

现代中医奇效良方宝典

李彬之 徐延香 陈举云 主编

上海科学普及出版社

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大会
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一九九六年二月廿一日

胡熙明

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内 容 提 要

本书是一部中西医师大型参考书。汇集了近40余年来中医、中西医结合治疗方法之精华,资料齐全,疗效确切。上册包括传染病、呼吸、循环、泌尿、生殖、内分泌、新陈代谢、造血、精神、神经等16个系统的病症计787个,选方15193个。

本书特点:内容丰富,系统性强;一病多方,选择性强;理法方药,统一性强;重点突出,实用性强;集治法大成,可读性强。确为医疗教学、科研工作中的良师益友。

Outline

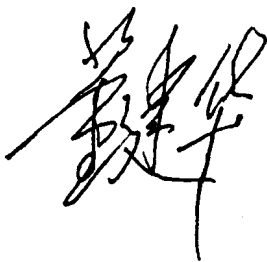
This book is a big comprehensive reference book for doctors of both traditional Chinese and western medicine. It is a collection of the best effective prescriptions of traditional Chinese medicine and the combination of traditional Chinese medicine and western medicine used in recent 40 years. Volume I offers 15193 prescriptions dealing with 787 diseases, such as infectious disease and diseases of respiratory system, circular system, digestive system, urinary system, reproductive system, endocrine system, immune system, metabolic system, blood-making system, nervous and mental system, etc.

The book is characterized by rich and systematic content; multiple choice in prescriptions used in dealing with one kind of disease; perfect unification of physiotherapy and prescription; prominent attention given to the key points in description. It is very practical and readable, and is indeed a good helper and companion to doctors, medical teachers and medical scientific workers.

序

祖国医药学是我国文化遗产中的瑰宝之一,数千年来的临床实践,为人类的防治疾病及保健事业积累了极其丰富而又宝贵的经验,在治疗学中,展示出了独特的优势,为世人所赞誉。祖国医药学进入50年代以来,随着现代医学科学技术的不断进步,又有了突飞猛进地发展,临床医家运用古方治今病、名方治难症、秘方治急症、验方治杂症等,进行了广泛深入地研究,取得了显著的疗效,并有了新的突破。尤其中医学的辨证分型治疗、复方加减治疗以及综合治疗更具特点。古今中医药的临床治疗经验,方法之多样、资料之丰富,可谓汗牛充栋。但融古今众多效方于一体之佳作,又如凤毛麟角。河北医科大学李彬之、徐延香、陈举云诸多教授,组织了50余名从事临床经验丰富的中医药专家和学者,对近45年来所有中西医药杂志中发表的治疗经验、方法和技术,进行了广泛地搜集,去粗取精地整理,细致严谨地筛选,编辑出版了一部把各种方法、经验融为一炉,五百余万字的临床治疗经验巨著——《现代中医奇效良方宝典》丛书。该书内容丰富,取材精当,选方实用,是一部很有价值的现代方书,它既是中医临床各学科必备良师益友,又是各级中医院学科学术建设之津梁,并为中医的教学、科研提供了极其丰富的医学进展与信息。斯书的问世,是对医学界的一大贡献,可谓手执一书,能起通览中医临床近40多年的治疗经验之精华。在付梓之际,愿为作序,以志祝贺。

