

# 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



清太医配方：葛根解醒丸

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葛根

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主 编 李彬之 徐延香 陈举云

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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。下册包括妇科、儿科、外科、骨科、皮肤科、眼科、耳鼻咽喉科、口腔科、针灸科等9章,计760个病症,18650余方。

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

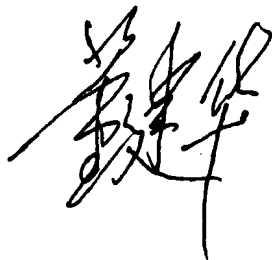
This book is a big comprehensive reference book for doctors of both traditional Chinese and western medicine. It is a collection of the best effective prescriptions of traditional Chinese medicine and the combination of traditional Chinese medicine and western medicine used in recent 40 years. Volume I offers 18650 prescriptions dealing with 760 diseases, which divides into many departments, gynecology, pediatrics, surgery, orthopedics, dermatology, ophthalmology, otorhinolaryngology, stomatology, acupuncture, et al.

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 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,又有了突飞猛进的发展,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,进行了广泛深入的研究,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,六百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的良好益友,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宝贵的经验。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一炉的方书佳作,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部分。计720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》下册,计400余万字,内容包括妇科、儿科、外科、骨科、皮肤科、眼科、耳鼻咽喉科、口腔科、针灸科等9章,病症760个,载方18 650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;有利于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及学习参考之津梁。

在编写过程中,承蒙原卫生部胡照明副部长、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

一九九七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 7.2 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 second volume of this collection is divided into 9 chapters, with 4 million words. It includes 18650 prescriptions dealing with 760 kinds of diseases, which divides into many departments, gynecology, pediatrics, surgery, orthopedics, dermatology, ophthalmology, otorhinolaryngology, stomatology, acupuncture, et al.

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 Ximing, former minister of Ministry of Health of the People's Republic of China, Professor Dong Jianhua and Professor Wang Mianzhi, 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, 1997

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760余个,共载方药(方法)18 650余个,其中辨证分型治疗方药4300个,复方加减治疗的方药2355个,单方验方的治疗方药7332个,综合治疗的方药4663个。就治疗方法、用法和疗效作了较详细的记述。

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 18650 prescriptions dealing with 760 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 4300 prescriptions built upon diagnosis and treatment based on an overall analysis of the illness and the patient's condition, 2355 complex prescriptions involving increase and decrease of ingredients, 7332 single-drug prescriptions and empirical prescriptions, and 4663 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.

