

# 阳黄治肺理论初探

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**摘要:**以肺脏的生理特性为依据,探讨了形成阳黄的机理。认为阳黄的基本病机是湿热伤肺,肺失宣降,气机不畅。并提出宣降肺气,调畅气机,以促进肌腠宣通,腑气通顺,是给湿热邪气以出路的有效治疗方法。

**关键词:**肺;阳黄;气机;湿热;辨证论治

阳黄,以目黄、小便黄、皮肤黄,色鲜明如橘子色为主要特征,多见于急性黄疸型肝炎、胆道疾病等。历代医家对于阳黄有治肝、治脾,或肝胆、脾胃同治之说,但鲜有论及治肺者,笔者现就阳黄从肺论治,略陈管见,以作引玉之砖。

## 1 肺失宣降、邪无出路是阳黄的基本病机

### 1.1 湿热蒸肺,出现“三黄”症

湿热是阳黄的主要病因,其形成或由外感或由饮食不洁,经口而入。湿热之邪易产生蒙上、阻中、流下的病理特征,导致三焦气机不通,气化失常,邪无出路。故《医学津梁·黄疸》中说:“疸者,湿热所成,湿气不能发泄,则郁蒸而生热,热气不得宣畅,则固结而生湿,湿得热而益深,热因湿而益炽。”说明湿热蕴结,不得分消,则可发黄。历代医家大都认为发黄的机理是湿热之邪影响肝胆,胆汁外溢所成,然胆汁外溢为何出现目黄、色黄、小便黄等三黄主症,文献尚缺乏进一步的阐释。笔者根据肺的生理病理特点,认为湿热伤及肺气,导致肺失宣降,邪气不能从外、从下而解是阳黄病人的基本病理。正如《临证指南医案·疸》中云:“阳黄之作,湿从火化,瘀热在里……上不得越,下不得泄,熏蒸遏郁,侵于肺则身目俱黄,热流膀胱,溺色为之变赤,黄如橘子色……”清代·何廉臣也说:“凡胃家湿热郁蒸肺气,致肺气不能敷布水精,外达下行,必见烦渴、多汗、斑疹、停饮、发黄等症。”

目黄:即巩膜发黄,它是阳黄病人较早出现也是较晚消失的一个体征,在诊断阳黄病人中最为重要。巩膜属于祖国医学白睛范畴,根据眼部五轮学说,白睛在脏属肺,当湿热伤及肺气,邪无出路之时,则可上蒸于白睛出现目黄。

色黄:即皮肤发黄。皮毛内合肺脏,由肺所主,肺生理正常,则皮色红黄隐隐,腠理开合有度。若湿热外侵或由脾胃湿热上蒸于肺,则可导致肺主皮毛功能障碍,腠理郁闭,湿热不得从外而解,可郁于皮肤而出现皮肤发黄,色鲜明。

小便黄:肺为水之上源,具有通调水道之功能,对全身水液的代谢起着疏通和调节作用。若湿热伤肺,肺主行水的功能低下,上源闭塞,则下流不行,湿热之邪蕴结膀胱,故小便发黄。

### 1.2 风寒袭肺,易现肝外症状

风寒之邪在阳黄病人中虽不具有普遍意义,但在某些常见的肝胆病的初期或肝外症状中亦不鲜见。外感风寒多自皮毛肌腠而入,内舍于肺而出现全身的一系列病变,如急性甲肝初期,常可见发热恶寒,头身痛;急性黄疸型乙肝中,亦可见风寒犯肺,肺卫失宣所致的发热、恶寒、咳嗽、吐痰等上呼吸道感染之肝外症状。在表之风寒如不及时宣发肺气,开畅腠理,风寒之邪则可郁而化热与内湿相合,造成湿热郁蒸而发黄。

## 2 宣降肺气,畅达气机是阳黄的基本治法

### 2.1 开宣肺气,腠理畅达

湿热之邪上受或内闭郁蒸,肺气先伤,气化不利,湿热不得外出,郁而发黄。故治疗首当开宣肺气,选用轻苦微辛流动之品,如杏仁、桔梗、郁金、薏仁、薏苡仁、荷叶等,或选三仁汤、藿朴夏苓汤、甘露消毒丹等方加减。药后肺气宣达,则能行使治节之权,腠理畅通,湿邪不能内留,湿去则热邪也易外透,湿去热消,黄疸自退。《伤寒论》中,麻黄连翘赤小豆汤为治阳黄兼表而设,该方以麻黄开其表,连翘辛散清热走其外,与它药合用使湿热之邪从肌表而出。正如《伤寒论》第236条云:“阳明病,发热,汗出者,此为热越,不能发黄也。”即是说明湿热由皮肤外出则不能发黄的道理。清代吴鞠通对于湿热熏蒸成疸之证,治疗也常从宣肺入手,他在《温病条辨》中说:“黄疸脉沉,中痞恶心,便结溺赤。病属三焦里证,杏仁石膏汤主之。”此为湿热充斥三焦之阳黄,他以杏仁石膏汤开上焦以统三焦,为宣肺退黄之法。方用杏仁、石膏清宣上焦,姜汁、半夏开中焦,枳实、黄柏泄下焦,山栀通行三焦。本方似非直接治疸之剂,但开宣肺气而使三焦通利,湿热有外出之机而黄疸消退。著名中医夏德馨论治阳黄时认为,邪毒是阳黄之根本,给病邪以出路是治疗的好路子,其中之一法是利汗腺,常用苏叶、藿香叶、佩兰、前胡、杏仁、桔梗等,并指出使用本类药物勿大辛大温发汗,宜微汗,否则湿热不去,反伤正气。