中国工程院院士
北京中医药大学教授



Preface

Traditional Chinese medicine and pharmacy is one of the gems of Chinese cultural heritage. Through thousands of years' clinical practice, extremely rich and valuable experience has been accumulated in the prevention and cure of diseases as well as in public health work. Unique superiority in therapeutics has been displayed and praised by the whole world. Since 1950s, with the continuous progress of modern medical science and technology, traditional Chinese medicine and pharmacy has made giant strides in its development. Chinese clinical medical workers have made wide-ranging and profound researches on how to apply old prescriptions to modern diseases, famous prescriptions to difficult diseases, secret prescriptions to acute diseases and empirical prescriptions to miscellaneous diseases. As a result, these researches have achieved notable curative effects and made a new medical breakthrough. Traditional Chinese medicine has been especially noted for its diagnosis and treatment based on an overall analysis of the illness and the patient's condition, for increase and decrease of complex prescriptions in its treatment of diseases and for its comprehensive treatment in dealing with a certain disease. The clinical experience of traditional Chinese medical treatment, both old and new is very rich. To collect and write down the various treatments and all of the rich and valuable data would be a work of having enough books to make the ox carrying them sweat or to fill a house to the rafters. An excellent book in which many of the best effective prescriptions both old and new are included is a rarity of rarities. Professor Li Binzhi, Xu Yanxiang, Chen Juyun and other professors of Hebei Medical University organized more than 50 traditional Chinese medical specialists and scholars with rich clinical experience to make a wide-ranging collection of therapeutical experiences, prescriptions and technologies out of traditional Chinese and western medical publications of the past 45 years. Through discarding the dross and selecting the essential and careful screening, they have edited this collection entitled *A Treasury of Miraculous Effective Prescriptions of Modern TCM*. This medical monumental work, with a 6 million-word introduction to various clinical experiences of treatment, combines prescriptions and experiences. This collection is a valuable modern collection of traditional Chinese medical prescriptions with substantial content, masterly choice of material and practical selection of prescriptions. It is not only a good teacher and helpful friend necessary to various clinical departments of traditional Chinese medicine but also a valuable guide to the academic construction of different-level hospitals of traditional Chinese medicine. It also affords a great amount of information about medical advancement to the teaching work and scientific research of traditional Chinese medicine. This collection's appearance will be a great contribution to medical circles. We may say, with this book in hand, each reader could have a good knowledge of the best experiences achieved in the past 40 years' clinical treatment of traditional Chinese medicine. I am glad to preface this book to express my congratulation to its editors upon its publication.

Dong Jianhua

academician of Chinese Engineering Academy

&

professor of Beijing University of Traditional Chinese Medicine and pharmacy

前 言

中国医药学有着几千年的悠久历史,在长期的医疗实践中积累了极其丰富的宝贵经验。论著、方书之多,浩如烟海。随着科学技术的迅猛发展,中医中药从基础到临床,从宏观到微观,运用现代科学方法和手段的研究工作,有了长足的进步和发展,具有先进水平的科研成果、独特疗法、一技之长、单方验方,与日俱增,目不暇接。在知识、信息“爆炸”的当今世界,欲求掌握科学技术的新进展和前沿医学动态,实非易事。因此,有一部融古今方药于炉的方书佳作,是广大科技人员的渴望要求。

为了更好地开发、应用、研究、推广已有的先进经验,提高临床医疗水平,进一步推动中医药学术的发展,我们组织了具有较高水平的中西医专家、教授,对1949年至1995年全国中医、西医、中西医结合杂志以及医学论文专刊、药学研究、资料汇编等30 000余册中的临床治疗经验,进行了全面系统地搜集整理,通过归类比较,去粗取精,优选出资料齐全、疗效确切的方药,编撰成《现代中医奇效良方宝典》上下两册。包括内科、外科、妇科、儿科、五官科及针灸科五个分册。计600余万字。

《现代中医奇效良方宝典》基本囊括了近40多年来的治疗方法和经验。其特点是:①内容丰富,具有系统性。既汇集了共性经验,又有独特方法,实为中西医师临证之指南;②方药多种,提供了选择性。一病多方,而方中又分辨证、复方加减、单方验方和综合疗法,有利于临证时酌情择优而用;③选方取舍,注意理法方药的统一性。有法、有方、有药,有一般治疗,又有疗效分析及中西药疗效对比,既适用于城市大医院,又适用于基层小医院;④详略适当,重点突出,具有实用性。对方药、剂量、用法、疗效及文献著录,均作了详细记述,既应用方便,又可查找原始资料;⑤集治疗方法之大成,具有可读性。可谓手执一书,而有通览全局之效。

《现代中医奇效良方宝典》上册,计300余万字,共分16章,内容包括传染病、呼吸、循环、消化、泌尿、生殖、内分泌、新陈代谢、免疫、神经、精神、结缔组织、造血、骨与关节、化学物理等系统的病症787个,载方15 193个。

斯书是一部综合性的大型系列参考丛书。学科全、病种多、适应广。有利于临床医师掌握多种方法,提高诊疗水平;有利于丰富临床教学人员的讲课内容,提高授课效果;有利科研人员通晓研究进展,做到有的放矢,捷登科学高峰。总之,它确为医疗、教学、科研工作者之良师益友,学习参考之津梁。

