

国家中医药管理局中医药国际合作专项项目（项目编号：1601500000027-10）

——“一带一路”中医药国际教育培训基地教材丛书

A Special Project of International Cooperation on Traditional Chinese Medicine of the  
State Administration of Traditional Chinese Medicine (NO. 1601500000027-10)

——A Series of Textbook of the “B&R” TCM International Educational Training Center



# 名医 大讲堂

——临床疑难杂病的中医药辨证论治

Lecture Room for Famous Doctors

TCM Differentiation of Clinical Rare and  
Miscellaneous Diseases

张伯礼  
应森林  
主审  
主编



中国健康传媒集团  
中国医药科技出版社

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## 内 容 提 要

本书精选了慢性阻塞性肺疾病、慢性心力衰竭、类风湿关节炎等 12 种临床常见病及难治病进行了详细论述，既有西医病因诊断，也有中医辨证论治；既有常规治疗方法，也有名家验案分析，以中英双语的形式，旨在为海内外的中医药学者及临床从业人员提供可借鉴的中医药学习资源，对临床实践有所裨益。

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# 序一

由天津中医药大学组织编写的《“一带一路”中医药国际教育培训基地教材丛书》即将出版，可喜可贺。

中医药自古以来就是古丝绸之路沿线国家交流合作的重要内容，并以不同形态成为沿线民众共享共建的卫生资源。随着健康观念和医学模式的转变，中医“治未病”的思想，天人合一、心身并重的整体观，以及在防治常见病、多发病、慢性病及重大传染性疾病中的确切作用日益得到国际社会的认可。屠呦呦研究员因发现青蒿素获得 2015 年诺贝尔生理学或医学奖、中医针灸列入联合国教科文组织“人类非物质文化遗产代表作名录”、《本草纲目》和《黄帝内经》入选“世界记忆名录”，无不体现了中医药在国际医学体系中的重要地位。目前中医药已传播到 183 个国家和地区，正为促进人类健康发挥着积极作用。

为推进中医药“一带一路”建设，加强与“一带一路”沿线国家在中医药领域的交流与合作，我局于 2015 年设立中医药国际合作专项项目，天津中医药大学作为首批建设单位积极承担了“‘一带一路’中医药国际教育培训基地建设”项目，并勇于开拓，不断创新，在中医药国际教育诸多领域进行了有益尝试，组织了《世界中医教育核心教材》编写工作，开展了“一带一路”中医师资培训系统建设工作，在泰国、日本建立了中医孔子学院、孔子课堂，开展了中医药普及教学和中医体验工作，取得了较好效果。此套丛书也是成果之一，内容涉及中医药理论方法、医疗康复、中医养生、中医药膳、中医文化等诸多方面。内容深入浅出，通俗易懂，适合大众阅读；理论联系实际，可操作性强，具有实用性。

中医药凝聚着中华民族传统文化的精华，是中华文明与“一带一路”沿线国家人文交流的重要内容，希望丛书的出版，为沿线国家医疗、教育、文化的可持续发展提供借鉴参考，进一步促进与沿线国家的民心相通，为维护人类健康做出新的贡献。

国家中医药管理局

局长 于文明

2018 年 7 月 16 日



# Prologue1

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It is a congratulatory event The Series of Textbooks for “B&R” International Education and Training Base on TCM, compiled by Tianjin University of Traditional Chinese Medicine, is about to be published.

TCM has long been a significant content of communication and cooperation among the countries along the ancient Silk Road and has been the sharing of the co-construction of health resources for the peoples along the route in different forms. With the change of health concept and medical model, the TCM idea of preventive treatment of disease, the holistic view of integration of human and heaven and emphasis of both body and mind and its definite functions of prevention and cure of common, frequently-occurring, chronic and severe infectious diseases have been increasingly accepted. The discovery of artemisinin by Ms. TU Youyou won the Nobel Prize in Physiology or Medicine in 2015; TCM acupuncture and moxibustion have been enlisted in representative list of the intangible cultural heritage of humanity by UNESCO; and, Compendium of Materia Medica and The Inner Canon of Huangdi have been enlisted in the Memory of the World Register. All these have indicated invariably the significant position of TCM in the world medical system. At present, TCM has been spread to 183 countries and regions and is playing an active role in improving human's health.