原中央卫生部副部长胡熙明题词

大会  
華の十五年  
中医临床  
治疗之精华，  
更好地为人  
民健康服务。

一九九六年二月廿一日

胡熙明

## 目次

## 第十七章 妇科疾病

|                     |      |                       |       |
|---------------------|------|-----------------------|-------|
| 月经失调病 .....         | (1)  | 卵巢肿瘤 .....            | (90)  |
| 功能失调性月经紊乱 .....     | (1)  | 子宫颈癌 .....            | (91)  |
| 月经前期量多 .....        | (1)  | 子宫脱垂 .....            | (93)  |
| 月经后期量少 .....        | (2)  | 阴吹 .....              | (96)  |
| 月经前后无定期 .....       | (2)  | 妊娠疾病 .....            | (98)  |
| 经间期出血 .....         | (2)  | 流产 .....              | (98)  |
| 崩漏 .....            | (3)  | 先兆流产 .....            | (99)  |
| 带下症 .....           | (18) | 附 安胎六法 .....          | (103) |
| 附 1 治带十二法 .....     | (21) | 习惯性流产 .....           | (103) |
| 附 2 治带六法 .....      | (21) | 附 张兆智老中医治疗滑胎三步法 ..... | (105) |
| 经前期紧张综合征 .....      | (22) | 妊娠呕吐 .....            | (105) |
| 痛经 .....            | (25) | 妊娠高血压综合征 .....        | (107) |
| 附 名家治疗经验 .....      | (35) | 附 中西医结合治疗妊高征 .....    | (109) |
| 闭经 .....            | (37) | 羊水过多 .....            | (109) |
| 附 抗精神病药物所致的闭经 ..... | (40) | 过期妊娠 .....            | (110) |
| 多囊卵巢综合征 .....       | (40) | 异位妊娠 .....            | (110) |
| 更年期综合征 .....        | (42) | 附 中西医结合治疗宫外孕 .....    | (113) |
| 附 名家治疗经验 .....      | (48) | 胎位异常 .....            | (114) |
| 女性生殖系统疾病 .....      | (50) | 妊娠合并急性病毒性肝炎 .....     | (115) |
| 外阴白色病变 .....        | (50) | 妊娠合并肝内胆汁郁积症 .....     | (116) |
| 外阴瘙痒 .....          | (56) | 妊娠合并泌尿系感染 .....       | (116) |
| 滴虫性阴道炎 .....        | (58) | 妊娠合并急性阑尾炎 .....       | (117) |
| 霉菌性阴道炎 .....        | (61) | 围产期痔疮 .....           | (117) |
| 非特异性细菌性阴道炎 .....    | (63) | 妊娠合并疟疾 .....          | (117) |
| 老年性阴道炎 .....        | (64) | 滋养细胞肿瘤 .....          | (117) |
| 幼女性外阴阴道炎 .....      | (64) | 葡萄胎 .....             | (118) |
| 盆腔炎 .....           | (64) | 恶性葡萄胎及绒毛膜上皮癌 .....    | (118) |
| 急性盆腔炎 .....         | (64) | 附 化疗副反应中西药综合治疗 .....  | (119) |
| 慢性盆腔炎 .....         | (66) | 产后疾病 .....            | (119) |
| 附 盆腔炎的中西医结合治疗 ..... | (74) | 产褥感染 .....            | (119) |
| 盆腔炎性包块 .....        | (74) | 产后出血 .....            | (122) |
| 子宫内膜炎 .....         | (75) | 产后无乳 .....            | (124) |
| 附件炎 .....           | (76) | 产后尿潴留 .....           | (127) |
| 输卵管积液 .....         | (76) | 回乳 .....              | (130) |
| 输卵管阻塞 .....         | (77) | 计划生育 .....            | (131) |
| 慢性子宫颈炎 .....        | (80) | 人工流产 .....            | (131) |
| 子宫肌瘤 .....          | (87) | 晚期妊娠引产 .....          | (131) |

|                  |       |                   |       |
|------------------|-------|-------------------|-------|
| 过期妊娠引产 .....     | (131) | 反应性精神病 .....      | (137) |
| 死胎引产 .....       | (131) | 瘰疬性肢体功能障碍 .....   | (137) |
| 手术后出血、月经失调 ..... | (132) | 带下症 .....         | (137) |
| 手术后闭经 .....      | (134) | 不孕症 .....         | (137) |
| 手术后诸证 .....      | (135) | 妇科手术后并发症 .....    | (162) |
| 腰痛 .....         | (135) | 手术后并发栓塞性静脉炎 ..... | (162) |
| 腹痛 .....         | (136) | 手术后腹胀 .....       | (162) |
| 呕吐 .....         | (136) | 手术后腹部窦道 .....     | (162) |
| 低热自汗 .....       | (136) | 手术后并发发热 .....     | (163) |
| 肢体麻木疼痛 .....     | (137) |                   |       |

