

中医辨证食疗益补丛书

降糖  
消渴

中医食疗

# 糖尿病

益补汤



桂圆



人参



党参

# 降糖消渴 益补汤

周 凡 主 编

广西科学技术出版社

# **降糖消渴益补汤**

周 凡 主 编

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# 清热润燥

## 心肺篇





## 冬瓜淡菜香菇汤

### 【材料与用量】

冬瓜(连皮)250克,冬瓜子(鲜)60克,淡菜60克,香菇15克。

### 【功效与主治】

清肺热,润肺燥,化痰排脓。

糖尿病并发呼吸系感染属于燥热伤肺者,症见烦渴多饮,咽干鼻燥,干咳无痰或痰少,不易咯出,形体消瘦,舌红少津苔白薄,脉细数。

### 【制作与说明】

(1)先将淡菜(干品)洗净、水泡半小时;冬瓜(切块)、冬瓜子、香菇洗净。

(2)把全部材料与用量一齐放入瓦锅内,加清水适量,武火煮沸后,文火煮2小时,调味即可。随量饮用。

### 【注 意】

(1)若无淡菜,可用江瑶柱代之。

(2)糖尿病并发呼吸系感染,症见咳痰清稀属肺脾虚寒者,不宜饮用本汤。