在编写过程中,承蒙原卫生部胡熙明副部长、北京中医药大学董建华、王绵之教授的厚爱,并题词、作序,在此深表谢忱。由于写作经验不足,珠遗难免,不妥之处,敬祈同道指正,不胜感激。

——编者

一九九六年一月一日于石家庄

Foreword

Traditional Chinese Medicine (TCM) has a long history of several thousand years. It has accumulated a wealth of valuable experience in its long-term practice. Numerous prescriptions and theoretical books have been published. With the rapid development of science and technology, and by applying modern scientific means and methods in its research, TCM and its herbal medicine have made a marked progress both macroscopically and microscopically. Advanced scientific research fruits, unique treatments, special, single-drug prescriptions and empirical prescriptions have been increasing enormously day by day. Nowadays, with the explosion of new knowledge and information, to publish a collection of masterpiece prescriptions of ancient and today's TCM is a desirable thing to medical scientific workers.

In order to have a better development, application, research and popularization of the advanced experience which has been made, and to promote the clinical medical level, we have organized some high-level TCM and western medicine specialists and professors to collect and sort out the most informative and effective prescriptions from the published TCM literature. The result of our great effort is this two-volume collection: *A Treasury of Miraculous Effective Prescriptions of Modern TCM*, which consists of five books dealing with internal medicine, surgery, gynecology, pediatrics, five-sense-organ medicine and acupuncture. This series has more than six million words.

This collection covers all the prescriptions and experiences of the recent forty years. It has the following characteristics: ① its content rich and systematic, covering both general and specific prescriptions; ② variety of prescriptions, each of which has several small divisions; in dealing with one kind of disease, several can be applied; ③ practical in many ways, and multiple choice in prescription and medicine; ④ detailed description of dosage, usage, effects and the related medical works; emphasis laid on the key points; ⑤ though all the best prescriptions included, yet readable to different level readers. It can be said that with this book in hand you can deal with any disease.

The first volume of this collection is divided into 16 chapters, with 3 million words. It includes 15193 prescriptions dealing with 787 kinds of diseases, such as infectious disease and diseases of respiratory system, circulatory system, digestive system, urinary system, reproductive system, endocrine system, metabolic system, immune system, nervous and mental system, connective tissue, blood-making system, bone and joint system, etc.

This collection is a comprehensive and all-inclusive reference medical work. It has more subjects and more prescriptions dealing with various diseases, applicable and helpful for the medical workers to master various cure methods and improve their diagnosis level. It provides more teaching material to the teaching work of clinical workers. It is a good reference for scientific researchers. So, it is a good helper to medical treatment, teaching and scientific research.

Here we want to thank Mr. Hu Xi Ming, former minister of Ministry of Health of the People's Republic of China, Professor Dong Jian Hua and Professor Wang Jin Zhi, who gave us valuable encouragement and advice and who wrote the gracious inscriptions and preface for this book. Due to lack of experience, we might have some mistakes in this book. We will be grateful to those who correct them.

— editor

January 1, 1996

Shijiazhuang, P. R. China

凡 例

一、本书汇集了 1949 年建国以来,在中西医杂志上发表的中医治疗方法、技术,本着去粗取精的原则,精选收录病症 787 个,共载方药(方法)15 193个,其中辨证分型治疗方药 5 446个,复方加减治疗的方药 2 929个,单方验方的治疗方药 5 158个,综合治疗的方药 1 660个。就治疗方法、用法和疗效作了较详细地记述。

二、编写体例,以现代医学病名为主,记述中医治疗方法,对中医病症的治疗方法亦作了收录。每个病症分辨证分型治疗、复方加减治疗、单方验方治疗、综合治疗四部分加以叙述。

三、本书收录以病例资料较全者为主,但对一些少见病或特殊病例,虽例数不多或资料欠全,但有参考价值者亦予收录。

四、本书对一些名人的学术、经验讲学资料,虽无疗效统计,亦作收录对象,以体现本书的权威性。

五、本书对中西医治疗的对比观察资料,有参考价值者,亦予收录。

六、本书计量单位均采用现制,如原稿中的“钱”单位,一钱按 3 克(g)计算,如当归一钱改为 3g,一两改为 30g;血压毫米汞柱(mmHg),改为千帕(kPa),但在新制之后加括号注明旧制。

