

免疫概念

新審視

A New Look on The Concept of Immunity

蘭金初 著

Lan Jinchu



只要还能呼吸、站立、行走，
我 更将全部的生命用于
系统性红斑狼疮、类风湿、
硬皮病、白塞氏综合征、
复发性口腔溃疡等免疫性疾病的
研究和治疗！

兰金初

己亥 于北京



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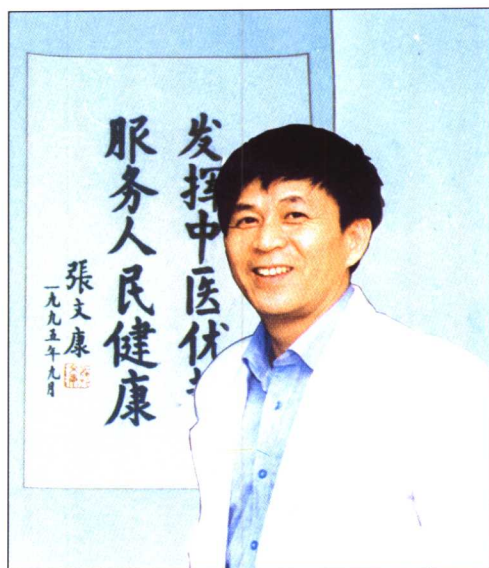
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作者簡介

蘭金初，男，教授、主任醫師，1952年出生于福建畬族中醫世家，畢業于江西中醫學院。作者從事紅斑狼瘡等免疫性疾病的治療和研究工作20多年，熱衷于醫，業精于勤。先后研制出調節人體免疫功能，治療系統性紅斑狼瘡、皮膚炎、硬皮病、干燥綜合征的“雙虎沖劑”和“三歸片”；治療白塞氏綜合征、復發性口腔潰瘍的“三聯片”；治療重症肌無力的“參龜培元沖劑”；治療特發性血小板減少性紫癜的“益髓養血沖劑”；治療口腔扁平苔蘚的“清口膠囊”；治療慢性咽炎的“三清咽喉片”等藥物。臨床研究廣泛地涉及人體五臟六腑等疑難雜症。作者現為首都醫科大學附屬古樓中醫醫院京城名醫館特聘專家，并出任大連紅斑狼瘡研究所所長，威海雙峰中醫藥研究所所長、中華中醫藥學會理事、中華中醫藥學會艾滋病防治分會副主任委員、中國國際醫療保健促進會免疫性疾病專業委員會主任委員、《首都醫藥》雜誌編委。在省級、全國性雜誌上發表論文20余篇。由其編著的《紅斑狼瘡問題解答》、《中醫對紅斑狼瘡的認識與治療》、《免疫食品》等書已出版發行。



Brief Introduction of The Author

Born in a well-known TCM family of the nationality in 1952, Prof. Lan Jinchu was graduated from Jiangxi College of Traditional Chinese Medicine. He has devoted himself to the research and treatment of immunologic diseases such as SLE for over 20 years and has developed Shuanghu granule and Sangui pill regulating immune function for SLE, dermatomyositis, dermatosclerosis and sicca syndrome, Sanlian pill for Behcet's syndrome and recurrent oral ulcer, Shengui tonifying yuan granule for critical amyotonia, benefiting marrow enriching blood granule for essential thrombocytopenia, Qingkou capsule for mycotic stomatitis and Sanqingyanhou pill for chronic pharyngitis. His study involves in the five-Zang organs and six-Fu organs and his love for medicine and his diligence allows him to specialize in many complicated and difficult illnesses. Now the author is specialist of the Drum Tower hospital which pertains to the Capital Medicine Institute, chief of Dalian Institute of Lupus Erythematosus, chief of Shuangfeng Institute of Traditional Chinese Medicine, director of China Association of Traditional Chinese Medicine, deputy director of Special Interest Committee on AIDS of China Association of Traditional Chinese Medicine, chairman of Special Interest Committee on Immune Diseases of China Council for Promotion of International Communication of Medical Care and editorial committeeman of Capital Journal of Medicine. Over twenty of his papers had been published by provincial and nationwide magazines and his medical monographs, *Keys to The Questions about Lupus Erythematosus I How to Treat SLE in Traditional Chinese Medicine* and *Immune Food* have been issued.



