

RCCSE中文OA学术期刊类核心期刊
ISSN: 2166-6067 Volume 12, Number 7, July 2023

Hans 汉斯

中 医 学

Traditional Chinese Medicine

Zhong Yi Xue

2023年7月 12卷7期



ISSN: 2166-6067



<https://www.hanspub.org/journal/tcm>

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黄鹤主任医师辨治功能性便秘思想初探

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收稿日期: 2023年6月12日; 录用日期: 2023年8月4日; 发布日期: 2023年8月16日

摘要

功能性便秘是临床上常见的消化系统疾病, 现代医学技术虽可一定程度上缓解该病症, 但很难彻底根治, 目前饱受其苦的患者仍不在少数, 中医中药疗法逐渐脱颖而出。黄鹤主任医师以审因论治、随证治疗为法, 通调肠腑, 畅达气机, 重视顾护后天之本, 临床疗效显著。撷取黄鹤主任医师治疗功能性便秘验案两则, 介绍其对本病的辨治思维及诊疗经验, 以供临床参考学习。

关键词

功能性便秘, 辨证论治, 验案

Preliminary Exploration on the Academic Thought of Chief Physician Huang He in the Treatment of Functional Constipation Based on Syndrome Differentiation

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Received: Jun. 12th, 2023; accepted: Aug. 4th, 2023; published: Aug. 16th, 2023

Abstract

Functional constipation is a common clinical disease of the digestive system. Although modern

文章引用: 郭明雪, 黄鹤. 黄鹤主任医师辨治功能性便秘思想初探[J]. 中医学, 2023, 12(8): 2066-2070.
DOI: 10.12677/tcm.2023.128306

medical technology can alleviate the condition to a certain extent, it is difficult to completely cure it, and there are still many patients suffering from it. Chinese herbal therapy has gradually emerged. Dr. Huang He, the chief physician, treats the disease by examining the causes and following the evidence, regulating the intestinal organs, unblocking the qi flow, and paying attention to the protection of the postnatal essence, with remarkable clinical results. Two cases of functional constipation treated by Dr. Huang He are collected introducing his syndrome differentiation thinking and treatment experience on this disease for clinical reference and study.

Keywords

Functional Constipation, Treatment Based on Syndrome Differentiation, Cases

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1. 引言

功能性便秘(Functional constipation, FC)是人群中常见的功能性胃肠病之一,主要表现为排便困难,排便频次减少,排便不完全或梗阻感,伴或不伴腹胀、腹痛等症状,是一种可发生于各个年龄段的消化系统疾病[1]。流行病学研究发现,我国慢性功能性便秘发病率为3%~11% [2],其中成人FC发病率约为4%~7%,60岁以上老年人及儿童FC发病率较高,分别为33.5%、14.5% [3]。现代医学认为功能性便秘多与遗传因素、生活方式及心理状态有关,甚至有学者发现功能性便秘在不同性别和年龄阶段发生率具有差异性[4]。功能性便秘长期、反复发作对人们的生活与工作常产生负面影响,同时便秘带来的焦虑、抑郁等心理障碍亦会引起脑肠互动异常,从而导致或加重便秘。

目前,西医针对功能性便秘的治疗主要通过使用泻药、生物反馈、调整肠道微生态等手段,虽可快速起效,但症状反复,易出现药物依赖性、腹泻、肝肾损害、结肠黑变病等不良影响[5]。中医治疗功能性便秘突出辨证论治、治病求本原则,具有较强的个体化和针对性,临床取得较好疗效[6]。

黄鹤主任医师,硕士研究生导师,第五批全国名老中医专家学术经验继承人,从事中医药防治消化系统疾病研究多年,擅长中西医结合治疗消化系统相关的常见病、难治病和急危重症,积累了丰富的临床经验,对于功能性便秘的治疗有着独到见解。现以两则验案为例论述黄鹤主任医师治疗功能性便秘的诊治思维和用药经验。

2. 湿热积滞型

贺某,男,15岁,学生。2020年11月15日初诊,主诉:便秘伴口臭2周。现病史:患者2周前因进食麻辣烫后出现腹痛腹泻,症状好转后出现大便秘而不解,伴口臭,并发口腔溃疡,未经特殊诊治。现症见:便秘伴口臭,口腔黏膜可见一处浅表溃疡,自觉口干,饮水不多,略感口苦,小便正常,寐差,入睡困难,睡时流涎,纳可。舌尖红,苔白腻,脉弦滑。既往体健,平素喜嗜肉食、重油、辛辣之物,体型偏胖,长期便秘病史。