七、有的资料未具体说明煎服法,为了便于临床应用,应按常规煎服法,一般水煎 2 次,分 2 次服用。文中无煎服法的方剂,不再注明。

八、中药名称,不用商品名,采用学名,并写全称。如寸冬,应写为麦冬或麦门冬;内金应写鸡内金,川连应写川黄连。

九、无方剂名称的方法,编者据方义给予方剂命名,如命名困难者,在方法前面冠以“方药”二字,以求格式的统一性。

十、有的资料有单位名称,无作者姓名,则以单位名称为准;有的资料既无作者姓名,又无单位名称,则以发表的杂志为准;对有的资料内容较好,杂志已无法查找者,以作者单位为准。

Editor's Notes

I. This collection includes 15193 prescriptions dealing with 787 diseases, which are selected, according to discarding the dross and selecting the essential, from the publications of the western and traditional Chinese medicine since the founding of the People's Republic of China in 1949. There are 5446 prescriptions built upon diagnosis and treatment based on an overall analysis of the illness and the patient's condition, 2929 complex prescriptions involving increase and decrease of ingredients, 5158 single—drug prescriptions and empirical prescriptions, and 1660 comprehensive prescriptions. Detailed descriptions are given to the method of treatment, usage and curative effects.

II. Editing style: The names of the major items in this book are names of diseases in modern medicine. There are descriptions to different methods of traditional Chinese medical treatments. It is stated clearly how to apply different kinds of prescriptions to one kind of disease. In dealing with one disease, four kinds of treatments are introduced: diagnosis and treatment based on an overall analysis of the illness and the patient's condition, increase and decrease of complex prescription treatment, single — drug and empirical prescription treatment and comprehensive prescription treatment.

III. The diseases included into this book are those which have more material for reference. The seldom seen diseases and peculiar ones are also included because of their worth for reference.

IV. Famous persons' academic and teaching material is also included to show authoritativeness of the book.

V. The material of comparative observation to western medicine treatment and traditional Chinese medicine treatment is included if it is worth reference.

VI. The measure units used in this book are modern ones. The unit "Qian" is replaced by 3g, "Liang" is replaced by 30g; mmHg in measuring blood pressure is replaced by KPa.

VII. The method of decoction is not given when some prescriptions are introduced. The usual method of boiling twice should be used.

VIII. Names of herbal medicines are those used in books, not business names.

IX. The nameless prescriptions are named by the editors of this book.

X. If the author of a piece of material gathered in this book is unknown, the name of his working unit is given. If neither the name of its author nor the name of the author's working unit is known, then the name of the magazine from which the material is taken is given.

目次

第一章 传染病

病毒性疾病	(1)	化脓性脑膜炎	(120)
流行性感冒	(1)	新形隐球菌脑膜炎	(120)
病毒感染性发热	(3)	葡萄膜大脑炎	(120)
带状疱疹	(4)	海绵窦栓塞性脑膜炎	(121)
传染性肝炎	(13)	耳源性脑膜炎	(121)
急性病毒性肝炎	(26)	病毒性脑炎	(121)
慢性病毒性肝炎	(45)	布鲁氏菌病	(122)
病毒性肝炎高胆红质血症	(53)	炭疽病	(123)
慢性乙型肝炎	(55)	破伤风	(124)
非甲非乙型肝炎	(61)	败血症	(128)
淤胆型肝炎	(62)	变应性亚败血症	(129)
慢性活动性肝炎	(62)	肺结核病	(131)
慢性迁延性肝炎	(64)	肺结核咳嗽	(138)
重症肝炎	(67)	咯血	(138)
心源性黄疸	(74)	空洞型肺结核	(142)
体质性黄疸	(74)	肺结核潮热	(143)
溶血性黄疸	(74)	肺结核盗汗	(144)
阻塞性黄疸	(74)	结核性腹膜炎	(144)
肝炎合并症	(75)	结核性胸膜炎	(144)
肝炎血清转氨酶升高	(75)	结核性盆腔炎	(145)
肝病浊絮异常	(80)	结核性脑膜炎	(145)
肝病血浆蛋白异常	(82)	淋巴结核	(146)
流行性乙型脑炎	(84)	肾结核	(153)
流行性出血热	(90)	肠结核	(153)
登革热	(97)	胸壁结核	(153)
狂犬病	(99)	胰腺结核	(154)
立克次体病	(101)	睾丸结核	(154)
伤寒	(101)	副睾结核	(154)
斑疹伤寒	(103)	喉结核	(154)
恙虫病	(104)	皮肤结核	(155)
细菌性疾病	(105)	结核病	(155)
白喉	(105)	骨结核	(155)
霍乱	(106)	骨与关节结核	(158)
细菌性痢疾	(107)	骨与关节结核合并窦道	(162)
感染性肠炎	(117)	慢性骨髓炎、骨与关节结核	(162)
病毒性肠炎	(117)	骨与淋巴结核	(163)
流行性脑脊髓膜炎	(118)	髋关节结核	(164)

