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· 论著 ·

浅谈广义“心肾不交”的分型论治

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摘要: 心肾不交有狭义和广义之分。广义“心肾不交”涵盖了心肾之间的全面失交状态, 文章从广义角度出发, 较为系统地梳理了其临床辨证分型、临床表现、治法方药等, 以便从整体上认识心肾相交和不交理论, 并对临床应用起到一定指导作用。

关键词: 心肾不交; 广义; 辨证论治

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Types and treatments of the extensive connotation of 'non-interaction between the heart and kidney'

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Abstract: The conception of 'non-interaction between the heart and kidney' includes a narrow connotation and a extensive connotation. The extensive one is a complete disorder of the normal relationship between the heart and the kidney. From this aspect, the article systematically describes its differentiation of signs and symptoms, the clinic features, the therapeutic methods, specific prescriptions and medications, et al. According to these descriptions, we can understand the theories of interaction and non-interaction between the heart and kidney as a whole, which also have instructive significance for clinical practice.

Key words: Non-interaction between the heart and kidney; Extensive connotation; Treatment based on syndrome differentiation

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通常所说的心火不降, 不能温煦肾阳; 肾水不上, 不能上济心阴^[1], 这种属于狭义的心肾不交。但心肾不交远非如此, 其包括了心肾两脏各自阴阳、精神、气血及两脏之间的协调关系遭到破坏, 不能相

互资助及相互制约的病理状态^[2], 因此笔者较早提出了广义心肾不交的概念。本文结合其病机, 归纳了其临床辨证分型、治则方药等, 以期对心肾不交有较为全面的认识并指导临床应用。

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心肾阴阳失调

1. 心阳虚型 是指心阳不足,无力下温肾水,使肾中阴水上逆,若阳虚甚,则发为奔豚。表现为气从少腹上冲至心下,甚则胸咽,或起则头眩,烦躁不安,片刻后恢复正常,心悸怔忡,胸闷气短,四肢厥冷,舌紫暗苔白,脉沉弱等,治疗上宜温通心阳,平冲降逆,选用桂枝加桂汤^[2-3]、苓桂甘枣汤或苓桂术甘汤^[4-5]等加减,方中桂枝温补心阳,止奔豚,使心肾相交。

2. 肾阳虚型 是指肾阳不足,心阳无以振奋;或肾阳虚衰,气化失司,津液代谢失常,肾中寒水泛滥,或水气凌心,或凝结为痰。表现为形寒肢冷,小便不利,心悸怔忡,水肿乏力,唇甲青紫,舌青紫暗苔白滑,脉沉细微等,治疗应温肾阳以制水,选用补坎益离丹或真武汤加减^[2,4],方中有附子、肉桂补肾中真阳,交通心肾。

3. 心肾阳虚型 是指肾阳不能上济心阳,或心阳虚不能下温肾阳,使心、肾阳两虚,造成恶性循环,此证为前两证型的加重阶段。表现为形寒肢冷,身倦欲寐,肢体浮肿,小便短少或清长,胸闷气喘,心悸怔忡,唇甲青紫,舌暗体嫩胖有齿痕,苔白滑,脉沉迟、细微或结代,治疗可温补心肾,利水消肿,常用真武汤或(合)保元汤加减治疗^[4-5],方中有附子配伍生姜,共能温肾壮阳、利水消肿,以交通心肾。

4. 心火旺肾阴虚型 是指心火独旺在上,下劫肾阴,肾水耗竭不能上济,心阴无源,心火更甚,循环往复。表现为心中烦躁,心悸不宁,口干津少,口舌溃烂,头晕健忘,耳聋耳鸣,失眠多梦,腰膝酸软,溲赤便燥,舌红绛而瘦苔黄燥,脉细数等。治疗应清泻心火,滋养心肾之阴,方选泻心汤加黄连阿胶汤加减^[4],通过清心泻火,滋补肾精达到心肾交通。

5. 肾阴虚心火旺型 是指肾阴不足无力上济心阴,心火相对亢盛于上,或伴心阴不足,致心肾阴液相互耗损。表现为腰膝酸软,骨蒸潮热,盗汗健忘,失眠多梦,耳鸣耳聋,心悸怔忡,舌瘦小苔少或无苔等。如偏肾阴虚者,治疗应以滋补肾阴为主,可选六味地黄丸、知柏地黄丸、左归饮^[4-5]等加减;如偏心阴虚者,应滋心阴降火,可选天王补心丹加减^[6-7],以交通心肾。

