

张元素遣方用药特色探析

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摘要: 张元素为易水学派的开创者, 临床善用脏腑寒热虚实变化分析病因病机, 形成自成一体的脏腑辨证说。其在遣方用药方面颇具特色, 详细归纳总结药物的性味归经, 制方不离五行生克制化法则, 继承和创新了《内经》的理论, 故对中医临床有较高的指导意义, 值得后世中医学者学习借鉴。

关键词: 张元素; 易水学派; 归经; 生克制化; 中药; 特色

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金·张元素, 字洁古, 易水学派的代表人物, 著有《藏府标本寒热虚实用药式》、《医学启源》等书。元素临床善用脏腑寒热虚实变化来分析病因病机, 并从五脏的生理、病理、疾病演变及治法方药出发, 结合自己的临床经验, 形成自成一体的脏腑辨证说。尤其在遣方用药方面, 元素谨遵《内经》旨意, 药物运用不离性味归经, 遣方之理亦体现五行生克制化法则, 理法方药思路清晰, 尤为后学所推崇。兹就其遣方用药特色做一简要探析如下。

1 药物气味细分阴阳, 药物补泻遵《内经》宗旨

《内经》认为, 阳气主上升, 阴气主下降。《素问·阴阳应象大论》篇曰: “味厚者为阴, 薄为阴之阳; 气厚者为阳, 薄为阳之阴”。《内经》对药物的阴阳属性做了基本划分。元素在其著作《医学启源》中进一步分述了药物具体的性味特性, 并将其分为风升生、热浮长、湿化成、燥降收、寒沉藏等五类。如他认为茯苓甘淡, 为天之阳, 本当上行而非利水泻下, 但茯苓气薄, 为阳中之阴, 虽利水泻下, 然不离阳之体, 故入手太阳膀胱经^[1]。等等诸如此类。元素依据药物性味用药的指导思想符合传统中医思维, 也是辨证论治所应遵循的基本法则。当前, 许多中医在临床时, 偏于重视药物的主治功效, 尤其是药物的现代药理作用, 忽略药物的性味归经, 这样的临床疗效肯定是不理想的, 其危害更在于, 偏离了中医思维模式, 不利于中医学术思想的发展。元素对药物补泻的认识, 亦是以内经为基础, 提出了五脏补泻的

具体方法。以肝为例, 《素问·脏气法时论》说: “肝苦急, 急食甘以缓之; 肝欲散, 急食辛以散之, 用辛补之, 酸泻之…等等。”元素在临床中用甘草缓肝, 川芎散肝, 细辛补肝, 白芍泻肝。元素这种时时以内经宗旨为准绳, 不越辨证论治之规矩的治学态度, 值得后学借鉴。

2 独创药物归经指导临床

归经是古代医药学家依据脏腑经络理论说明中药作用人体时具有选择性的一种理论^[2]。中医认为, 药物都具有偏性, 并有其独特的归经属性。如黄芪主入肺经和脾经, 故有补气固表, 利水消肿, 生肌敛疮等功效。归经学说形成于金元时期^[3], 在元素之前的中医著作中, 鲜有专著专门论述药物的归经。元素认为, 药物运用当明其具体的归经属性, 如黄连专泻心火, 黄芩专泻肺火, 白芍专泻肝火, 知母专泻肾火, 木通专泻小肠火, 石膏专泻胃火等等。在其著作《珍珠囊》中不但明确提出“归经”理论, 而且详细论述了中药归经对指导临床用药的意义, 认为取各药性之所长, 使之各归其经, 则力专用宏, 疗效更著。如元素谓“川芎少阳本经药, 入手足厥阴气分”、“柴胡少阳经药”、“熟地黄入手足少阴厥阴经”等。时至今日, 元素的中药归经理论仍然在有效的指导着中医临床, 有关归经的实质研究亦是当前中医药基础研究的方向之一。

3 制方之理遵五行生克制化规律

元素制方以五行生克制化为法则, 提出了风制

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法、寒制法、暑制法、燥制法、湿制法等五种制方原则,认为“四时之变,五行化生,各顺其道,违者病生”,故制方当“制其变”,如风淫于内,此即肝木失常,木能生火,制方应以辛凉为主,佐以苦辛,以甘缓之,以辛散之。盖因辛凉属金,金可以制木,而苦能败火,甘又可缓肝急。这就是元素的制方之理,其中蕴含着五行生克制化规律,制方思路严谨而清晰,便于后学学习掌握。

综上所述,元素无论是临证制方还是用药,无不彰显出其对《内经》的深研和发挥,颇具特色。他在《内经》基础上,根据脏腑辨证思想,对脾胃病进

行详细论述,提出“脾胃病应以扶正为主,祛邪为辅”的治疗原则,创制“枳术丸”,成为后来李东垣“脾胃学说”的理论源头。

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Analysis on the Features of Prescriptions and Drugs of ZHANG Yuan-su

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ABSTRACT: ZHANG Yuan-su is the inaugurator of Yishui school, who is good at analysing etiological factors and pathogenesis by cold-hot syndrome and deficiency and excess of zang-fu viscera. Also he has formed a Theory system of visceral syndrome differentiation. By summarizing the nature and flavour of TCM and theory of interrelationship of generation and restraint, he has carried on the theory of the Yellow Emperor's Internal Classic, even innovating it. His theory is more helpful to clinical treatment, also is worth to learn.

KEY WORDS: ZHANG Yuan-su; Yishui school; meridian tropism; interrelationship of generation and restraint; TCM; features

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The Clinical Efficacy Study on “Bushen Huoxue Decoction” in Treating Primary Osteoporosis

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ABSTRACT: Objective To study the clinical efficacy of “Bushen Huoxue Decoction” in treating primary osteoporosis. **Methods** To count and analyze efficacy of the two groups, the treatment group with 36 cases of primary osteoporosis was treated with Bushen Huoxue Decoction and western medicine, while the control group with 36 cases of primary osteoporosis was treated with western medicine alone. **Results** The clinical efficacy and the reduction of pain intensity in the treatment group were better than in the control group ($P < 0.05$), the efficacy of TCM syndrome in the treatment group was obviously better than in the control group ($P < 0.01$), the improvement of TCM syndrome score in the treatment group was better than in the control group ($P < 0.05$). The BMD of two groups were rising after treatment, but there was no statistically significant ($P > 0.05$). **Conclusion** The efficacy of “Bushen Huoxue Decoction” in treating primary osteoporosis is perfect, it is meaningful to do popularizing of clinical application.

KEY WORDS: primary osteoporosis; invigorating the kidney; activating blood circulation; clinical efficacy