衛生部部長張文康(左二)、北京市原副市長胡昭廣前往醫院看望正在工作中的主任醫師蘭金初。

Zhang Wenkang, minister of the Ministry of Health (the second from the left) and Hu Zhaoguang, former vice mayor of Beijing visited Dr. Lan Jinchu who was working in hospital.



衛生部副部長兼國家中醫藥管理局局長佘靖(中)、國家中醫藥管理局機關服務局局長孫濤在醫院與蘭金初教授合影。

This is a photo of She Jing, vice minister of the Ministry of Health and director of the State Administration of TCM, Sun Tao, director of the service department of the State Administration of TCM and Dr. Lan Jinchu.

內容提要

健康為現代社會人人所關心，而“免疫”這一涉及健康與疾病的概念更是現在時髦的話題。實際上，很多人，包括一些醫務工作者對增強免疫和抑制免疫都缺乏正確的認識，不僅造成觀念的混亂，甚至在求醫問藥過程中出現錯誤診治和貽害生命的悲劇。作者長期臨床從事疑難病人求治工作，積累了大量的實踐經驗和理論成果。本書從實踐到理論對“免疫”概念做出了科學的界定，繼而從對諸如在感冒的診治到系統性紅斑狼瘡、皮膚炎、硬皮病、干燥綜合征、復發性口腔潰瘍、白塞氏綜合征、特發性血小板減少性紫癜等疑難病症的診治入手，提出了許多富有新意的理論觀點，并對多年臨床實踐進行了展示。

《免疫概念新審視》根基于臨床的實踐，更多地從醫學哲學的角度闡述了對人體、自然等宏觀世界的認識，它既包涵有高深的理念，又包涵有具體指導意義的提示。相信讀者從本書中將得到對健康更深刻的了解。本書言簡意賅、圖文并茂，對醫學理論的研究和臨床實踐都將具有指導和啓迪的深遠意義，它將是一部振聾發聵的著作。



Main Contents

Health is a hot topic in modern society. The concept of immunity which involves in both health and disease draws more attention. However, due to confusion on the concept of immunity, many people, including some doctors misunderstand how to regulate immunologic functions and make wrong diagnoses which bring on loss of the patients' life. The author has engaged in treating immunologic diseases for over 20 years and accumulated abundant clinical experience and theoretical achievements. In this book, he defines immunity scientifically from practice to theory and produces lots of creative ideas on how to diagnose and treat common cold and other difficult and complicated diseases like SLE, dermatomyositis, dermatosclerosis, sicca syndrome, Behcet's syndrome recurrent oral ulcer and extra thrombocytopenia. This book is also a display of those successful medical cases.

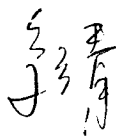
Based on clinical practice, the author interprets his comprehension on macroscopic world such as human body and the nature in terms of medicine philosophy in the book *A New Look on The Concept of Immunity*. These ideas contain not only profound theory but inspiration and guidance to medical research and clinical practice. This book is concise and comprehensive and the picture and its accompanying essay are both excellent. Readers will know more about health and find a new and fresh signification of immunity from this book.

序 一

中醫藥學是我國社會主義衛生事業獨具的特色和優勢，歷史悠久，文獻浩瀚，理論博大精深，診療技術獨特，幾千年來為中華民族的繁衍昌盛做出了不可磨滅的貢獻。

目前，隨着人類疾病譜的變化，人們健康觀念和醫學模式的轉變以及老齡化社會的到來，中醫藥在預防保健、治療疾病、康復醫療等方面的優勢更加明顯，許多不同學科的科研工作者，都在從不同的角度和側面，對祖國傳統醫學進行研究和探索，並取得了一些成績。

本文作者通過多年的中醫臨床實踐，深入思考、積極探索，勇于創新，提出了自己獨特的學術觀點，是很可貴的。希望該書的出版對於開展中醫理論與臨床的研究、進行學術探討與交流、發展中醫藥學術、為人民群眾健康服務方面能給人以啓迪，起到積極的作用。



（衛生部副部長兼國家中醫藥管理局局長）



Preface I

Traditional Chinese medicine is the characteristic and predominance of the Chinese nation in treating diseases. Centuries-old history endowed her with immense literatures, profound theory and unique diagnostic and therapeutic techniques. It has made indelible contribution to the multiplication and prosperousness of the Chinese nation for thousands of years.

