

叶天士关于脾胃分治的理论浅析

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摘要: 清代著名医家叶天士, 经过长期临床实践, 博采诸家学说, 在东垣脾胃学说的基础上提出脾胃当分析而论, 强调“脾喜刚燥, 胃喜柔润”, 创立养胃阴说, 重视脾胃治疗当分阴阳而治, 濡养脾阴, 温运脾阳, 清养胃阴, 温通胃阳。本文通过对叶氏著作《临证指南医案》的研读, 对其临证从脾胃特性出发治疗脾胃病进行分析和总结, 以有效地指导临床辨证论治和遣方用药, 提高中医临床疗效。

关键词: 叶天士; 脾胃分治; 脾喜刚燥; 胃喜柔润; 脾胃病

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叶天士(1667-1746), 清代著名医家, 名桂, 号香岩^[1]。他一生博采各家之长, 临证经验丰富, 师古而不泥古, 既善于从前人的理论和经验中汲取精华, 又善于结合具体的临床实践创新发展。叶氏治疗脾胃病时指出, 脾胃之病, 无论是其生理特性、病因病机还是治疗方法等, 均须辨证分论, 分而治之。在继承金元大家李东垣学术思想的基础上他提出了“脾喜刚燥, 胃喜柔润”的观点, 强调脾胃当分析而论, 分阴阳而治^[2], 重视濡养脾阴, 温运脾阳, 滋养胃阴, 温通胃阳^[3]。现就《临证指南医案》中从脾胃“脾喜刚燥, 胃喜柔润”这一特性出发, 对脾胃分治作一理论浅析。

1 脾胃当分析而论——脾喜刚燥, 胃喜柔润

脾胃为后天之本, 气血生化之源, 脾与胃虽同居中焦, 皆属土, 互为表里, 既相互协调共同作用, 又因其特性各异, 喜恶亦有别, 临证须当分析而论。“脾胃合治, 若用之得宜, 诚效如桴鼓, 盖东垣之法, 不过详于治脾, 而略于治胃耳……今观叶氏之书, 始知脾胃当分析而论, 盖胃属戊土, 脾属己土, 戊阳己阴, 阴阳之性有别也”^[4]。这是叶氏弟子华岫云对叶氏脾胃分论的评述, 指出脾与胃因其阴阳属性不同, 治疗时应当具体而论, 而不应脾胃不分, 笼统而治。

“太阴湿土, 得阳始运, 阳明燥土, 得阴自安, 以脾喜刚燥, 胃喜柔润也”^[4]。“脾喜刚燥, 胃喜柔润”是中医辨治脾胃病思路之一, 语出叶天士《临证指南

医案》, 是对其两者特性的总结。两者特性又与其功能相关, “纳食主胃, 运化主脾, 脾以升为健, 胃以降为和”。脾为己土, 属阴, 主运化水湿, 升清阳气。脾气升清, 则运化水液正常, 水谷精微得以输布, 无痰饮水湿停聚; 若脾失健运, 脾气虚衰, 运化水液障碍, 痰饮水湿内生, 困遏脾气, 使脾气不升, 脾阳不振, 则影响正常功能的发挥, 故脾喜燥而恶湿^[4], 即“脾喜刚燥”也; 胃为腑以通为用, 以降为顺, 属阳土, 主受纳腐熟水谷, 通降浊气。胃气通降, 则水谷精微能通降下行, 饮食纳运机制正常, 临床叶氏效仿东垣润下法的应用, 以通幽法^[5]来治胃阳燥结, 增加胃中津液的濡润。胃中津液充足, 则能维持其受纳腐熟的机能和通降下行的特性, 故胃喜润而恶燥^[4], 即“胃喜柔润”也。