## 第十八章 儿科疾病

|                     |       |                     |       |
|---------------------|-------|---------------------|-------|
| 新生儿疾病 .....         | (164) | 间质性肺炎 .....         | (204) |
| 新生儿肝炎综合征 .....      | (164) | 迁延性肺炎 .....         | (205) |
| 胆汁淤积综合征 .....       | (164) | 小儿重症肺炎 .....        | (206) |
| 新生儿硬肿症 .....        | (165) | 呼吸道合胞病毒肺炎 .....     | (207) |
| 新生儿 ABO 溶血症 .....   | (168) | 小儿肺炎合并心力衰竭 .....    | (207) |
| 核黄疸后遗症 .....        | (168) | 婴幼儿肺炎合并中毒性肠麻痹 ..... | (208) |
| 新生儿破伤风 .....        | (169) | 附 小儿肺炎治疗经验 .....    | (209) |
| 脐炎 .....            | (170) | 肺脓肿 .....           | (211) |
| 先天性胆道闭锁 .....       | (170) | 特发性肺含铁血黄素沉着症 .....  | (211) |
| 先天性胆道狭窄 .....       | (171) | 肺泡蛋白沉积症 .....       | (212) |
| 先天性肥厚性幽门狭窄 .....    | (171) | 小儿发热 .....          | (212) |
| 小儿幽门痉挛症 .....       | (171) | 小儿低热 .....          | (219) |
| 食管裂孔疝 .....         | (171) | 鼻窦炎 .....           | (220) |
| 新生儿尿布疹 .....        | (172) | 慢性鼻炎 .....          | (221) |
| 新生儿霉菌性皮炎 .....      | (172) | 鼻出血 .....           | (221) |
| 新生儿剥脱性皮炎 .....      | (172) | 喉炎 .....            | (222) |
| 呼吸系统疾病 .....        | (172) | 小儿气管异物 .....        | (222) |
| 急性上呼吸道感染 .....      | (172) | 消化系统疾病 .....        | (223) |
| 反复呼吸道感染 .....       | (176) | 小儿呕吐 .....          | (223) |
| 扁桃体炎 .....          | (178) | 附 张锡君小儿呕吐十法 .....   | (223) |
| 附 风热乳蛾与乳蛾周围病变 ..... | (180) | 小儿腹泻 .....          | (224) |
| 支气管炎 .....          | (181) | 秋季腹泻 .....          | (246) |
| 急性毛细支气管炎 .....      | (187) | 疳泻 .....            | (252) |
| 喘息性支气管炎 .....       | (188) | 抗生素引起的腹泻 .....      | (252) |
| 小儿肺炎 .....          | (190) | 附 1 小儿暑泻的治疗 .....   | (252) |
| 喘息性肺炎 .....         | (199) | 附 2 小儿暑泻辨治法 .....   | (252) |
| 病毒性肺炎 .....         | (200) | 附 3 婴幼儿腹泻治疗七法 ..... | (253) |
| 腺病毒性肺炎 .....        | (201) | 附 4 小儿腹泻散剂疗法 .....  | (253) |
| 大叶性肺炎 .....         | (203) | 附 5 婴儿泄泻的治疗经验 ..... | (253) |
| 支原体肺炎 .....         | (203) | 附 6 泄泻金属元素的治疗 ..... | (254) |
| 真菌性肺炎 .....         | (204) | 小儿肠炎 .....          | (254) |