西医诊断:功能性便秘;中医诊断:便秘,湿热积滞证。治法:清热祛湿,消食化积。处方:木香6g,黄连6g,焦山楂10g,神曲10g,莱菔子10g,枳实10g,丹皮10g,瓜蒌仁15g,陈皮10g,茯苓15g,熟军10g,蒲公英15g。14剂,水煎200ml,日1剂,早晚分服。

2020年11月29日,二诊:患者诉排便较困难,成形,但大便带血,血色鲜红,便血量不大,无肛

门疼痛, 口臭好转, 夜寐欠安, 睡时流涎。舌尖红, 苔白微腻, 脉弦数。

处方: 前方加仙鹤草 10 g, 侧柏炭 10 g, 生麦芽 15 g, 14 剂, 水煎 200 ml, 日 1 剂, 早晚分服。

2020 年 12 月 13 日, 三诊: 患者诉大便带血好转, 大便日一次, 质干, 口臭减轻, 夜寐欠安。舌尖红, 苔薄黄, 脉滑。

处方: 前方去侧柏炭, 加连翘 10 g, 竹茹 10 g, 竹叶 10 g, 茯神 15 g, 柏子仁 10 g, 14 剂, 水煎 200 ml, 日 1 剂, 早晚分服。

2020 年 12 月 27 日, 四诊: 患者诉口臭明显减轻, 大便偏干, 无大便带血, 排出顺畅, 口腔溃疡未再发作, 睡时流涎减轻, 纳可, 夜寐欠安。舌尖红, 苔薄白, 脉滑。

处方: 前方去仙鹤草、熟地、竹茹, 加玄参 15 g, 郁金 10 g, 14 剂, 水煎 200 ml, 日 1 剂, 早晚分服。

按: 便秘之病, 主要由外感邪气、七情内伤、饮食不节或素体阴阳偏颇等病因导致大肠传导失常, 进而发为本病。患者青少年男性, 平素喜嗜肥甘厚味, 化生湿浊, 损伤脾胃, 脾失健运, 胃失通降, 腑气不通, 故致长期便秘。患者 2 周前进食辛辣、油腻之品, 滋腻碍脾, 加重脾胃损伤, 饮食积滞加之平素燥屎内结, 故见腹痛、腹泻, 热结旁流之症; 便秘之症责之饮食积滞, 宿食不消, 气机失调, 腑气不通, 肠道传导失常。脾为秽浊之邪所困, 运化失职, 酿生湿热, 湿遏热伏, 向上熏蒸, 发为口臭、口腔溃疡, 见之于舌脉则可表现为白腻苔、弦滑脉。涎为脾之液, 舌为心之窍, 湿热内蕴, 扰动心脾, 心脾积热, 故发为口疮, 兼见入睡困难、睡时流涎等心受热扰之症。宿食积聚, 日久化热, 耗伤阴液, 加之湿热阻滞气机, 肝胆失于疏泄, 故见口干、口苦, 舌尖红。

此病乃饮食积滞、湿热内蕴所致便秘, 治疗上以消食化积, 清热祛湿为主。方中用焦山楂、神曲、莱菔子、陈皮、茯苓, 取保和丸消导和胃之意; 便秘基本病机仍归为气机不畅, 腑气不通, 故以木香、枳实加强理气、消积、除满之力; 大黄热制, 缓其泻下之力, 取其泻火解毒通腑之用; 瓜蒌仁利气润肠通便, 使气顺、肠通、便下。患者因湿热毒发为口疮, 故以黄连、蒲公英清热燥湿、降火除烦, 丹皮清热凉血散瘀, 与热军合用, 使得湿热之邪上清下泄, 增强泄热通便、凉血散瘀之效。

黄鹤主任医师认为, 便秘多兼证, 常伴有口臭、口苦、口渴、口疮、腹胀、腹痛、腹部包块、矢气、噎气、反酸、纳呆、头晕、耳鸣、乏力、气短、自汗、不寐、腰膝酸软等兼见证, 需要进行整体辨证分析, 找出兼证发生病机, 并针对病机和兼证施治。此外, 黄主任强调临床应注意详细询问病史, 包括发病原因、发病经过以及饮食生活习惯等, 以助于辨证时形成更完整的逻辑链条。结合病史, 该患者发病主要原因为饮食不节, 伤及脾胃, 属虚实夹杂之证, 故从治病求本原则出发, 切不可一味峻猛攻下而伤及脾胃之本, 应随证采用消导和胃之法, 以通为主, 以理气、泄热、除湿为用, 既可消除食积、清退湿热, 又可顾护脾胃, 通腑而不伤正。