With the change of disease pedigree, the concept of health and the medical mode varies simultaneously. We have come into an agedness society in which traditional Chinese medicine shows more superiority in prevention, health care, treatment and rehabilitation. Researchers in different fields are developing and exploring this ancient subject from diverse viewpoints and aspects and have achieved several successes.

Through many years of clinical practice and exploration, the author of this book advances particular academic viewpoints with sufficient reflection. These ideas are new and fresh and enlighten theoretical and clinical research in traditional Chinese medicine. His spirit is estimable. I wish the publication of this book could promote academic discussions and exchanges of traditional Chinese medicine and accelerate its development to make more contributions to public health.

She Jing

Vice minister of The Ministry of Health
Director of The State Administration of TCM



蘭金初教授與北京協和醫院教授、中國科學院院士薛社普共同探討免疫學理論。

序 二

免疫是機體免疫系統（中央淋巴器官胸腺、骨髓、脾臟及其周圍淋巴通道上的淋巴結、皮膚及臟器黏膜下的淋巴組織免疫細胞等）對體內外病原體（外來的細菌、病毒、環境、物理、化學、營養因素以及內在遺傳、內分泌和代謝異常導致平衡失調產物）產生防禦性抗原——抗體反應。免疫細胞能吞噬入侵的病原體轉移至淋巴器官引起B和T細胞增殖、誘導產生免疫球蛋白抗體和淋巴因子，刺激T細胞殺傷細胞等對抗原的吞噬殺傷和溶解，或起干擾素、細胞毒的免疫效應保護作用。正常的人體免疫系統與內分泌系統相互調節機體物質的代謝。免疫系統提高細胞免疫功能、皮質激素抑制這種功能，如果它們之間失去平衡、引起超過或低於正常的免疫反應範限，均可引起組織病變和免疫性疾病的發生。

機體中除了具有血腦屏障和血睪屏障的器官可保證免受自身免疫反應的攻擊之外，正常情況下也可以不產生引起組織損傷的自身免疫抗體。但是當發生超常的免疫反應（如變態或超敏反



Lan Jinchu is discussing the theory of immunology with Xue Shepu, Xiehe Medical University of China academy of medical science academician of the Academy of Science of China.

Preface II

Immunity refers to the reaction of the immune system (including the central lymphatic organs such as the thymus gland, marrow and spleen, lymph nodes in peripheral lymphatic vessel and immunocytes in lymph tissue under dermatic and visceral mucosa) producing defensive antigen and antibody when pathogenic factors (for example, bacteria, virus, physical and chemical factors, innutrition, genetic factors and pathological products of endocrine and metabolic disorders) occur. Immunocytes could phagocytize pathogenic microbes and transfer them to lymphatic organs, causing the multiplication of B cells and T cells, inducing the production of immune globulin and lymphofluxion, stimulating killer T cells phagocytizing and dissolving antigen or acting as interferon or cytotoxin. Normal human immune system regulates the metabolism of our body together with the endocrine system. Immune system could enhance immunologic functions of the cells while steroid hormones inhibit this function. If the balance between them is broken, pathological changes of the tissues and immune diseases occur due to immunoreaction out of normal range.