|                                    |       |                                 |       |
|------------------------------------|-------|---------------------------------|-------|
| 小儿霉菌性肠炎 .....                      | (255) | 附 2 王烈教授治疗小儿贫血的经验 ...           | (304) |
| 迁延性肠炎 .....                        | (256) | 附 3 益气补血为主治疗小儿贫血 .....          | (305) |
| 小儿感染后脾虚综合征 .....                   | (257) | 特发性血小板减少性紫癜 .....               | (305) |
| 胃结石症 .....                         | (257) | 颈部淋巴结炎 .....                    | (307) |
| 小儿腹痛 .....                         | (257) | 慢性充血性脾大征 .....                  | (307) |
| 单纯消化不良 .....                       | (258) | <b>神经系统疾病</b> .....             | (308) |
| 附 1 小儿脾胃病协定方 .....                 | (262) | 脑积水 .....                       | (308) |
| 附 2 按摩术治疗小儿消化不良 .....              | (262) | 癫痫 .....                        | (310) |
| 角膜软化症 .....                        | (262) | 附 论治小儿惊、痫经验五条 .....             | (314) |
| 厌食 .....                           | (263) | 情感性交叉擦腿症 .....                  | (314) |
| 附 1 小儿厌食症治疗四法 .....                | (268) | 屏气发作综合征 .....                   | (315) |
| 附 2 治疗小儿脾病十二法 .....                | (268) | 附 1 屏气发作综合征治疗经验 .....           | (316) |
| 肠梗阻 .....                          | (269) | 附 2 血府逐瘀汤加味治疗婴幼儿呼吸<br>暂停症 ..... | (317) |
| 附 1 治婴小得 .....                     | (270) | 急性偏瘫 .....                      | (317) |
| 附 2 外伤性十二指肠梗阻 .....                | (270) | 急性中毒性脑病 .....                   | (318) |
| 肠套叠 .....                          | (270) | 急惊风 .....                       | (319) |
| 先天性巨结肠 .....                       | (271) | 慢惊风 .....                       | (321) |
| 中毒性肠麻痹 .....                       | (272) | 小儿智力低下 .....                    | (321) |
| 小儿腹股沟疝 .....                       | (273) | 原发性侧索硬化证 .....                  | (323) |
| 细菌性肝脓肿 .....                       | (274) | 儿童脑性瘫痪 .....                    | (323) |
| 原发性硬化性胆管炎 .....                    | (274) | <b>变态反应性疾病</b> .....            | (324) |
| 盘肠气痛 .....                         | (275) | 支气管哮喘 .....                     | (324) |
| 小儿便秘 .....                         | (275) | 附 1 治疗小儿咳嗽五法 .....              | (330) |
| 脱肛 .....                           | (276) | 附 2 陈寿春治疗小儿哮喘五法 .....           | (330) |
| 婴儿肛瘘 .....                         | (277) | 附 3 江育仁教授治疗小儿咳嗽十法 ...           | (330) |
| 消化道异物 .....                        | (277) | 婴幼儿湿疹 .....                     | (330) |
| <b>泌尿系统疾病</b> .....                | (278) | 丘疹性荨麻疹 .....                    | (334) |
| 急性肾炎 .....                         | (278) | <b>内分泌系统疾病</b> .....            | (335) |
| 附 1 专题笔谈, 小儿急性肾炎证治 .....           | (286) | 尿崩症 .....                       | (335) |
| 附 2 谈小儿急性肾炎的辨证治疗 .....             | (289) | 性早熟 .....                       | (335) |
| 过敏性紫癜性肾炎 .....                     | (290) | 小儿乳疔 .....                      | (335) |
| 附 典型病例 .....                       | (291) | <b>风湿热及结缔组织病</b> .....          | (336) |
| 肾病综合征 .....                        | (292) | 过敏性紫癜 .....                     | (336) |
| 附 1 小儿难治性肾病 .....                  | (294) | 皮肤粘膜淋巴结综合征 .....                | (338) |
| 附 2 中西医结合治愈小儿肾病综合征<br>并股动脉栓塞 ..... | (296) | 附 1 专家谈川崎病的中医证治 .....           | (340) |
| 鞘膜积液 .....                         | (296) | 附 2 中药治疗皮肤粘膜淋巴结综合征 ...          | (341) |
| 阴茎头包皮龟头炎 .....                     | (299) | 变应性亚败血症 .....                   | (342) |
| <b>心血管疾病</b> .....                 | (299) | 小儿急性风湿热 .....                   | (342) |
| 病毒性心肌炎 .....                       | (299) | <b>营养性疾病</b> .....              | (342) |
| 附 小儿病毒性心肌炎分型治疗 .....               | (301) | 营养不良 .....                      | (342) |
| 风湿性心肌炎 .....                       | (302) | 营养不良性水肿 .....                   | (347) |
| 克山病 .....                          | (302) | 缺锌症 .....                       | (348) |
| <b>造血系统疾病</b> .....                | (302) | <b>心理情绪行为异常和精神疾病</b> .....      | (349) |
| 缺铁性贫血 .....                        | (302) | 夜惊症 .....                       | (349) |
| 附 1 小儿缺铁性贫血中医治疗 .....              | (304) | 梦游症 .....                       | (350) |