In order to push forward the construction of “B&R” and enhance the communication and cooperation on TCM with the countries along B&R, our administration set up a special project of TCM international cooperation in 2015, in which Tianjin University of Traditional Chinese Medicine was assigned as the first institution undertaking “the Construction of TCM International Education and Training Center of ‘B&R’ ”. Tianjin University of Traditional Chinese Medicine (TUTCM) has been endeavoring to explore and make innovations. The university has tried in many aspects of TCM international education, organized the compiled work of The Core Teaching Material of the World TCM, carried out the construction of “B&R” TCM Teacher Training System, set up a TCM Confucius Institute in Thailand and a Confucius classroom in Japan, and unfolded the TCM popularizing, training and experiencing. Their efforts have made achievements. The series of textbooks is one of the outcomes containing TCM theoretical method, medical recovery, regimen, medicated diet, TCM culture and etc. Explaining the profound in simple terms and easy-to-understand language, linking theory with applications, the books are suitable for common readers, operative and practical.

TCM, cohering the essence of traditional Chinese culture, has been an important content of communication between Chinese civilization and the countries along the “B&R”. The publication of the series is hopefully to be reference for those countries to their sustainable development of medical treatment, education and culture and further more to make contribution in improving the friendship and maintaining human health in those countries.

YU Wenming

Director—General State Administration of Traditional Chinese Medicine of the PRC

July 16, 2018

## 序二

国粹医药，博大精深，仁医国术，唯我特有，佑我华夏，泽被他国，福祉大众，成就非凡。

《医学三字经》云：“医之始，本岐黄，灵枢作，素问详，难经出，更洋洋，越汉季，有南阳，六经辨，圣道彰，伤寒着，金匱藏，垂方法，立津梁……”浩如烟海的中医古籍，敬畏已久的先贤圣医，效如桴鼓的临证医案，怎会不让人心驰神往？！

古往今来，名医辈出，先贤们以前无古人的勇气探索试验，以高尚的医德悬壶济世，以高超的医术救死扶伤，赢得了世人的尊敬和青睐，并把数千年之精髓流传至今，其医理之独特、疗效之神奇、方法之简便，深受各国患者喜爱，为世人争先习之。我大学积极响应国家“一带一路”倡议，携数十年中医药对外教育交流经验，以中医药在丝绸之路上发扬光大为己任，以国家中医药管理局国际合作项目为依托，成立了“一带一路中医药国际教育培训基地”，为更多的国家培养中医药人才提供高标准的教育和师资培训，让各国民众有机会享受真正中医药的魅力。

本书作为“一带一路中医药国际教育培训基地”配套系列教材之一，特别邀请了来自天津中医药大学及其附属医院的十二位中医名家担任编者，这些专家均活跃在国际中医药教育第一线，承担大学国际学生中医药教育，国外研修者培训，并赴国外讲授中医药，教学与临床经验俱丰。他们将各自擅长治疗病种的临床、教学经验和研究领域做一总结，实践心得与中外学者分享，同系中医缘，共筑中医梦。本书精选了中风、失眠、糖尿病等十二种临床常见病及难治病进行了详细论述，既有西医病因诊断，也有中医辨证论治；既有常规治疗方法，也有名家验案分析，以中英双语的形式，旨在通过“一带一路中医药国际教育培训”，为海内外的中医药学者及临床从业人员提供可借鉴的中医药学习经验，对临床实践有所裨益。此夙愿，如能实现，也不枉编者一番心血。

开卷有益。“问渠哪得清如许，为有源头活水来”，品读中医，需要一种溯本求源的执着；掩卷冥思。“纸上得来终觉浅，绝知此事要躬行”，践行中医，需要一种不懈临证的坚持。从温故知新到豁然开朗，中医的漫漫长路需要一代代海内外中医人的继往开来。中医药源于中国，但终将福泽世界。乐为之序。

中国工程院院士

中国中医科学院院长 张伯礼

天津中医药大学校长

戊戌年初夏于津门





## Prologue 2

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Traditional Chinese Medicine (TCM) is of long standing history, extensive and profound intensions. It has been blessing and protecting the multiplication and growth of the Chinese people from generation to generation in the past, and been beneficial to the neighboring countries and has made extraordinary achievement.

In the Three-character Medical Verses, it says: “The medical skill started from Emperor Xuanyuan and his minister of Qibo when Lingshu and Suwen were compiled in details. The emergence of Classics on Medical Problems has greatly enriched TCM. In the late Eastern Han Dynasty, a doctor in Nanyang proposed the theory of Syndrome-Differentiation of the Six Meridians on the basis of theory of Internal Classic which made a further development in the theory of TCM in his two books-Febrile Diseases and Golden Chamber which were handed down to the present and have set up the standards for syndrome differentiation and treatment in diagnoses and treatment for doctors in later ages. It has become the only way which must be passed in studying medicine, just like ferry and bridge……” These Chinese medical books are as vast as the open sea, and those admirable sages and holy doctors, clinic guidelines and medical records with instant effects are just like beacon lights leaving endless dreams for those who are exploring in the medical field with fervent love.