2 脾胃病表现各异治疗亦不同

脾喜燥恶湿, 其病多由湿邪所困。“脾生湿, 湿困脾”, 湿邪致脾气不升, 中气下陷, 常累及胃降功能。病理情况下, 常可见脾虚湿困, 运化升清失司, 症见: 胸闷, 头重如裹、肢体困重、便溏、腹胀等; 脾阴亏虚, 水液代谢失常, 又可见津液枯耗, 胸脘嘈杂, 大便秘结等一派燥像, 脾燥津亏, 不能为胃行其津液, 故脾宜甘凉濡润, “择其不腻滞者调之”。胃喜润恶燥, 其病多为燥热之害。胃受纳通降失司, 胃中津液每多受损。常可见: 口淡无味、饥不欲食、腹胀、嗳气、反酸、呕吐等, 临床应注意养护胃阴。虽脾与

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胃之病中或皆有滞腻不行之症,但因其致病之因不同,所以其治疗亦各异^[6]。因此,在诊治脾胃病中,治脾每以燥药助其阳,不宜过用滋腻;疗胃多以润药滋其阴,不宜过用香燥,做到濡胃阴而不腻,理胃阳而不燥,运脾阳以防耗气伤阴,敛脾阴以免滋腻碍滞,润燥适宜,刚柔相济^[7]。诚如罗浩《医经余论》所云:“故治脾以燥药升之,所谓阳光照之也;治胃以润药降之,所谓雨露滋之也”。

3 脾胃分阴阳而治

叶氏在论治脾胃方面从其特性出发,不仅脾与胃区别而治,且细分阴阳论治,这也是对“脾喜刚燥,胃喜柔润”的具体应用。在治脾方面,有濡养脾阴、温运脾阳;在治胃方面,有清养胃阴、温通胃阳。

3.1 濡养脾阴,温运脾阳

脾喜刚燥,故治脾宜凉润脾阴,温运脾阳。华岫云^[8]曰:“胃易燥,全赖脾阴以和之。若脾阴一虚,则胃家饮食游溢之精气,全输于脾,不能稍留津液以自润,则胃过于燥而有火矣,故欲得食以自资,治当补脾阴,养营血,兼补胃阴,甘凉濡润,或稍佐微酸,此乃脾阴之虚而致胃家之燥也”。脾阴亏虚,不能为胃行其津液,或脾气不升,清阳下陷,时有泄泻,都是脾胃升降失调所致,治宜甘凉濡润,用药常用其润,以山药、扁豆、莲肉、木瓜之类为主药酌情加减^[9]。脾阴充足,升者自升,降者复降,脾胃功能恢复正常。脾阳虚多由湿困脾土,脾失健运而来。湿为阴邪,最易伤人阳气,以致湿邪困脾,损伤脾阳。叶氏认为“脾阳宜动则运,温补极是,而守中及腻滞皆非”。柴可夫^[10]认为,欲健脾者,旨在运脾,欲使脾健,则不在补,而贵在运。故治脾阳虚,吞酸噎腐,用香燥。如砂仁、丁香、白术、神曲、谷芽、干姜、肉桂、茯苓等^[9]。对脾阳衰弱,能食而不运,腹满便溏,肢凉腹痛,脉象沉细等,宜用苍术、茯苓、瞿麦、益智仁、干姜等治之。

3.2 清养胃阴,温通胃阳

胃喜柔润,治多宜清养胃阴,温通胃阳。胃阴虚则内火生,治疗宜甘凉。叶氏认为甘入脾胃,养胃阴以味甘性凉为主,反对用升补脾阳之法,倡导保护胃阴,确立了甘凉濡润胃阴大法。药选沙参、麦冬、石斛、玉竹、半夏、广皮、扁豆等,所用药物皆性味平和,益胃而不呆滞,清热而不损胃气,且在甘凉濡润