膝关节结核·····	(164)	蛲虫病·····	(205)
脊柱结核·····	(165)	鞭毛虫病·····	(206)
骨痹·····	(166)	铁线虫病·····	(207)
多骨疽·····	(168)	抱茎棘隙吸虫病·····	(207)
麻风·····	(168)	结肠小袋纤毛虫病·····	(207)
真菌性疾病·····	(170)	肠道滴虫症·····	(207)
孢子丝菌病·····	(170)	人体蠕形螨病·····	(208)
念球菌病·····	(170)	包虫病·····	(208)
浅层真菌病·····	(171)	丝虫病·····	(208)
浅层霉菌病·····	(171)	其它发热症·····	(210)
深部霉菌感染·····	(171)	感冒·····	(210)
草样霉菌病·····	(171)	普通感冒·····	(216)
霉菌性阴道炎·····	(171)	暑湿感冒·····	(217)
霉菌性角膜炎·····	(172)	秋燥感冒·····	(218)
皮肤真菌病·····	(172)	夏季外感发热·····	(218)
霉菌性肠炎·····	(173)	热病急症·····	(218)
脑、肺肾和败血症合并霉菌感染·····	(173)	外感性高热·····	(219)
脑溢血后并发霉菌感染·····	(173)	热证·····	(222)
煤气中毒合并肺部感染并发霉菌感染·····	(174)	原因不明高热·····	(225)
鹅口疮·····	(174)	呼吸道易感症·····	(225)
手足口病·····	(174)	中枢性发热·····	(225)
疑红斑性狼疮、何杰金氏病合并消化道 霉菌感染·····	(175)	季节性发热·····	(226)
急腹症术后霉菌感染·····	(175)	小儿夏季热·····	(226)
纸坊病·····	(175)	老年人夏季热·····	(226)
螺旋体病·····	(175)	长期发热·····	(226)
梅毒·····	(175)	奇热·····	(226)
钩端螺旋体病·····	(177)	术后发热·····	(227)
钩体性脑动脉炎·····	(179)	伤科内伤发热·····	(228)
鼠咬热·····	(180)	同房高热·····	(228)
原虫病·····	(180)	铸造热·····	(228)
阿米巴痢疾·····	(180)	潮热·····	(228)
疟疾·····	(181)	低热·····	(229)
隐孢子虫病·····	(182)	面热·····	(231)
蠕虫病·····	(182)	寒热往来·····	(231)
血吸虫病·····	(182)	暑病·····	(231)
姜片虫病·····	(187)	暑热·····	(231)
华支睾吸虫病·····	(187)	暑温·····	(232)
绦虫病·····	(187)	暑湿证·····	(232)
囊虫病·····	(189)	暑厥·····	(232)
脑囊虫病·····	(190)	伏暑·····	(233)
钩虫病·····	(192)	湿温·····	(233)
蛔虫病·····	(194)	暑湿流注·····	(233)
胆道蛔虫病·····	(195)	急性感染性疾病·····	(233)
		夏季杂病·····	(234)