The TCM doctors of all ages, with unprecedented courage to discover, experiment and practice in order to help the people with magnificent virtue, heal the wounded and rescue the dying with superb skills, have won respects and favors among common people, and have handed down the essence of medicine accumulated in the past thousands of years of to benefit the descendants. With unique medical thoughts, magnificent effects and easy means, it is loved by various foreign patients and trusted by more and more foreign students. Taking TCM generalization in the Silk Road as our own duty and in response of the state Belt & Road appeal, with decades of experience in TCM international education and duty of, our university has established the Belt and Road TCM International Educational Training Center under the State Administration of Traditional Chinese Medicine cooperative project to provide a high standard TCM education and training for more countries. So the common people in the respective countries may have the opportunity to experience the charm of real TCM.

The book has been appointed as one of the serial textbooks for the the Belt and Road TCM International Educational Training Center and the editor of this book invited 12 famous TCM doctors acting as editors from TUTCM and its affiliated hospitals. These experts have rich teaching and clinical

experience and have been working actively on the front line of TCM international education, taking up the TCM education for international students of the university and training for scholars both domestic and overseas. They have summarized clinical and teaching experience in treating various diseases as well as their own specialized fields and shared that practical experience with readers worldwide. Bonded by TCM and a dream dreamt by all practitioners, this bilingual book has specially selected 12 common and rare diseases to discuss in details, integrating with etiological diagnosis of western medicine, TCM syndrome differentiation and treatment, conventional therapies and famous doctors with case analysis. It aims at providing advisable TCM study materials for TCM scholars and clinical practitioners in the world through the Training for Belt & Road TCM International Education. It is very helpful for clinical practice. If this long-cherished wish can be achieved, the efforts of the editors are not in vain.

Reading enriches the mind. "Why the pond is deep and clear, it is because it has water source providing constantly, so it never dries up." Studying TCM requires a kind of persistence to trace the source.

Thinking comes after a book. "Everything can only be done with profoundly understanding of the theories." Practicing TCM calls for indomitable persistence.

A suddenly enlightenment is followed by reviewing what have been learned. The course of TCM is a long journey and it is calling all the TCM practitioners of generations to carry forward the cause pioneered by our predecessors and forge ahead into the future.

TCM is derived from China but will benefit the world eventually.

ZHANG Boli

Academician of China Academy of Engineering

President of China Academy of Chinese Medical Science

President of Tianjin University of Traditional Chinese Medicine

Early summer of 2018, Tianjin

# 前言

中医药作为中国独特的卫生资源、潜力巨大的经济资源、具有原创优势的科技资源、优秀的文化资源和重要的生态资源，在经济社会发展的全局中有着重要意义，在世界卫生保健事业中起着重要作用。

天津中医药大学作为国家中医药管理局首批中医药国际合作专项建设单位，积极推进中医药在世界范围内的普及和发展。本丛书的出版，为落实国家“一带一路”重大发展倡议，以实现促进中医药的国际化发展，弘扬中华优秀传统文化，培育更多的中医药从业人员和爱好者，为应用中医药知识方法、预防保健、医疗康复服务，为实现人人享有基本医疗保健的宗旨贡献力量。丛书依托天津中医药大学中医药国际教育培训基地，组织中医药领域专家、学者共同编写，内容涉及中医药理论方法、医疗康复、中医养生、中医药膳、中医文化等诸多方面，内容深入浅出，通俗易懂。旨在为海内外中医药领域学者，以及教育、医疗、科研等相关人员和中医药爱好者提供学习参考。

我们衷心希望这套丛书能够成为世界各国中医药爱好者和从业人员了解中医药、学习中医药、使用中医药、传播中医药的工具和载体，弘扬中医药这一中国文化瑰宝，造福世界人民。

天津中医药大学

“一带一路”中医药国际教育培训教材丛书编委会

2018年3月18日



## Preface

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Traditional Chinese medicine (TCM), as a featured health resource in China, it is of great economic potential, of inherent advantage of science and technology, of excellent culture and of ecologic importance, and it plays a significant role in the overall economic and social development as well as in world's hygiene and health care.

