgency, and deficiency and excess in accordance with the process of the disease and the situation of attack. When the disease attacks, the evil should be combatted against and the symptoms treated, in chronic cases, the insufficiency and excessiveness of the disease should be dealt with concurrently; for all case in normal times; righteous Qi should be supported and the base strengthened. Here tonifying kidney is especially important, because the adequacy of essential Qi is able to consolidate the base, and thus bring about the desired effect.

支气管哮喘

支气管哮喘(简称哮喘)是一种常见的慢性疾病,临床以发作性胸闷、咳嗽、呼气性困难伴哮鸣,甚则张口抬肩、难以平卧为特征,可经平喘药物控制或自行缓解。病因复杂,多在遗传和(或)过敏素质的基础上,受到体内外某些因素的刺激,导致气道反应性增高,引起广泛气道狭窄而发病。中医称为“哮证”,其主要病理因素为痰,发作虽表现在肺,但根源与脾胃有关。辨治原则一般根据病的新久、发作与否,区别邪正缓急和虚实主次。发时当攻邪治标,病久发时则应虚实并顾。平时当扶正治本,尤以补肾更为重要,因为精气充足则根本得固,自然取得良效。

CLINICAL TREATMENT

I. Types based on symptom-sign differentiation and their treatment

Wang Youkui classified this disease into three types:

1. Dryness in the lung due to yin deficiency

Manifestations: Oppressed feeling in the chest, dyspnea, wheezing sound in the throat, dry and itchy pharynx, little phlegm with difficulty in expectoration, coughing, reddened tongue with thin coating, thready or rapid pulse.

Formula of drugs: *Cortex Mori Radicis*, *Fructus Perillae*, *Semen Benincasae*, *Herba Ephedrae* (prepared with honey), *Semen Armeniacae Amarum*, *Lumbricus*, *Radix Rehmanniae Praeparata*, *Rhizoma Dioscoreae* at 10 g each, *Gypsum Fibrosum* 15 g, *Radix Glycyrrhizae*, *Radix Trichosanthis* at 5 g each.

Modifications: *Radix Stemonae* and *Fros Farfarae* at 10 g each were added for cough; *Ochra* and *Radix et Rhizoma Rhei* at 10 g each for constipation; *Rhizoma Cyperi* and *Radix Paeoniae Alba* at 10 g each for asthma attack stimulated by anger.

2. Phlegm-dampness due to deficiency in the spleen

Manifestations: Oppressed feeling in the chest, dyspnea, wheezing sound in the throat, much cool phlegm with uncomfortable feeling in the bronchi, cold feeling in the back, swelling and fullness in the stomach after eating, thin and white coating on the tongue, string-like and slow pulse.

Formula of drugs: *Radix Codonopsis Pilosulae* 15g, *Fructus Perillae*, *Semen Armeniacae Amarum*, *Poria*, *Rhizoma Atractylodis Macrocephalae*, *Pericarpium Citri Reticulatae*, *Radix Asteris*, *Flos Farfarae*, *Herba Ephedrae* (prepared with honey), *Radix Rehmanniae Praeparata*, *Rhizoma Dioscoreae*, *Rhizoma Pinelliae* at 10g each.

Modifications: *Radix Astragali* 10g or *Rhizoma Cibotii* 10g was added for a feeling of weakness in the back; *Rhizoma Zing-*

【临床治疗】

一、分型证治

王有奎^[1]将本病分为三型：

1. 阴虚肺燥型

症状：胸闷喘息，喉中痰鸣，咽干而痒，痰少不利，咳嗽，舌红苔薄，脉数或细。

方药：桑皮、苏子、冬瓜子、炙麻黄、杏仁、地龙、熟地、山药各10克，石膏15克，甘草、花粉各5克。

加减：咳嗽加百部、冬花各10克；便秘加代赭石、大黄各10克；遇怒哮喘发作加香附、白芍各10克。

2. 脾虚痰湿型

症状：胸憋喘息，喉中痰鸣，痰多不利，背冷痰凉，兼食后胃脘胀满，舌苔薄白，脉弦缓。

方药：党参15克，苏子、杏仁、茯苓、白术、陈皮、紫菀、冬花、炙麻黄、熟地、山药、半夏各10克。

加减：背困加黄芪或狗脊10克；背冷加干姜10克。

iberis 10g for a cold feeling in the back.

3. Deficiency in the kidney and excess in the lung

Manifestations: frequent dyspnea, stuffiness in the chest, coughing, much phlegm with uncomfortable feeling in the bronchi, shortness of breath which becomes worse during physical exercise, or lassitude in the back and loins, thirst, pale tongue with thin coating, rapid pulse.

Formula of drugs: *Radix Ginseng*, *Fructus Psoraleae* at 15g each, *Radix Rehmanniae Praeparata*, *Rhizoma Dioscoreae*, *Poria*, *Fructus Schisandrae*, *Fructus Perillae*, *Radix Ophiopogonis*, *Radix Angelicae Sinensis*, *Semen Armeniacae Amarum* at 10g each.

Administration: One dose was given daily and decocted in water. The resultant solution of one dose was taken in two equal portions. One was taken orally in the morning and the other in the evening. 9-15 days constituted one course of treatment.

208 cases were treated using the above methods. Short-term complete control of the symptoms was observed in 67 cases: 91 cases showed considerable improvement; 42 cases partially improved. The total effectiveness of treatment was rated at 96%.

II. Simple recipes and proved recipes

Zhou Pingan et al used a *Bupleuri* Decoction for Desensitization to treat the disease.

