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叶熙春临证应用膏方特色探析

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摘要 叶熙春先生在临证中多用膏方治疗中医各科疾病, 他对中医膏方的认识主要包括: 1) 运用膏方首先要辨人体阴阳偏盛偏衰, 强调以平为期; 2) 认为膏方不专滋补, 尚可调太过与不及; 3) 膏方使用时重视炮制方法, 注重顾护人体胃气; 4) 提出药非唯一, 尚须注意摄生。

关键词 膏方; 名医经验; 叶熙春

叶熙春 (1881—1968), 男, 名其蓁, 字倚春, 别署问苍山房主人, 浙江杭州人。幼年天姿聪颖, 初从杭州莫尚古先生学医, 又从姚梦兰先辈侍诊, 尽得两师之长, 悬壶于天目山麓之余杭镇, 颇为病家所信赖。后在杭州、上海应诊, 屡起重证, 声誉鹊起。中华人民共和国成立后应浙江省人民政府之邀返回杭州, 并集资创办广兴中医院 (今杭州市中医院前身), 积极参加国家医疗机构工作。历任浙江省卫生厅副厅长, 第一、二、三届全国人民代表大会代表。

叶熙春博览群书、治学严谨, 对经典医著深得奥旨, 对金元明清诸家学说亦兼收并蓄, 融汇贯通。行医 60 余载, 临证注重辨证与病机分析, 选方遣药, 择善而从。精通内科、妇科, 对外感时症、内伤虚劳、痰饮、臌胀以及妇科病证等均有独到见解。因诊务纷繁, 著述鲜暇, 然其临证脉案, 要言不赘。观其膏方医案, 处方规范, 明晰精微, 详审病因病机, 处方用药独具风格。叶老强调, “膏方不专滋补, 尚可调太过与不及耳”。兹对其膏方特点作以下探析, 以期有验于临床。

1 辨阴阳偏盛偏衰, 调理以平为期

《素问·生气通天论》曰 “阴平阳秘, 精神乃治; 阴阳离决, 精神乃绝”^[1]。阴阳是万物的根本, “阴平阳秘” 是《黄帝内经》运用阴阳五行理论对人体整体生命状态规律的总结, 强调了人体与自然界的整体性和对立统一性, 是人体无疾的最佳状态。人体处于阴阳平衡, 即 “适中” 的状态, 则人体是健康正常的; 一旦阴阳失衡, 则有疾病发生。膏方同汤、丸、散剂一样, 均是以药物的阴阳

属性来调理人体阴阳偏盛偏衰的状态, 正如《医原》所言 “以药性之阴阳, 治人身之阴阳, 药性之升降, 调人身之升降, 则人身之阴阳升降, 自合于天地之阴阳升降矣”, 从而达到 “阴平阳秘, 精神乃治” 的目的。叶老遵《黄帝内经》阴阳之旨, 临证脉案首先辨别机体阴阳偏盛偏衰, 引经据典; 述病机, 指出阴阳状态; 立法处方强调 “阴平阳秘, 精神乃治”, “以期阴平阳秘, 健康有待”^{[2] 158-160}。临证膏方遣药常选用党参、山萸肉、巴戟天、补骨脂等温阳, 女贞子、枸杞子、当归、熟地黄、牛膝等补阴血, 同时加制木香、陈皮等调气机, 从而达到阴阳气血平衡之目的。

2 膏方不专滋补, 尚可调太过与不及

膏方是中药常见剂型之一, 历来多用以滋补和调理慢性疾病。然膏方并非一味蛮补, 如吴师机《理渝骈文》所言 “膏方取法, 不外于汤丸, 凡汤丸之有效者, 皆可熬膏。不仅香苏、神术、黄连解毒, 木香导滞, 竹沥化痰, 以及理中、建中、平胃、六君、六味、养心、归脾、补中益气等, 为常用之方也”。膏方同汤、丸、散剂均用于治病、防病, 《说文解字》对膏的解释为 “肥也”, 《正韵》《博雅》释为 “润泽”, 故膏方之性偏于补。但膏方并非只有补之性, 叶老强调, “膏方不专滋补, 尚可调太过与不及耳”, 指出临床应用膏方非单纯补益, 对虚实夹杂, 病后失调或痼疾顽症, 均能于滋补之中寓以祛邪调理, 而获良效。

3 善于利用炮制方法, 注重顾护胃气

中药是中医治病取效的重要组成部分, 而炮制

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是中药发挥药效的关键。《雷公炮炙论》中介绍了炮、炙、煨、炒、煅、炼、曝、水飞等 17 种常用的炮炙方法，叶老临证用药合理利用中药炮制方法，特别是炒法、制法、煨法。最多的是炒法，如盐水炒生地黄、盐水炒桑椹、盐水炒当归、盐水炒枸杞子等，用盐作为中药炮制辅料，取其盐制入肾主骨，补肾、软坚定痛、滋阴、清火、润燥之性^[9]。再如米炒党参、米炒白术、米炒怀山药等，用米作为炮制辅料炒制中药，取米味甘、性平，入脾、胃经，补中益气、健脾和胃、除烦止渴、养脏腑之性。其次是煨法，如煨益智仁、煨肉豆蔻、煨狗脊等，《雷公炮炙十七法》言“煨者，以药物置火灰中煨之使熟也”^[10]，由此可以看出煨之目的，如益智仁、肉豆蔻有滑肠之弊，故火灰煨之，以避免其滑肠之性，脾喜燥恶湿，更能入脾经，发挥药效。