As one of the special construction units first approved by State Administration of Traditional Chinese Medicine (SATCM) for TCM international cooperation, Tianjin University of Traditional Chinese Medicine (TUTCM) has engaged herself in boosting worldwide popularization and development of TCM ever since. The publication of the series is a dedication in implementing the state initiative policy of "The Belt and Road (B&R)" to the promotion of the internationalization of TCM; to the development and expansion of the excellent Chinese culture; to the application of TCM in disease prevention, healthcare and rehabilitation; and to the realization of the objective of an overall basic healthcare. This set of books is compiled by experts and scholars in the field taking the advantage of the TCM International Education and Training Center of TUTCM and published particularly in compliance with the development strategy of "B&R" to reach the high-level goal of promoting TCM international development by education. This set of books covers the contents of TCM theories, medical rehabilitation, TCM health preservation, medicated diet, TCM culture and etc., which will be study and research reference for TCM scholars, amateurs and those who are concerning TCM education, treatment, research and etc. at home and abroad.

It is our sincere hope that this series of books can become the very tool and carrier by which TCM amateurs and practitioners worldwide could understand, study, use and generalize TCM, and carry forward the gem of Chinese culture – Traditional Chinese Medicine and bring benefits to people around the world.

Editorial Board of "B&R" Textbooks on TCM International Educational Training

Tianjin University of Traditional Chinese Medicine

March 18, 2018

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# 慢性阻塞性肺疾病

Chronic  
Obstructive  
Pulmonary  
Disease

## 一、概述

慢性阻塞性肺疾病（Chronic Obstructive Pulmonary Disease, COPD）是一种以持续气流受限为特征的可以预防 and 治疗的疾病。气流受限进行性发展，与气道和肺组织对烟草烟雾等有害气体或有害颗粒的慢性炎性反应增强有关，急性加重和并发症影响着疾病的严重程度和个体的预后。慢性炎性反应可以导致肺实质破坏（引起肺气肿），同时破坏正常的修复和防御机制（导致小气道纤维化）。COPD 的临床表现包括呼吸困难、慢性咳嗽、慢性咳痰、喘息和胸闷，上述症状可出现急性加重。COPD 多属于中医学的“咳嗽”“喘病”“肺胀”等范畴。

## 二、病因病机

### （一）病因

#### 1. 中医

（1）外邪侵袭：外感风寒，侵袭于肺，外阻皮毛，内遏于肺，肺气不宣，气机壅阻，发为咳喘；若素体肺热炽盛，或表邪未解，内已化热，则见外寒内热，热不得泄，肺失宣降，亦可发为咳喘；风热袭肺，肺气壅滞，升降失司，亦发为咳喘；热邪伤津液，聚而成痰，壅阻气机，发为喘咳。

（2）饮食不当：恣食生冷，寒饮内停，嗜食肥甘厚味，积痰生热，嗜酒无度或食海膻发物，导致脾失健运，痰湿内停，上犯于肺，阻遏肺气，气道失利，发为本病。

（3）久病体虚：长期呼吸困难、慢性咳嗽、慢性咳痰等病症，迁延不愈，久病体虚，肺虚卫外不固，外邪易袭，诱使本病发作，病情加重。金水相生，肺虚日久，不能下荫于肾，肾亦亏虚，肾不纳气而短气喘促，《景岳全书》说：“五脏所伤，穷必及肾。”子病及母或素体脾虚，脾失健运，湿浊不化，聚而为痰，痰湿阻遏于肺，肺失宣降，诱发本病。

#### 2. 西医

（1）吸烟：吸烟为重要的发病因素，吸烟者慢性支气管炎的患病率比不吸烟者高 2~8 倍，烟龄越长，吸烟量越大，COPD 患病率越高。烟草中含焦油、尼古丁和氢氰酸等化学物质，可损伤气道上皮细胞和纤毛运动，使气道净化能力下降；促使支气管黏液腺和杯状细胞增生肥大，黏液分泌增多；刺激副交感神经而使支气管平滑肌收缩，气道阻力增加；使氧自由基产生增多，诱导中性粒细胞释放蛋白酶，破坏肺弹力纤维，诱发肺气肿形成。