药中,与半夏、广皮等辛开苦降之品,使之滋而不腻,寓补于通,也有助于脾胃升降,充分体现了叶氏运用养胃阴法而不忽视通补以及顺应脾胃生理特性的原则^[11]。胃分阴阳,叶天士不仅重视胃阴,亦看重胃阳^[12]。他认为胃是赖胃阴胃阳充足协调、相互为用以纳腐水谷的,并强调甘凉药物只能益胃阴,不能补胃阳。所以胃阳虚时当以辛甘温药通补之,如人参、益智、陈皮、厚朴、茯苓、半夏、生姜等^[9],使阴充阳足,胃复如常。

综上所述,脾胃虽同居中焦、共主消纳,然则二者生理特性、病症特点的不同决定其治疗时各有偏重、不尽相同。叶氏《临证指南医案》一书在理论和临床实践两个方面分别详述了脾胃分治的必要性及实用性,指导后世治疗脾胃病时当明辨病位、精当用药,切不可脾胃不分,一概而论。

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Discussion on Treating the Spleen and Stomach as Divided of YE Tian-shi

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ABSTRACT: YE Tian-shi is a famous clinical home of traditional Chinese medicine in the Qing dynasty. After a long-term clinical practice, and the gathering of various home theories. Based on the theory of Dongyuan's Spleen and Stomach Disease, he put forward that spleen and stomach should be separated to discuss and treat. He put stress on "the spleen favorites hardness and dryness, stomach softness and moisture". He founded the theory of stomach yin. In treatment, he attached importance to nourish the stomach yin and spleen yin, and wen tong stomach yang and spleen yang. In this paper, through the studying of the representatives of the Yep's book *Case Report for Clinical Practice*, analyzed and summarized its Clinical characteristics of treatment from the spleen and stomach disease. In order to effectively guide the clinical diagnosis and syndrome differentiation and omission party drags, improve the clinical curative effect of traditional Chinese medicine.

KEY WORDS: YE Tian-shi; treated the Spleen and Stomach as divided; the Spleen favorites hardness and dryness; the Stomach favorites softness and moisture; Spleen and Stomach disease

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Phenotypic Trait Variation, Correlation and Path Analysis of *Amomum villosum* Lour in Yunnan

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ABSTRACT: **Objective** Investigating the phenotypic trait variation range of *Amomum villosum* Lour, and looking for phenotypic traits closely related with yield, and to provide reference for its breeding in the future. **Methods** Randomly labelled plants of *Amomum villosum* Lour, observed its phenotypic traits and analysis by variation, correlation and path analysis. **Results** 10 phenotypic traits variation in 3 cultivated populations of *Amomum villosum* Lour were great, the coefficient of variation for each phenotypic traits as follows: fruit number>leaf number>tiller stem diameter>ligule length>plant height>leaf length>leaf width>stem diameter>fruit shape index>fruit diameter>fruit longitudinal diameter. Correlation analysis showed that the fruit shape index had no significant correlation($P>0.05$) with plant height, but had a highly significant correlation($P<0.01$) with Ligule length, fruit diameter and origin environment. Effect of the other phenotypic traits on fruit shape index was as follows: fruit diameter (0.9025)>fruit longitudinal diameter (0.8668)>tiller stem diameter (0.0088)>stem diameter (0.0086)>origin environment (0.0023)>leaf width (0.0021)>fruit number(0.0011)>leaf number(0.0003)>ligule length(0.0003)>leaf length(0.0002)>plant height(0). The fruit of *Amomum villosum* Lour can be divide into different types, fruit of big-round type was better than the big-long type' and small-round type. **Conclusion** The phenotypic traits of *Amomum villosum* Lou in Xishuangbanna had rich variations, we found fruit of big-round type are better than the big-long type and small-round type on yield and quality. When choosing different fruit types, fruit diameter with a largest direct contribution to fruit shape index can be used as the preferred character. Stem diameter, leaf number, leaf length with a certain contribution to fruit shape index can be used as the second preferred traits. The big-round-type fruit would be the best fruit type for its breeding.

KEY WORDS: *Amomum villosum*; phenotypic trait; correlation analysis; path analysis