二诊患者仍存在排便困难症状, 并出现大便带少量鲜红色血液, 且无肛门疼痛的情况, 参以舌脉, 舌尖红, 苔白微腻, 脉弦数, 考虑湿邪渐化, 热象渐显导致热伤血络, 内痔发作, 故加用仙鹤草收敛止血, 侧柏炭凉血止血, 达到快速止血的目的; 因其仍有便秘之症, 故加用生麦芽, 取其性味甘平偏凉, 在健脾消食、理气疏肝的同时又不助热。三诊患者便秘、便血情况好转, 故撤去侧柏炭, 防其苦寒伤胃; 但夜寐欠安, 舌尖红, 苔薄黄, 脉滑等湿热痰扰之象仍较为显著, 予以连翘、竹茹、竹叶, 加强前方清热化痰除烦之效, 茯神进一步起到宁心安神的作用, 并在前方顺气通腑的基础上加用柏子仁润肠通便, 改善大便干结之症。四诊患者诸症缓解, 唯夜寐欠安, 舌尖红, 加用郁金清心、行气、解郁, 玄参滋阴、降火、除烦, 增强全方清热之力的同时滋养为热邪所伤之阴液; 因其大便带血症状消失, 口臭、溃疡、流涎等湿热之象渐减, 乃撤去仙鹤草和竹茹; 热军缓下, 亦当中病即止, 不宜久用, 腑气不通因食积湿热所致, 邪去则腑气自通, 此时排便基本顺畅, 故去热军。诸药合用, 共奏消食导滞, 理气和胃, 清心除烦之效。

3. 津亏血少型

方某, 女, 53岁, 退休工人。2022年5月8日一诊, 主诉: 便秘半年余, 再发加重半月。现病史: 患者自诉半年来无明显诱因出现便秘, 排便困难, 数日一解, 服中药后缓解(具体不详), 近半月来无明显诱因出现排便困难, 脘腹胀满, 伴反酸、烧心, 未系统诊治。现症见: 便秘伴腹胀, 反酸、烧心, 无口干口苦, 无恶心呕吐, 纳眠可, 小便正常。舌暗红, 苔薄白, 脉弦。既往史: 无腹部手术史; 2021年绝经; 2022年院外肠镜检查无明显异常。

西医诊断: 功能性便秘; 中医诊断: 便秘, 津亏血少。治疗: 养阴润肠, 理气通便。

处方: 丹皮 10 g, 郁金 10 g, 全瓜蒌 15 g, 杏仁 10 g, 苏子 10 g, 枳实 10 g, 火麻仁 10 g, 郁李仁 10 g, 当归 15 g, 生地 10 g, 玄参 15 g, 桑葚 6 g, 厚朴 10 g, 蒲公英 15 g。7 剂, 水煎 200 ml, 日 1 剂, 早晚分服。

2022年5月22日二诊: 患者诉服药期间排便可, 停药后排便欠畅, 粪质不干, 排出较费力, 仍感腹胀, 有矢气, 反酸、烧心稍减轻, 自觉手脚乏力, 无口干口苦, 夜寐尚可。舌红, 苔薄白, 脉弦。

处方: 前方加炙黄芪 20 g, 莱菔子 10 g。7 剂, 水煎 200 ml, 日 1 剂, 早晚分服。

2022年5月29日三诊: 患者诉仍有烧心, 稍感下腹胀, 大便欠规律, 2~3 日一解, 矢气不多, 体力好转, 夜寐尚可, 食欲可。舌淡红, 苔薄白, 脉弦。