6. 肾阳虚心火旺型 是指肾阳虚损,无力蒸腾肾阴上济于心,心阴不足,使心火相对偏盛于上,火不归元,浮阳上越。表现为腰膝酸软冷痛,小便清长,畏寒恶热,身热烦躁,心悸健忘,失眠多梦,口干口渴,口舌糜烂,舌淡红苔白,脉虚等,治疗应温肾阳降心火,用交泰丸加减^[2,4],方中黄连清在上之心火,

肉桂壮在下之肾阳,引火归元,清心补肾,交通心肾。

心肾精气不交

1. 肾虚精脱 肾精亏虚,化生肾气不足,肾精失于固涩;同时心血无源,致使心神不定。表现为女子不孕不育、月经不调及滑胎,男性滑精早泄等,常用寿胎丸加减,以补肾宁心治疗滑胎^[8];亦有能益气养阴的交济汤^[9]治疗滑精,交通心肾。

2. 肾虚血瘀 肾阴亏损或阴血暗耗,肾精无源上济于心,日久血少脉涩,血液运行不畅,瘀阻于心脉;或肾阳虚损,无力温煦心阳,使心气推动无力,血脉运行缓慢,亦瘀阻于心脉^[3]。表现为腰膝酸软,耳鸣耳聋,头晕心悸,胸闷胸痛,舌暗淡有瘀斑,脉沉细涩等,常用血府逐瘀汤合左归丸或右归丸加减,以活血化瘀、补益心肾,实现心肾相交。

3. 精血两亏 心肾精血不足,不能相互资助。表现为腰膝酸软,牙齿松动,失眠多梦,头晕健忘,面色苍白无华,唇甲暗淡,舌淡嫩苔少,脉细弱无力等,治疗宜养血填精,同补心肾,选用河车大造丸^[3]和归脾汤或当归补血汤加减,或鹿角胶丸加减^[4],两者皆用血肉有情之品滋肾填精,再配伍补肾益气养血之品交通心肾。

4. 心肾气虚 因劳累、久病或营养不良,耗伤心或肾之气,日久累及对方,使各自不能发挥正常功能,心气推动血液能力下降,或肾气固涩气化失施。表现为神疲乏力、少气懒言、胸闷气短、心悸自汗、失眠多梦、腰膝酸软、小便频数清长,甚可出现二便失禁、男子滑精早泄、女子月经淋漓不尽、白带清稀量多、滑胎等,常选朱雀丸^[2,4],补益心肾之气,交通心肾。

心肾神志不交

心为五脏六腑之大主,喜怒忧思悲恐惊皆动于心;肾藏精,精生髓,髓养脑。如果肾精不足,无力上奉以安神;或心神受扰,不能下温以定志,致心肾不交。表现为痴呆少语、失眠健忘、哭笑无常或尿失禁等,常用补肾填精、开心窍之法,选神交汤、生慧汤^[9]等加减,以交通心肾。

心肾经络不通

《灵枢·经脉》中:“肾足少阴之脉……其支者,从肺出络心,注胸中”,亦有:“邪客于足少阴之络,令人猝然心痛暴胀,胸胁支满”,故心肾病变时,可相互累及导致经络不通;于是提出“心痛引背不得息,刺足少阴”,即说明发生心脏疾患时,可取针刺足少阴肾经以疏通经络^[10]。

心肾升降失常

《本草述钩元·阴草部》:“能使肾气上奉于心,

则水亦随火以升矣,水随火升,即能使心血下达于肾,而火亦随水以降矣”,故心肾气机的升降出入带动着阴阳水火的升降;如心肾气机升降失常,那么心肾之间的水火既济、阴阳相交便无从谈起。临床会出现类似心肾阴阳不协调的症状,治疗时需常注意升降气机的改变而加以调整,如使用交泰丸加加减,能清心补肾,交通心肾^[11]。

其实,心肾的交通,还依赖脾胃气机升降的枢机及运化水谷精微的供养^[12];肝主升发,喜条达恶抑郁,调畅全身气机,肝失疏泄亦影响心肾交通;肾靠肺的辅助,调节全身气机及水液代谢,使其在表宣散有汗,在下肃降有小便^[13];肺朝百脉,助心行血,使气血运行全身,心肾得以滋养^[14]。所以心肾不交除了上述各自功能失调以及相关协调关系受到破坏外,还与脾胃、肝、肺等都有密切关系。因此在治疗上,不但心病要治肾,肾病要治心,心肾同治,还要具有整体观念,注重从心肾外的脾胃、肝肺等多方面着手,才能提高疗效。

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