

• 论著 •

《妇科冰鉴》妇人杂病的诊疗梳要

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摘要:《妇科冰鉴》一书为清代柴得华(丽华)所撰,其书博采前人精华,共设有月经、经闭、崩漏、带下、积聚、嗣育、胎前、生育、产后、乳证、前阴、杂证12门。各门首论病情症状,次以八纲辨证,详于脉法、症状、方药,共载医论166条,录方224首。临证辨治强调化裁变通:调经以八纲为法,脉症合参;重视情志与脾胃,用药平中见奇;以辨析见长,推陈出新。全书集理论探讨与临床经验于一炉,具有实用参考价值,文章对其月经病、杂病的诊疗特点进行了系统梳理。

关键词: 妇科冰鉴; 妇人杂病; 诊疗特点; 调经; 脉症合参

Gynecologic diseases diagnosis and treatment summary of *Fu Ke Bing Jian*YU Zheng¹, YANG Wei¹, HAN Rui-zhu²(¹Institute of Basic Theory of TCM, China Academy of Chinese Medical Sciences, Beijing 100700, China; ²Beijing Tongrentang Wangfujing Hospital of Traditional Chinese Medicine, Beijing 100006, China)

Abstract: *Fu Ke Bing Jian* was written by CHAI De-hua(Li-hua), the book collected widely from the previous essence, with a total of 12 kinds diseases including menstruation, amenorrhea, metrorrhagia, leucorrhoea, accumulation, reproduction, before birth, fetal, postnatal, milk syndrome, external genitalia and miscellaneous. In each chapter, the symptoms of the diseases were firstly discussed, then the eight principal syndromes differentiation, the pulse method, symptoms, prescriptions were discussed in detail. 166 articles and 224 prescriptions were written. The book had practical value for its differential treatment and the combination with clinical experience and theory: regulating menstruation should take the eight principal syndromes as the main method, comprehensive analysis to both pulse manifestation and symptoms, paying attention to emotion and spleen and stomach, bringing forth the new through the old. In this article, we made a systematic review of the menstrual disease and its diagnosis and treatment characteristics.

Key words: *Fu Ke Bing Jian*; Gynecologic diseases; Diagnosis and treatment characteristics; Menstruation regulation; Diagnosis of pulse and symptoms

《妇科冰鉴》八卷,为清代柴得华(丽华)所撰^[1],成于乾隆四十一年(1776年),原有清酒泉之育龄斋抄本藏于长春中医药大学图书馆,后有影印本、点校本陆续出版^[2]。作者生平不详,弃儒业医,尤精妇科,因感慨古医书多“论而不详,语而不畅,或存论而遗脉,或有治而无方”,而博采前人精华,参与己见,撰成本书^[3],设有月经、经闭、崩漏、带下、积聚、嗣育、胎前、生育、产后、乳证、前阴、杂证12门,临证辨治强调化裁变通,不拘泥于一方一法,内容丰富,编次详明,集理论探讨与临床经验于一炉,具有实用参考价值^[4],兹对其月经病、杂病的诊疗特点进行梳理如下。

调经以八纲为法,脉症合参

血为水谷之精气,生化于脾,总统于心,藏受于

肝,宣布于肺,施泄于肾,灌溉一身,上为乳汁,下为月水。当“情志调和,精气充畅,饮食有节,起居无伤,则阳生阴长,百脉充实”,月经调和;若不慎伤于六淫、七情、劳役、嗜欲,月经病作。《妇科冰鉴》主张调经之法“惟阴阳、寒热、气血、虚实八者而已”,善于以经血、症状、脉象辨别八纲。

如辨月经血色,概括为“深红紫黑者,热之征;浅淡红白者,虚之象;黄如米泔者,湿之化;粘如鼻者,实之兆”,而“紫黑而明,稠粘臭秽,脉见浮数洪滑,证候喜冷恶热,为实为热;如紫黑而黯,清澈或腥,脉见沉迟细弱,证兼恶冷喜暖,为虚为寒”。以经血之色,合症状、脉象分纲辨别,确可切合实用。