第二章 呼吸系统疾病

急性气管-支气管炎	(235)	髂股静脉血栓形成合并肺栓塞	(295)
慢性支气管炎	(236)	溺水肺梗塞	(296)
支气管扩张	(250)	肺泡蛋白沉着症	(296)
支气管扩张咯血	(251)	肺脓疡	(296)
支气管哮喘	(253)	肺结节病	(300)
支气管结石	(268)	弥漫性间质性肺纤维化	(300)
心源性哮喘	(268)	肺嗜酸粒细胞浸润症	(301)
咳嗽	(269)	右肺中叶综合征	(302)
咽喉源性咳嗽	(274)	呼吸肌麻痹	(303)
咯血	(275)	巨舌致睡眠呼吸暂停综合征	(303)
肺胀	(278)	胸膜粘连	(304)
肺气肿	(279)	胸腔积液	(304)
肺炎	(281)	包裹性胸腔积液	(305)
大叶性肺炎	(286)	自发性气胸	(305)
支气管肺炎	(289)	脓气胸	(307)
病毒性肺炎	(290)	纵隔气肿	(307)
支原体肺炎	(291)	脓胸	(308)
立克次氏体肺炎	(291)	脓胸并发支气管胸膜瘘	(308)
霉菌性肺炎	(291)	血胸	(309)
军团菌肺炎	(291)	渗出性胸膜炎	(309)
肺念珠菌病	(292)	结核性胸膜炎	(310)
肺放线菌病	(292)	悬饮	(313)
过敏性肺炎	(293)	尘肺	(314)
放射性肺炎	(293)	肺癌	(314)
慢性阻塞性肺病	(293)		

第三章 循环系统疾病

心力衰竭	(325)	早搏	(349)
充血性心力衰竭	(328)	过早搏动	(353)
慢性充血性心力衰竭	(331)	心动过速	(354)
慢性心力衰竭	(332)	心房纤颤	(356)
顽固性心力衰竭	(333)	传导阻滞	(357)
重症心力衰竭	(334)	病态窦房结综合征	(359)
冠心病心力衰竭	(334)	心悸	(361)
风湿性心脏病心力衰竭	(335)	风湿性心脏炎	(363)
休克	(336)	风湿性心脏病	(363)
心源性休克	(338)	急性风湿热和风心病风湿活动	(366)
感染性休克	(340)	风湿性心脏病并发症	(366)
心律失常	(342)	冠状动脉粥样硬化性心脏病	(367)

心绞痛	(370)	心包积液	(407)
急性心肌梗塞	(375)	心包积液合并心衰	(407)
高血压病	(378)	克山病	(408)
脑动脉粥样硬化	(388)	大动脉炎	(409)
眩晕	(389)	雷诺氏病	(411)
肺心病急性发作期	(392)	血栓闭塞性脉管炎	(413)
肺心病缓解期	(396)	静脉血栓形成	(416)
慢性肺原性心脏病	(397)	血栓性静脉炎	(417)
亚急性感染性心内膜炎	(401)	结节性血管疾病	(420)
心包炎	(401)	脱疽	(422)
狼疮性心包炎	(402)	晕厥症(昏厥)	(424)
病毒性心肌炎	(402)		

第四章 消化系统疾病

食管胃部疾病	(425)	胃粘膜异型增生	(505)
食道炎	(425)	胃节律紊乱综合征	(506)
返流性食管炎	(426)	胃下垂	(506)
摄食性食管炎	(427)	胃脘痛	(510)
表层剥脱性食管炎	(427)	胃大部切除术后倾倒(泻)综合征	(520)
食道裂孔疝	(427)	胃大部切除术后排空延迟症	(521)
骨刺梗塞食管	(428)	胃术后功能性排空障碍	(521)
马魏氏综合征	(428)	胃大部切除术后吻合口水肿	(522)
急性胃炎	(428)	输出袢梗阻综合征	(522)
急性胃肠炎	(429)	懒惰胆囊征	(522)
嗜酸细胞性胃肠炎	(430)	贲门痉挛	(522)
急性出血性坏死性肠炎	(430)	幽门痉挛	(523)
慢性胃炎	(434)	先天性肥厚性幽门狭窄	(523)
慢性浅表性胃炎	(438)	呃逆	(523)
浅表性胃炎合并(或伴)胃下垂	(442)	脑血管病伴发呃逆	(527)
慢性萎缩性胃炎	(442)	流行性出血热肾衰期伴发呃逆	(528)
胆汁返流性胃炎	(452)	心病合并呃逆	(528)
幽门弯曲螺旋菌阳性慢性胃炎	(457)	手术后伴发呃逆	(528)
慢性糜烂型胃炎(疣状胃炎)	(458)	腹部术后胀逆	(529)
糜烂性出血性胃炎	(459)	呕吐	(531)
慢性胃炎肠上皮化生、不典型增生	(459)	手术后呕吐	(534)
胃窦炎	(460)	神经性呕吐	(534)
上消化道出血	(462)	食管癌	(535)
消化性溃疡	(477)	胃癌	(545)
胃溃疡	(498)	噎膈	(555)
胃结石	(499)	肠道疾病	(557)
胃扩张症	(501)	十二指肠炎	(557)
胃扭转	(502)	十二指肠壅积症	(558)
胃粘膜脱垂	(504)	十二指肠球部溃疡	(559)