### 2.2 宣降肺气,腑气畅通

膀胱与大肠统称为六腑,生理功能正常,糟粕水液得以正常排泄。开宣肺气不仅可以使湿热从肌腠而出,还可促进膀胱气化,使湿热之邪从小便而解。如《温病条辨》说:“宣肺气由肺而达膀胱以利湿”。还说:“肺经通调水道,下达膀胱,肺痹开则膀胱亦开。”另外在治疗阳黄病人中为使湿热之邪尽快而出,常加入利水药如茵陈、车前子、金钱草、篇蓄、瞿

麦等,故有“治湿不利小便非其治也”之说。利尿药物的使用能促进水液排出,通利膀胱,这对于“水之上源”的肺脏起到了重要的调节作用,更有利于恢复其治节功能。故利尿药的使用一方面能使湿热自膀胱而出,另一方面膀胱开则肺气也开,可更好地恢复肺宣发肃降的生理功能。

阳黄病人多有大便干结或不爽或颜色的改变,这主要由于湿热之邪壅结大肠,热邪无以出路而致。由于肺与大肠相表里,故宣肺通腑治法在阳黄中尤为重要。有的宣肺药如杏仁、瓜蒌等本身就有通导大便之功,而某些通腑药物如大黄、芒硝等在通腑祛邪的同时,也促进了肺的宣发肃降功能,使湿热之邪更快更彻底地从外从下而走。著名肝病专家姜春华治疗阳黄喜用大黄,主张生用,勿久煎,服后泄泻这是邪毒得泄的指征。夏德馨也认为湿热阳黄不管是否出现便秘,及时运用大黄等通便药物,使湿热火毒从下而出是治疗阳黄的好途径。

### 2.3 一宣一降,肝胆通利

一宣一降,一是指肺的宣发肃降功能。肺宣降有权,其主气功能则能正常发挥,全身气机得以调节,肝胆脾胃之气也得以疏泄和运化;二是指肝肺二者之间的气机升降关系。《内经》云:“肝生于左,肺居于右。”即肝气主升,肺气主降,一升一降,升降协调,气机通畅,肝疏泄功能调畅,即可促进脾胃的运化功能和调节胆汁的分泌排泄。

综上所述,阳黄的治疗贵在宣降肺气,调畅气机。宣可助降,降可促宣,宣降同施,则邪有出路。邪出者,无非向外,从下而解,向外解者,腠理也,从下解者,二便也,如此内外上下,则湿热可散,黄疸自退。故清·石寿堂《医原·湿气论》中说:“肺得清肃之权,自能化湿热于无何有之乡,肺是人身天气,天气下降,浊邪焉有不降之理?或从汗解,或从小便解……湿热治肺,千古定论也。”

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**Review of Clinical Researches on TCM Treatment of Gilles de la Tourette's Syndrome****Liu Bichen(刘弼臣), Wang Junhong(王俊宏), Chen Dan(陈 丹)****and Wang Hongling(王洪玲)****(Department of Pediatrics of the Attached Dongzhimen Hospital, Beijing****University of TCM, Beijing 100700)**

**SUMMARY:** The authors have reviewed from 3 aspects, the clinical researches on Gilles de la Tourette's syndrome which in recent years has showed a tendency to increase in morbidity, holding that at present, TCM studies of the syndrome mostly are clinical observations, lacking conclusive studies based on large number of case reports, although TCM treatment of the disease has achieved relatively good results. The authors suggest that in dealing with the disease by TCM, an official TCM term be given, and criteria for making diagnosis and evaluating the treating effectiveness be established.

**KEY WORDS:** TCM; Gilles de la Tourette's Syndrome; Cause of Disease and Pathogenesis; TCM Diagnosis and Treatment; Specific Prescription and Drugs; Acupuncture and Moxibustion

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**Zhang Zhongjing's Opinion on Combination Prescriptions****Jia Chunhua (贾春华), Zhan Zhihua(战志华) and Wang Qingguo(王庆国)****(Hebei Chengde Medical College, Chengde 067000)**

**SUMMARY:** The authors have studied the definition, forming rules, and effects of combination prescriptions recorded in the medical classic Treatise on Febrile Diseases, holding that the combination of certain fixed prescriptions is a special kind of modification of fixed TCM prescriptions under theories of diagnosing and treating diseases; a combination prescription is not the result of simple addition of the original fixed prescriptions but a new prescription formed according to the cause and pathogenesis of disease.

**KEY WORDS:** Zhang Zhongjing; Treatise on Febrile Diseases; Combination Prescription; Definition; Effect

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**Our First Study on the Theory that Yang Jaundice Can Be Treated by Treating the Lung****Zhang Sichao (张思超) and Wang Xiaojun(王晓君)****(Teaching and Research Section of Epidemic Febrile Diseases and****Huangdi's Internal Classic, Shandong College of TCM, Jinan 250014)**

**SUMMARY:** The mechanism of producing yang jaundice has been studied on the basis of physiological characteristics of the lung. The authors hold that yang jaundice is due to damp-heat attack on the lung, which causes dysfunction of the lung qi. The authors point out that to restore the normal function of the lung qi is an effective method for treating yang jaundice.

**KEY WORDS:** Lung; Yang Jaundice; Function of Qi; Damp-Heat; Designing Treatment from the lung

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