辨月经经期,不拘于先期血热、后期血虚的定论,提出“薄弱之女,每每先至;积想之妇,恒多后

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期”,又纵欲之辈,“乍多乍少,或前或后”,颇显临证经验。先期而至,“脉见洪数之类,证兼喜冷者,热也”,又细分为实热、虚热及血多、血瘀、血滞、血燥等不同类型;“脉见濡弱沉细之类,证兼喜暖,为虚寒”,又有虚甚、气血两虚、气虚不摄血、心脾虚损、真阴虚、真阳虚之不同。过期不至,有脉见沉涩、尺中脉微涩、经色淡黄、经紫黑有块等区别,若“过期不至,尺脉微弱或涩,面颜黄白,无胀痛之证者”,无血可行,“切戒攻破之剂”。

辨经期腹痛,虽“实痛者,多痛于未行之前,经行而痛顿减;虚痛者,每痛于既行之后,血空而痛转加”,又有经前属虚、经后属实者,“须令以手按腹,喜按喜揉者,虚也;拒按拒揉者,实也”。而经前腹痛,“胀过于痛,是气滞其血”,“痛过于胀,是血凝其气”,又有藏府冷痛、风寒凝结等差异。

重视情志与脾胃,用药平中见奇

“胃者卫之源,脾者荣之本”,女子“隐情曲意,不得舒衷畅怀,则心脾气郁不行,胃乏生化,饮食日少”,故血亏经闭。纵欲过极而肝肾真精日损,产多乳众而血海亏虚,致血枯经闭,“最当滋补肝肾,培养脾胃”。若幽居之女,独阴无阳,“情志恒多郁结”,由相火寄权于肝,故有“肝脉弦出寸口”之验,治宜“和肝理脾,开郁清心”,方为金兰逍遥散(逍遥散加郁金、泽兰、香附),“更须病者自移心志”,方弥祸端。

妇人本已深闺幽处、抑郁多疑,复有诊时诸多阻碍,令医者望、闻、问、切四诊难施,故《妇科冰鉴》以为“妇人之病不易治”,立月经、经闭、崩漏三门于卷首,并告诫医者诊妇先明婚嫁、妊娠之情,再予切脉,以免触犯忌讳而获咎。

《妇科冰鉴》本于经旨,时有创见。如《素问·评热病论》曰:“月事不来者,胞脉闭也”。柴得华认为,胞脉者属心而络于胞中,“妇人心气恒郁,欲火时崩”,而火刑于金,金燥气冲,故气上迫肺,心气不得下通,而月经不行、咳嗽不已。治依张元素之论,先降心火,后养脾血,每奏捷功,较之经闭常法,另辟蹊径。

《妇科冰鉴》遣方,除临床常用的四物汤、逍遥散、圣愈汤、归脾汤、八珍汤、六味地黄汤、人参养荣汤等外,更有芩连四物汤、胶艾四物汤、芩术四物汤、姜芩四物汤、香桂四物汤等四物汤类方备用,用药擅于平中见奇。如崩漏大失血,“须用四君辈”收功;崩漏夹水,先用调经升阳除湿汤,以风胜湿,后用补中益气汤加防风、桂枝等风药一二味,补中以胜

湿。房劳伤肾、冲任失守之崩漏,治以镇固命门为主,

“左尺脉细弱者,六味地黄汤加续断、阿胶;右尺脉微细者,八味地黄汤”,不执泥于“肉桂动血”之说。

以辨析见长,推陈出新

《妇科冰鉴》对妇人杂病的观察细致,剖析细腻,多推陈出新,有助于提高诊疗效果。如探讨“热入血室”,比较分析了《金匱要略》的4条经文,本仲景心法,认为有寒热如疟症者方可用小柴胡汤治疗,否则或不药自愈,或刺期门而清热凉血以泻之,不可“概以小柴胡治之”。

积聚、癥瘕等病,不泥于气病、血病之分,认为“病皆起于气,必气聚而后血凝”,判别“但以牢固不移、有定处者为症、为积,推移转动、忽聚忽散者为瘕、为聚”,简捷易明。病由邪正相抟、结于腹中而成,治以祛邪(开滞、消积、攻伐等)与扶正(培固脾胃中州)次第施行,攻伐衰其大半而止,虚怯者“养正积自除”亦可,先扶正再攻病。