Almost all the organs in our body cannot be free from the attack of self immunoreaction except the organs have blood-brain barrier or blood-testis barrier. Normally, our body generates autoantibodies which do not damage the tissues. Only when abnormal immunoreactions (for example transformation reactions or hypersensitive reac-

應)破壞了免疫系統平衡,引起嚴重結締組織炎症,損傷機體自身組織器官、產生靶細胞核(DNA)、漿、膜溶解物的多種自身抗體和出現含嗜酸性小體的“狼瘡細胞”時,便會釀成機體免疫功能紊亂的系統性紅斑狼瘡病。其病因及機理非常複雜。與目前受到全球關注由病毒感染引起的人類免疫缺陷綜合征“艾滋病”同是免疫學上的大難題。免疫學和免疫疾病是基礎醫學和臨床醫學中的重要學科,是21世紀生命科學高科技發展中的重要領域。

一些特异的免疫現象和疑難疾病有待解謎,現有免疫學專著不少,但實用能闡明本質和跟上時代發展需要的,尤其能結合祖國醫學進行論證診治者則不多。祖國醫學是有五千年歷史在長期保證中華民族健康和繁衍中起重要作用的寶庫,在現代化的高科技發展中將具有巨大的潛力,已受到西方醫學的重視。本書作者有多年的免疫疾病臨床經驗,飽覽中西方典籍資料,根據自己的臨床實踐探索和對疑難的紅斑狼瘡的診斷與治療獨到的感悟心得,提出了人什麼時候也不完美,以及免疫系統與食物、環境、鍛煉、生殖的關係,並且主張對疾病的重新認識。更可貴的是創建出人體生命模型,對免疫疾病的臨床表現、診斷和治療具有廣泛的研究價值。

該書論點鮮明,文字簡潔,內容新穎、圖文并茂。該書體現了現代性、科學性和實用性,是一本具有啓發性和可讀性,適合于從事免疫學、免疫疾病的中西醫臨床工作者閱讀和應用的參考書,也是一本讀之有益的科普讀物。對本書多次再版,以示祝賀。

薛社普(北京協和醫院教授、中國科學院院士)

2002年12月28日 北京



tions) destroy the balance of the immune system, causing severe inflammation of the connective tissues, injuring tissues and organs of our own, generating various autoantibodies of nucleolus, cytoplasm and cell membrane and lupus cells which contain acidophil granule, immunologic function disorders occur and the patient suffers from SLE. The pathogeny and pathogenesis of SLE is so complicate that it has become a puzzle in immunology like AIDS(which is caused by virus and is concerned worldwide) . As the fundamental subject in preclinical and clinical medicine, immunology and immune diseases are important fields of life science in 21 century.

There are still many specific immune phenomena and difficult complicated diseases waiting for us to explain. Though a large amount of monographs on immunology have been published, few of them interpret the essence of immune diseases and keep up with the development of the times. And those which could integrate Traditional Chinese medicine with western medicine in treating SLE are even few. Having a history of over five thousand years, traditional Chinese medicine contributes enormously to the health and multiplication of the Chinese nation and draws the attention of western medicine. It will show greater potential with the development of modern science and technology. The author of this book has devoted himself to the treatment of immune diseases for years. He fully enjoyed ancient medical books and records of the east and the west and put forward that human body are imperfect at any time and the relations among the immune system, food, environment, exercises and multiplication in accordance with his clinical experiences and his original idea on the diagnosis and treatment of SLE. He also insists that we should have a new look on diseases. More estimable, he creates the life model of human body which is widely applicable to clinical manifestation, diagnosis and treatment of immune diseases.

The viewpoints in this book are sharp-cut. Its words are concise and its contents are original. The pictures and its accompanying essay are both excellent. Being modern, scientific, practicable, heuristic and readable, this book is a good reference for the doctors engaging in immunology and immune diseases and it is also a beneficial popular science readers. Congratulate on the publication of this book!

Xue Shepu

Dec. 28, 2002 in Beijing

Xue Shepu, academician of the Chinese Academy
of Sciences, works in Xiehe Medical University of
China academy of medical science.