（2）职业性粉尘和化学物质：接触职业性粉尘及化学物质，如烟雾、变应原、工业废气及室内空气污染等，浓度过大或接触时间过长，均可能产生与吸烟无关的 COPD。

（3）空气污染：大气中的有害气体如二氧化硫、二氧化氮、氯气等可损伤气道黏膜上皮，使纤毛清除功能下降，黏液分泌增加，为细菌感染增加条件。

（4）感染：感染是 COPD 发生发展的重要因素之一。病毒、细菌和支原体是本病急性加重的重要因素。病毒主要为流感病毒、鼻病毒、腺病毒和呼吸道合胞病毒等；细菌感染常继发于病毒感染，常见病原体以肺炎链球菌、流感嗜血杆菌、卡他莫拉菌及葡萄球菌为多见。

（5）其他：免疫功能紊乱、气道高反应性、年龄增大等机体因素和气候等环境因素均与此病的发生和发展有关。如老年人肾上腺皮质功能减退，细胞免疫功能下降，溶菌酶活性降低，从而容易造成呼吸道的反复感染。寒冷空气可以刺激腺体增加黏液分泌，纤毛运动减弱，黏膜血管收缩，局部血液循环障碍，可导致继发感染。

## （二）病机

### 1. 中医

慢性阻塞性肺疾病是由于慢性肺系疾患病史多年，反复发作，迁延不愈，失治误治所引发，病变部位主要在肺，继则影响脾、肾功能。同样脾或肾功能失常，亦可引起肺失宣降，发为喘咳。

肺主气，司呼吸，开窍于鼻，在体合皮，其华在毛，与天气直接相通，故外邪从口鼻、皮毛入侵，大多首先犯肺。又因肺居高位，为其他脏腑之华盖，且为百脉所朝，故而其他脏腑之病变，易于上及于肺。无论外感还是内伤或者他脏病变，多易袭或者累及于肺，导致肺气宣降不利，上逆而为咳，升降失常则为喘，久则肺虚，主气功能失常。

肾为先天之本，主水，主纳气。因此，人体呼吸之气虽为肺所主，但其根在肾，故有“肺为气之主，肾为气之根”之说，肺与肾的关系称为金水相生，二者协调调节呼吸运动。如果肺气久虚，伤及肾气，而致肾不纳气，或者肾的精气不足，摄纳无权，气浮于上，均可出现喘咳、动则尤甚等症。

脾为后天之本，气血生化之源，水谷之气的输布依赖于肺气宣降作用，久病肺虚，即子盗母气，导致脾失健运，出现肢倦乏力、食少便溏、形体消瘦、面色萎黄等症状。若脾失健运，水湿不化，凝聚而为痰饮，痰饮阻碍肺的气机，亦可出现咳喘等症状，因此有“脾为生痰之源，肺为贮痰之器”之说。

慢性阻塞性肺疾病的病理性质有虚实之分，实者主要在肺，外邪侵袭，或者痰浊壅阻，导致肺气宣降不利。虚者责之肺、脾、肾三脏，尤以气虚为主，脾失健运，肾失摄纳，均可引起肺失宣降。虚者复感外邪，或实者久病伤正，由肺及脾、肾，则病情表现虚实错杂。

慢性阻塞性肺疾病主要的病理产物为痰饮、瘀血。痰的产生，最初责之肺气的升降失常，气机不利，又肺为水之上源，肺通调水道功能失司，水液不行停聚为痰；肺病及脾，子耗母气，脾失健运，内湿由生，聚而为痰。慢性阻塞性肺疾病患者久病喘咳，肺气虚损，不能贯心而朝百脉，无力助血运行则血行瘀滞，出现瘀血。痰浊、瘀血相互夹杂，导致疾病更加缠绵难愈。

慢性阻塞性肺疾病是一种长期反复发作、时轻时重、缠绵难愈的疾病，尤其多见于中老年及久病体弱患者，由于素体正气不足，且脏腑功能渐衰，因此难以根治。若临床出现因虚引起的阴阳离决，孤阳浮越，冲气上逆，或者因实引起的邪气闭肺、胸闷如室、呼吸窘迫等，均属于危重征象，必须及时救治。

### 2. 西医

（1）炎症机制：气道、肺实质及肺血管的慢性炎症是慢性阻塞性肺疾病的特征性改变，中性粒细胞、巨噬细胞、T淋巴细胞等炎症细胞均参与了慢性阻塞性肺疾病的发病过程。中性粒细胞的活化和聚集是慢性阻塞性肺疾病炎症过程的一个重要环节，通过释放中性粒细胞弹性蛋白酶等多种生物活性物质引起慢性黏液高分泌状态并破坏肺实质。

（2）蛋白酶-抗蛋白酶失衡机制：蛋白水解酶对组织有损伤、破坏作用；抗蛋白酶对弹性蛋白