十二指肠憩室.....	(562)	乳糜腹.....	(624)
肠系膜上动脉综合征.....	(562)	秋泻.....	(625)
肠梗阻.....	(562)	直肠脱垂.....	(625)
急性肠梗阻.....	(565)	横结肠下垂.....	(627)
粘连性肠梗阻.....	(567)	短肠综合征.....	(628)
幽门梗阻或不全梗阻.....	(571)	肠道易激综合征.....	(628)
麻痹性肠梗阻(或肠麻痹).....	(573)	结肠曲综合征.....	(631)
结核性肠梗阻.....	(574)	胃肠道息肉.....	(632)
蛔虫性肠梗阻.....	(574)	胃肠功能紊乱.....	(633)
肠粘连.....	(575)	胃肠神经官能症.....	(634)
急性肠炎.....	(577)	老年结肠功能紊乱.....	(635)
慢性肠炎.....	(578)	克隆氏病.....	(636)
滴虫性肠炎.....	(579)	阑尾炎.....	(636)
霉菌性肠炎.....	(581)	急性阑尾炎合并腹膜炎.....	(644)
药物性肠炎.....	(582)	阑尾周围脓肿.....	(646)
慢性结肠炎.....	(582)	阑尾炎术后窦道及溃疡.....	(650)
溃疡性结肠炎.....	(591)	便秘.....	(651)
慢性非特异性结肠炎.....	(605)	肝胆胰脾疾病.....	(655)
过敏性结肠炎.....	(607)	脂肪肝.....	(655)
伪膜性结肠炎.....	(608)	肝脾肿大.....	(656)
放射性直肠炎.....	(609)	肝炎后综合征.....	(657)
慢性直肠炎.....	(609)	药物性肝损害.....	(658)
泄泻.....	(610)	肝脓肿.....	(659)
腹泻.....	(612)	胆汁性肝硬化.....	(661)
流行性腹泻.....	(614)	肝硬化及肝硬腹水.....	(662)
慢性结肠泄泻.....	(615)	血吸虫病肝硬化及肝腹水.....	(687)
慢性腹泻.....	(615)	臌胀.....	(693)
久泻(慢性泄泻).....	(617)	肝癌.....	(693)
重证泄泻.....	(618)	急性胆囊炎.....	(702)
非感染性腹泻.....	(619)	急性梗阻性化脓性胆囊炎.....	(708)
顽固性泄泻.....	(619)	慢性胆囊炎.....	(710)
五更泄.....	(619)	萎缩性胆囊炎.....	(712)
水湿泻.....	(621)	原发性硬化性胆管炎.....	(713)
暴泻(急性腹泻).....	(621)	胆总管囊肿.....	(713)
暑泻.....	(621)	胆总管梗阻.....	(714)
秋燥泄泻.....	(622)	胆道术后化脓性总胆管炎.....	(714)
钩虫性腹泻.....	(622)	胆绞痛.....	(714)
食荤泄泻.....	(622)	胆囊下垂.....	(715)
濡泻.....	(622)	先天性胆道狭窄.....	(716)
功能性腹泻.....	(623)	先天性胆管闭锁.....	(716)
飧泄.....	(623)	胆石症.....	(716)
直肠癌术后泄泻.....	(624)	胆石症并胆道感染.....	(728)
痛泻.....	(624)	胆道术后综合征.....	(729)
痰泻.....	(624)	术后胆汁分泌过多症.....	(730)
肝泄.....	(624)	急性胰腺炎.....	(730)
酒泄.....	(624)	慢性胰腺炎.....	(739)