自序

我認為四大發明與祖國醫學合而稱之是中國的五大發明，毫不過喻。縱覽全球，尚不見哪一個國家的傳統醫學系統之精深、完美可與我們相比。中華人民共和國成立初期的 50 萬中醫師隊伍，是保護五萬萬同胞生命健康的中流砥柱。然而，在 50 年後跨世紀之際，中醫隊伍依然保持在 50 萬之數。如與 1949 年的中醫師相比，在理論與臨床上，大概也只有 10 萬人可與 50 年前的水平可比。現在許多地方的中醫院成了以西醫為主的“中醫”院，中醫師也成了以西醫診斷為依據及推薦中成藥的“中醫師”。中成藥品種繁多，然臨床療效無幾，論文汗牛充棟，卻又難以經得起臨床驗證。于是小醫院門診部里的“神醫”、“名醫”輩出，甚至居然出現了為文盲、科盲胡萬林捧場的患者與文人。真是怪哉！悲哉！痛哉！昔日中醫藥的輝煌與現在的悲境，談何繼承和發展？

西醫藥進入中國只有 100 余年，近 30 年來，發展迅速，至今已擁有百萬人的醫師隊伍，在治療急症的常見病方面起到快捷作用，的確為中國人民的健康事業做出了巨大貢獻。但西醫藥也存在很多不足之處，從安全方面看，西藥的負面作用明顯多於中藥，醫療事故的比例西醫藥也大大高於中醫藥。同時，在治療慢性疑難病方面的效果，西藥只占很可憐的概率；對解決不了的疑難雜病屈於無奈而轉嫁給外科採取分體戰術，如特發性血小板減少就切脾，重症肌無力就切胸腺，最終也沒從根本上治愈疾病。如果這也算一種治療方法，那精神病人能否切除大腦？治不了就切，剩下空殼，這根本不是治療的思路和方向。造物主創造人類生命的每一個臟器及細胞都有它必不可少的特殊功能，絕不會有多餘。而這種以切代治的辦法，在臨床上遇到不少由於切除扁桃體、闌尾、子宮等手術的病人出現免疫功能失調，引發系統性紅斑狼瘡等與免疫相關的結締組織疾病。

另外，從 20 世紀 90 年代初開始，西醫排斥中醫藥的現象逐年突出，在西醫隊伍中出現極少數叫囂“中醫藥無用論”的人。難道華民族人類繁衍五千年是靠西藥？沒有祖國的醫學，哪會有你今天的存在？不認可沒關係，你可以



Author's Preface

Together with powder, compass, printing and paper making, traditional Chinese medicine is called the fifth invention of the Chinese nation. It deserves the fame and no traditional medicine of other countries is more profound and consummate than it. Before the birth of the People's Republic of China, 500 thousand traditional Chinese medicine doctors had been safeguarding the health of 500 million Chinese people. However, fifty years have passed and we have come into a new century, there are still 500 thousand traditional Chinese medicine doctors in China and only one fifth of them is as good as the doctors fifty years ago in both theory and practice. Nowadays, western medicine dominates in most traditional Chinese medicine hospitals, traditional Chinese medicine doctors diagnose according to western medicine and they only use Chinese patent medicines whose curative effects is much less than their varieties. Thousands of papers are issued on magazines but most of them cannot withstand clinical tests. A large number of so-called highly skilled doctors and famous doctors come forth in small hospitals and clinics and even many patients and writers boost for them. How strange! It is really regretting! Compared with its past brilliance, the harrowing actuality of traditional Chinese medicine makes me sigh mournfully for its development.

Coming into China 100 years ago, western medicine also contributes enormously to the health of the Chinese nation. Its quick effects on emergencies and common diseases made it develop greatly in recent thirty years and several million people engaged in it. However, western medicine still has many deficiencies, for example, it is not so safe as traditional Chinese medicine, the side effects of western medicine is far more than Chinese herbs and the ratio of medical negligence are the same. In addition, there are still many chronic, difficult and complicated diseases beyond cure. In face of such inextricable diseases, the doctor has no way but bends to resection which cannot remove the cause of diseases, for example, excising the spleen in extra thrombocytopenia and cutting off the thymus in myasthenia gravis. Could we cut off the brain of insane patients if resection is the last remedy for all chronic, difficult and complicated diseases? Operation being done as soon as a disease can not be treated and then the patient will be hollow, so surgical operation is not the best treatment at all. Every viscera and cell which the demiurge creates has its special function and is not redundant. A few people suffer from immunity disorders due to the abscission of amygdalae, appendix and uterus and such way of treatment will produce SLE and other connective tissue immune diseases.

On the other hand, the phenomenon of western medicine excluding TCM gets distinct