Formula of drugs: $\frac{1}{2}$ *Radix Bupleuri*, *Radix Scutellariae*, *Fructus Mume*, *Radix Ledebouriellae*, *Herba Ephedrae* (prepared with honey), *Lumbricus* at 10g each, *Fructus Schisandrae*, *Radix Glycyrrhizae* at 6 g each, *Radix Paeoniae Alba* 15g, *Semen Armeniacae Amarum* 3-10 g (decocted later).

Modification: *Gypsum Fibrosum*, *Rhizoma Anemarrhenae* at 15g each, and *Fructus Trichosanthis*, *Bulbus Fritillariae* at 10g each were added for fever, and yellowish-thick phlegm; *Flos Lonicerae*, *Fructus Forsythiae* at 15 g each, *Fructus Arctii* 10g for fever

3. 肾虚肺实型

症状：经常喘息不止，胸憋咳嗽，痰多不利，气短，活动加重，或兼腰背酸困，口干欲饮，舌淡苔薄，脉数。

方药：人参、补骨脂各15克，熟地、山药、茯苓、五味子、苏子、麦冬、当归、杏仁各10克。

用法：每日一剂，水煎早晚分服。疗程9~15天。

用上法治疗208例，近期临床控制67例，显效91例，好转42例，总有效率96%。

二、单方验方

周平安等^[2]用柴胡脱敏汤治疗本病。

方药：柴胡、黄芩、乌梅、防风、炙麻黄、广地龙各10克，五味子、甘草各6克，白芍15克，杏仁3~10克(后下)。

加减：若身热、咳痰黄稠者，加生石膏、知母各15克，瓜蒌、浙贝母各10克；发热伴白细胞升高者，加银花、连翘各15克，

and high blood white cells; *Radix et Rhizoma Rhei* and *Rhizoma Polygoni Cuspidati* at 10 g each for constipation due to excessive heat; *Radix Rehmannia*, *Radix Glehniae*, *Radix Ophiopogonis* at 10-15 g each for heat in the lung and yin deficiency; *Semen Lepidii seu Descurainiae* (wrapped in cloth) 3-10 g, *Semen Raphani* 6-10g for feelings of fullness and stuffiness in the chest and epigastric cavity, and much phlegm; *Radix Scutellariae* was removed and *Herba Asari* 1-3g, *Rhizoma Zingiberis*, *Ramulus Cinnamomi*, *Rhizoma Pinelliae* at 3-10g each were added for white- thin and rich phlegm, and aversion to cold; *Periostracum Cicadae*, *Fructus Xanthii*, *Semen Oroxyli* at 3-10 g each were added for itchy pharynx; *Radix Astragali seu Hedysari* 10-15g, *Rhizoma Atractylodis Macrocephalae* 5-15g for perspiration due to Qi deficiency, tendency to catch cold, and weak cough; *Fructus Psoraleae* 5-15g, *Herba Epimedii* 10-15g for aversion to cold chilly limbs, difficulty in breathing, worsening of asthma after movement; *Rhizoma Ligustici Chuanxiong*, *Radix Angelicae Sinensis* at 3-10 g each, *Radix Paeoniae Rubra* 10-15 g for cyanotic lip and nails or dark-purplish tongue; powder of *Hirudo* 0.3-0.5g, powder of *Radix Notoginseng* 1-1.5g (both powder were put in decocted liquid) for severe stagnant blood; *Scorpio* 5g, *Bombyx Batryticatus* 3-10g, *Scolopendra* 1-3g for severe asthma; *Radix Ginseng* 5-10g, *Gecko* 3-10g for short inhalation and long exhalation, asthma with perspiration, difficulty in sleeping flat due to deficiency in the kidney and incompetence in taking Qi.

Administration: 1-2 doses were given daily. Each dose was decocted twice until 300-400 ml solution was left. The solution was taken in 2-4 equal portions when the solution was warm. For those few patients with pulmonary infection or with yellowish phlegm and severe fever, appropriate amount of antibiotics such as cephaloaminobenzye and spiramycin etc were added.

50 cases were treated with the above method. 20 cases were clinically controlled; 15 cases showed considerable improvement;

牛蒡子 10 克；热盛便秘者，加大黄、虎杖各 10 克；肺热伴阴虚者，加生地、北沙参、麦门冬各 10~15 克；胸脘满闷、痰多者，加葶苈子 3~10 克(包煎)，莱菔子 6~10 克；咳痰色白量多、质稀，畏寒喜暖者，去黄芩加细辛 1~3 克，干姜、桂枝、半夏各 3~10 克；咽部刺痒者，加蝉衣、苍耳子、玉蝴蝶 3~10 克；气虚汗出、每易感冒、咯痰无力者，加黄芪 10~15 克，白术 5~15 克；畏寒肢冷、呼吸困难，动则喘甚者，加补骨脂 5~15 克，仙灵脾 10~15 克；唇甲紫绀或舌质暗紫者，加川芎、当归各 3~10 克，赤芍 10~15 克；瘀血更甚者，加水蛭粉 0.3~0.5 克，三七粉 1~1.5 克，均冲服；喘甚不能缓解者，加全蝎 5 克，僵蚕 3~10 克，蜈蚣 1~3 克；吸短呼长、喘憋汗出、不能平卧、肾虚失纳者，加人参 5~10 克，蛤蚧 3~10 克。

用法：每日 1~2 剂，每剂两煎混合后约 300~400 毫升，分 2~4 次温服。少数伴肺部感染，痰黄发热严重者，加用适量抗生素，如头孢氨苄、螺旋霉素等。

用上法治疗 50 例，临床控制 20 例，显效 15 例，有效 13 例，