处方: 前方加黄芩 10 g, 乌贼骨(先煎) 15 g, 乌药 10 g, 厚朴加重至 15 g。7 剂, 水煎 200 ml, 日 1 剂, 早晚分服。

2022年6月5日四诊: 患者诉腹胀、烧心较前明显减轻, 大便日 1 次, 排便规律且成形, 精神体力可, 纳寐正常。舌淡红, 苔薄白, 脉弦。

处方: 守前方, 10 剂, 水煎 200 ml, 日 1 剂, 早晚分服。

按: 40 岁以上人群经常便秘者应首先排除肠道肿物, 患者半月来出现腹胀便秘, 肠镜检查无异常, 故可暂排除肠道器质性病变引起的便秘。

患者为绝经期女性, 肝肾渐亏, 精血不足, 大肠失于濡润, 传导失司, 发为便秘; 长期便秘, 燥屎阻于肠道, 肠燥津亏, 腑气不通, 胃气不降, 因而上逆, 故见腹胀、反酸、烧心; 舌暗红, 脉弦亦由气机失调, 气血运行不畅所致。治疗应以滋阴润肠, 理气通便为法, 方以增液承气汤加减, 但硝黄之类多为急则治标之法, 于慢性便秘不甚相合, 故予当归、桑葚、火麻仁、郁李仁滋阴养血润燥以治本。叶天士《临证指南医案》中提出“胃肠皆腑, 以通为用。丹溪每治肠痹, 必开肺气, 谓表里相应治法”, 强调降气通腑为治疗便秘之要法, 故以全瓜蒌皮仁合用, 上清肺热、下润大肠, 杏仁、苏子降肺气以和胃气, 配合枳实、厚朴、郁金等行气除满消胀之药, 既可调理气机、通降腑气, 促进肠道传导功能的恢复, 亦可通过行气化湿以防止养阴药滋腻生湿。燥屎内结日久极易化热生瘀, 故以蒲公英清泄肺胃之热, 丹皮、郁金清热凉血兼以活血。全方共奏养阴润肠, 理气活血之效, 以调畅脏腑气机, 推动大肠传导。

二诊患者便秘、反酸烧心等症状有所缓解, 有矢气排出, 可见肠腑通降职能较前恢复。患者粪质已不甚干结, 但仍感排出费力、腹胀, 自觉手脚乏力, 考虑兼有气虚之象。“血为气之母, 气为血之帅”, 加用足量炙黄芪, 增强补气行滞、生津养血之力, 亦可防治大量辛散行气药耗伤气阴; 莱菔子有降气消食除胀之功, 以缓解腹胀、反酸烧心的症状, 与炙黄芪共同起到通调腑气、畅达气机的作用。三诊从患者临床表现及舌脉变化中可发现, 经前方补气、理气后气血有所调畅, 但大便不规律, 有时 2~3 日一行, 考虑腑气仍有壅滞之象, 故加乌药、厚朴理气消胀, 以行脾气、降肺气、通腑气; 已用足量降气、理气之品, 而患者仍有烧心, 或为燥屎内结日久, 郁热内生, 气机不畅, 气火上逆, 胃失和降, 酸水由胃中上泛烧灼食道所致, 故以黄芩清肺与大肠之火、泻下焦之热, 乌贼骨制酸和胃, 发挥清热降火、制酸止

痛的功效。四诊机体得气血之充养, 大肠得精血之濡润, 气机得以调畅, 遂诸症得解, 但仍需继续前方维持治疗, 使疗效得以巩固。

4. 结语

功能性便秘属中医“便秘”范畴, 黄鹤主任医师认为, “六腑以通为用”, 腑气的通降是全身气机升降的一部分, 而脾胃又是一身气机升降之枢纽, 大肠的传导功能有赖于胃气和降、脾气升清、肝气疏泄、肺气宣降、肾气温煦、心火不亢。阳明为多气多血之腑, 大便的排出需要依靠阳气的推动和阴血的凝养, 只要影响到以上脏腑的生理功能和气血的正常运行, 都有可能导致便秘。究其病证又可有虚实之分, 实证食积、湿热者居多, 虚证以气虚、血虚、阴虚为主, 故本篇以湿热积滞型和脾虚血少型两种证型为例体现黄鹤主任医师治疗功能性便秘的辨证思想。黄鹤主任医师提出治疗此病以治病求本为原则, 主张证属实者辨证予以通下、消导、泄热、祛湿之法, 虚者补益气血津液的同时兼以理气, 并十分重视降肺气以通腑气之法, 重在辨证, 次辨病变脏腑, 主之以通, 顾护脾胃、调畅气血贯穿全程, 并强调辨证时应充分考虑各种致病因素, 详询病史, 细查证候, 辨证分析, 注意标本虚实, 结合八纲辨证、六经辨证、脏腑辨证和气血津液辨证等方法, 抓住病机关键, 予以针对性处方用药, 补虚泻实, 平调寒热, 调整脏腑气血阴阳, 因势利导, 以通降腑气, 恢复大肠传导之职。

基金项目

叶松全国名老中医药专家传承工作室。

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