|                     |       |                        |       |
|---------------------|-------|------------------------|-------|
| 遗尿症 .....           | (350) | 小儿胞轮振跳 .....           | (374) |
| 附 巧用竹叶治疗遗尿案 .....   | (353) | 泪囊炎 .....              | (374) |
| 儿童恐怖症 .....         | (353) | <b>传染病</b> .....       | (374) |
| 婴儿不寐症 .....         | (353) | 流行性感冒 .....            | (374) |
| 多发性抽搐 .....         | (354) | 麻疹 .....               | (374) |
| 儿童多动综合征 .....       | (354) | 附 1 通腑泻热法治小儿麻疹内陷案 ...  | (378) |
| 附 中医辨治儿童多动综合征 ..... | (356) | 附 2 邓锦生老中医治疗麻疹逆证经验...  | (378) |
| 摇头运动症 .....         | (356) | 附 3 麻疹治法九法 .....       | (379) |
| 抽动—秽语综合征 .....      | (357) | 麻疹肺炎 .....             | (380) |
| 喜笑症 .....           | (357) | 附 1 麻疹脑炎后遗失语症治验 .....  | (382) |
| 吮指癖 .....           | (357) | 附 2 麻疹并发脊髓神经根炎(横断型)    |       |
| <b>遗传代谢疾病</b> ..... | (358) | 治疗 .....               | (383) |
| 肝豆状核变性 .....        | (358) | 附 3 麻疹肺炎验案三则 .....     | (384) |
| 进行性肌营养不良 .....      | (358) | 附 4 蒲辅周治疗麻疹、疹后肺炎和      |       |
| <b>肌肉系统疾病</b> ..... | (358) | 病毒性肺炎四法 .....          | (384) |
| 肌性斜颈 .....          | (358) | <b>猩红热</b> .....       | (385) |
| <b>骨骼系统疾病</b> ..... | (361) | 水痘 .....               | (385) |
| 急性化脓性膝关节炎 .....     | (361) | 附 小儿水痘并发下肢麻痹 .....     | (386) |
| 儿童髋关节暂时性滑膜炎 .....   | (361) | 流行性腮腺炎 .....           | (386) |
| 髋关节结核 .....         | (361) | 附 辨治一得 .....           | (394) |
| 关节脱位 .....          | (361) | 流行性乙型脑炎 .....          | (394) |
| 急性关节扭伤 .....        | (362) | 附 1 郭可明名中医治疗乙脑经验 ..... | (397) |
| 腮窝囊肿 .....          | (362) | 附 2 中药治疗小儿脑炎后遗症 .....  | (398) |
| 胸部挫伤 .....          | (362) | 附 3 乙脑应用开窍剂的选择 .....   | (398) |
| 颈部先天性囊肿与瘻管 .....    | (362) | 附 4 暑温案 .....          | (399) |
| <b>皮肤疾病</b> .....   | (363) | 病毒性脑炎 .....            | (399) |
| 银屑病 .....           | (363) | 附 病毒性脑炎后期症状治验 .....    | (400) |
| 脱屑性红皮病 .....        | (363) | <b>脊髓灰质炎</b> .....     | (401) |
| 病毒感染性皮肤病 .....      | (364) | 附 1 补阳还五汤加减治疗小儿痿症      |       |
| 小儿痱子 .....          | (364) | 纪实 .....               | (405) |
| 小儿疖肿 .....          | (364) | 附 2 中西医结合治愈脊髓灰质炎       |       |
| 脓疱疮 .....           | (364) | (混合型)1 例 .....         | (405) |
| 婴儿皮下坏疽 .....        | (365) | 附 3 中医治疗小儿麻痹症 .....    | (406) |
| <b>口腔疾病</b> .....   | (366) | 白喉 .....               | (407) |
| 鹅口疮 .....           | (366) | 百日咳 .....              | (412) |
| 流涎症 .....           | (366) | 附 1 治疗百日咳经验 .....      | (423) |
| 口腔炎 .....           | (367) | 附 2 百日咳防治 .....        | (423) |
| 坏疽性口腔炎 .....        | (371) | <b>急性咽结膜热</b> .....    | (424) |
| 口强 .....            | (371) | <b>病毒性肝炎</b> .....     | (424) |
| 吐舌 .....            | (371) | 乙型肝炎 .....             | (426) |
| 口唇干裂 .....          | (371) | 附 乙型肝炎并发心肌炎 .....      | (428) |
| 儿童龋齿证 .....         | (372) | <b>急性黄疸性肝炎</b> .....   | (428) |
| <b>眼科疾病</b> .....   | (372) | <b>婴幼儿黄疸</b> .....     | (430) |
| 小儿视神经萎缩 .....       | (372) | 附 肝病“降浊”法 .....        | (431) |
| 小儿皮质盲 .....         | (372) | <b>急性细菌性痢疾</b> .....   | (432) |
| 小儿眨眼证 .....         | (373) | <b>中毒型细菌性痢疾</b> .....  | (433) |