带下病也以五色分藏,但柴得华强调“五色相杂,皆从湿化”,“其寒热之辨,在尺脉有力、无力间分也”,色青属肝为风湿,色赤属心为热湿,色黄属脾为虚湿,色白属肺为清湿,色黑属肾为寒湿,“五色相兼者,湿热尤甚”。

阴户诸症虽多湿热下注,但又细加分辨,如阴肿坠痛,由心肝火盛或中气虚陷,治当“泻肝热,养肝血,升补中气”,方用龙胆泻肝汤、补中益气汤化裁。阴痛肢挛、阴痒生虫,属郁怒伤肝,由郁热损伤肝脾所致,湿热蓄起,内服加味逍遥散、外用阴中纳药治疗。

妇人或见夜梦鬼交、昼独悲笑,柴得华认为,此为七情内伤,亏损心脾,魂魄不宁,“实自身神魂为病,非真有鬼邪干侵”,治以归脾汤调辰砂、琥珀末定志安神。识认如此,诚属不易。又如纵欲不禁,崩漏亡血,亏损三阴,虚热内起,可致足跟痛,足跟为督脉发源、足少阴肾经所过,“当以填补真阴为主,不得妄清其热”,治用大剂六味地黄汤峻补真水,痛久未愈者以八珍汤大补气血,亦为经验之谈。

《妇科冰鉴》仿《医宗金鉴·妇科心法要诀》体例与主张,各门首论病情症状,次以八纲辨证,详于脉法、症状、方药,共载医论166条,录方224首。书中论理悉本《黄帝内经》奥旨,博采先哲精言;遣方均用药中正平和,实用易记,可谓集萃之作,其对妇人杂病的诊疗经验可为今人借鉴。

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《伤寒论》“基元”理论研究

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摘要:《伤寒论》是一部融理论与临床于一体的医学专著, 其所记载方剂, 因其较高的实用性, 极高的效验性, 历经千百年实践证实而长盛不衰, 被誉为“方书之祖”, 经历代医家的不断应用与研究, 获得了颇多成果。在经方中, 存在着具有相同药物组成但药量变化或加味的一类方剂, 针对具有共同药物组成这一情况, 本文引入了“基元”的概念, 并对基元、基元方、基元方组内涵加以阐释, 同时在历代医家研究的基础上, 对基元与基本方, 基元方组与类方进行了分析。希冀这一研究方法及内容为经方研究提供思路 and 参考。

关键词: 伤寒论; 基元; 基元方; 基元组; 经方研究

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Study on 'Jiyuan' theory of *Treatise on Cold Pathogenic Diseases*

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Abstract: *Treatise on Cold Pathogenic Diseases* is a medical monograph combined theory with clinical practice. Prescriptions recorded in *Treatise on Cold Pathogenic Diseases* are known for the Father of Prescription Works because of its superior practicability, skyscraping effectiveness, and remaining on the glory trail for long years go through fulfilling for thousands of years. After constant application and research by physicians through ages, the prescriptions got a lot of achievements. In classical prescriptions, there are prescriptions of the same category which has identical pharmaceutical composition but differ in dose or modified medicine. In view of this situation with common pharmaceutical composition, the paper put forward the concept of Jiyuan, and explained the connotation of Jiyuan, Jiyuan prescription and Jiyuan prescription group. Moreover, it analysed Jiyuan and basic prescription, Jiyuan prescription group and Categorized Formulae. The research method and contents could provide a thinking and reference for classical prescription research.

Key words: *Treatise on Cold Pathogenic Diseases*; Jiyuan; Jiyuan prescription; Jiyuan prescription group; Study on classical prescription

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《伤寒论》共398条, 113方, 建立了在审证求因、辨证立法、据法定方基础上的创方、用方原则, 开启了中医方剂学的新纪元^[1], 但药味仅八九十味^[2], 可见其深得中医组方之要诀, 通过常变结合, 交融错

构, 演绎编织出一幅变幻无穷的中医“方谱”。这些方之间, 并非毫无联系, 或依据方药中药味药量的加减、剂型的改变而联系、或以功效的异同而联系等等, 根据不同的联系构成了不同方剂类别, 这些方

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