|                         |       |                         |       |
|-------------------------|-------|-------------------------|-------|
| 慢性细菌性痢疾 .....           | (434) | 胆道蛔虫症 .....             | (444) |
| 传染性单核细胞增多症 .....        | (434) | 蛲虫病 .....               | (445) |
| 传染性淋巴细胞增多症 .....        | (436) | 其他疾病 .....              | (445) |
| 感染性多发性神经根炎 .....        | (436) | 神经性尿频症 .....            | (445) |
| 鼠伤寒沙门氏菌肠炎 .....         | (436) | 附 桂枝加龙骨牡蛎汤治疗尿频 .....    | (446) |
| 肺门淋巴结核 .....            | (437) | 汗证 .....                | (446) |
| 巨细胞包涵体病 .....           | (438) | 附 1 当归六黄汤加减治疗儿科盗汗 ..... | (449) |
| 夏季热 .....               | (439) | 附 2 小儿血瘀盗汗 .....        | (450) |
| 附 梁剑波老中医治疗小儿夏季热验案 ..... | (442) | 夜啼 .....                | (450) |
| 手足口病 .....              | (442) | 直立性蛋白尿 .....            | (451) |
| 寄生虫病 .....              | (443) | 舞蹈病 .....               | (451) |
| 肝吸虫病 .....              | (443) | 小儿消渴症 .....             | (452) |
| 蛔虫病 .....               | (443) | 中毒性听力减退 .....           | (452) |
| 蛔虫性痢症 .....             | (444) | 小儿烧伤 .....              | (452) |
| 蛔虫性肠梗阻 .....            | (444) | 五迟五软症 .....             | (453) |
| 蛔虫性腹泻 .....             | (444) |                         |       |

## 第十九章 外科疾病

|                     |       |                          |       |
|---------------------|-------|--------------------------|-------|
| 外伤病 .....           | (455) | 气瘰(单纯甲状腺肿) .....         | (530) |
| 外伤出血 .....          | (461) | 四肢、颈肩、腰骶麻痹酸痛症 .....      | (530) |
| 外伤感染 .....          | (463) | 肌肉注射后遗硬结、输液性静脉炎 .....    | (530) |
| 外伤止血 .....          | (467) | 附 1 中药外治法治疗体表局限性病证 ..... | (530) |
| 食管疾病 .....          | (469) | 附 2 中药洗涤法 .....          | (531) |
| 肠系膜上动脉综合征 .....     | (470) | 附 3 中药熨洗剂 .....          | (531) |
| 肠息肉 .....           | (471) | 附 4 桂枝汤化裁在外科的临床应用 .....  | (531) |
| 急腹症 .....           | (472) | 腹部瘰块 .....               | (532) |
| 各种瘰管与窦道 .....       | (476) | 肝脓肿 .....                | (532) |
| 腹部术后调理 .....        | (480) | 肝海绵状血管瘤 .....            | (533) |
| 创口不愈 .....          | (485) | 多囊肾、多囊肝 .....            | (533) |
| 脾破裂 .....           | (487) | 疝气病 .....                | (533) |
| 胸肋内伤 .....          | (487) | 肝豆状核变性 .....             | (534) |
| 痔 .....             | (488) | 胆囊息肉 .....               | (534) |
| 肛瘘 .....            | (502) | 阴茎海绵体硬结症 .....           | (534) |
| 肛裂 .....            | (505) | 胃石症 .....                | (534) |
| 肛门瘙痒症 .....         | (507) | 肺泡微结石症 .....             | (534) |
| 痈疽、疮疖、疖肿、丹毒 .....   | (508) | 颜面部血管瘤 .....             | (534) |
| 甲沟炎、化脓性指头炎、甲疽 ..... | (517) | 多发性脂肪瘤 .....             | (534) |
| 化脓性感染、脓疱疮 .....     | (517) | 寒性肿块 .....               | (535) |
| 褥疮 .....            | (517) | 泛发性环状肉芽肿 .....           | (535) |
| 下肢溃疡(臁疮) .....      | (520) | 结肠动静脉畸形便血 .....          | (535) |
| 慢性皮肤溃疡 .....        | (529) | 腹中疼痛症 .....              | (535) |
| 盆腔脓肿 .....          | (529) | 腋臭 .....                 | (535) |
| 腮腺炎、慢性淋巴结炎 .....    | (529) | 脾脏囊肿 .....               | (535) |