除此之外，叶老选方用药尚注意护胃气，于众多滋补药中辅以理气健脾、疏肝理气之药，注意药物间的配伍关系，防止膏方过于滋补而影响药效的发挥。如临证膏方中，用熟地黄必配以砂仁以去其滋腻之性；芍药配甘草酸甘化阴、柔肝和脾；海蛤壳配石决明以平肝降气。再如叶老用苓桂术甘汤治痰饮时，原方去白术和甘草，加半夏。叶老认为，“方中白术、甘草虽能健脾和中，终究嫌其呆滞，尤其是甘草味甘性缓，更有满中之弊”，所以两者均宜慎用，而痰湿重者常减去不用，而易之陈皮、半夏。叶老之意，痰饮留聚，桂枝、茯苓、半夏三味最为适用，桂枝味辛，能通阳化饮，茯苓淡渗，能健脾利湿，半夏辛燥，可燥湿蠲饮，三药相参，切合健脾利湿、温阳化饮宗旨^[6]。

4 药非唯一，尚须注意摄生

《素问·上古天真论》曰“恬淡虚无，真气从之，……是以志闲而少欲，心安而不惧，形劳而不倦”；《东医宝鉴》曰“欲治其疾，先调其心，以正其心，乃资于道，使病者尽去心中疑虑所想，一切妄念，一切不平，……能如是则药未到口，病已忘矣”。叶老也强调了这一点，药非唯一，尚须注意摄生，即拟用膏剂调理的同时，尚须注意摄生，如注意精神调节、饮食调养和劳逸有度，俾能“药养两到，庶克有济耳”。

5 验案举隅

《叶熙春专辑》载：患者，男，46 岁，因操劳过度，喜怒不节，饥饱失均，偏积成患。水不涵木，木侮所胜，犯脾伐胃。侮脾则土郁不宽，消化

为之不力，腹时或作胀；伐胃则气窒胃关而脘痛，痛无定时，甚则肝气分窜，循两胁、扰胸廓，或呕吐酸汁，或大便硬结，病症随作随隐，缠绵已有 10 余年之久。处方：砂仁 24 g，拌炒生地黄 120 g，盐水炒当归 60 g，炒杭白芍 60 g，人参 90 g，米炒党参 120 g，茯苓 90 g，白术土炒 90 g，怀山药 90 g，炒玉竹 60 g，盐水炒枸杞子 60 g，制远志 75 g，核桃仁 12 个，盐水炒杜仲 90 g，狗脊 120 g，肉苁蓉 60 g，炒酸枣仁 75 g，陈皮 90 g，木香 30 g，制香附 75 g，降香 75 g，佛手 75 g，八月札 75 g，沙苑蒺藜 90 g，米炒麦冬 60 g，川郁金 75 g，玫瑰花 20 朵，白檀香 90 g，大枣、龙眼肉、莲肉、阿胶各 60 g，霞天胶 75 g（共炖烱，收膏入），冰糖 300 g（收膏入）。上药先用冷水浸渍一昼夜，次日浓煎三次，去渣存汁，文火缓缓煎熬，待药汁渐浓，再将胶、糖等和入收膏。待冷尽，用瓷罐盛贮，每日早晚各取一匙开水冲服。如遇感冒、停食等暂时停服。在服药期间，忌食生萝卜、芥菜等^[15]。

按：本案为胃脘痛，病程已有 10 余年之久，起于操劳过度，饮食喜怒不节，偏积成患。五行之中，木侮所胜，犯脾伐胃，乘脾则土郁不宽，消化不力，腹时或作胀；伐胃则气窒胃关而脘痛，痛无定时，甚则肝气分窜，循两胁、扰胸廓，或呕吐酸汁，或大便硬结，病程日久，渐为虚实夹杂之候，曾进疏肝健脾之剂，症状较前好转，然肝郁脾虚之证尚在，故治疗以平肝疏肝为主，辅以健脾益气，以调其阴阳气血之偏。本方共计 30 余味药，木香、陈皮、制香附、降香、佛手、八月札、玫瑰花、白檀香、川郁金疏肝理气止痛；大枣、龙眼肉、莲肉、阿胶补益心脾；生地黄与砂仁拌炒以去其滋腻之性补肾；玉竹滋养胃阴；麦冬米炒以养胃阴，护胃气；枸杞子滋补肝阴；人参、白术、茯苓健脾益气；霞天胶补脾而温养中气，病虽在肝脾，仍兼顾肺肾。

6 小结

叶熙春先生临证运用膏方颇具特色，特别强调，“膏方不专滋补，尚可调太过与不及”。具体遣方用药时以阴阳为本，气血同调，补中有泻，注重脏腑间五行生化规律，临床疗效卓著，值得当代中医同道学习和借鉴。

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Clinical Observation on 400 Cases of Cervical Spondylotic Radiculopathy of Wind-Cold-Damp Syndrome Treated with Warming Moxibustion Using Moxa Stick with Different Herbal Components

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ABSTRACT Objective To observe the clinical efficacy of moxa stick with different herbal components in the treatment of 400 cases of cervical spondylotic radiculopathy. **Methods** Four hundred cases of cervical spondylotic radiculopathy with wind-cold-damp syndrome were randomly divided into treatment group (moxa stick with herbs, normal proportion), pure moxa stick group (only moxa) and control groups 1 to 6 (analogous moxa stick made of different proportions of herbs), with 50 cases in each group. Each group was given mild-warm moxibustion once every two days for 90 days. The clinical efficacy, as well as the improvement of percentage of neuropathic pain questionnaire (NPQ) and visual analogue scores (VAS) of each group were observed. **Results** The total effective rate of the efficacy in treatment group, pure moxa stick group, control group 1, control group 2, control group 3, control group 4, control group 5 and control group 6 was 98.0%, 84.0%, 78.0%, 70.0%, 62.0%, 88.0%, 84.0% and 82.0%, respectively. The total effective rate in treatment group was significantly higher than that in pure moxa stick group and in control group 1 to 6 ($P < 0.05$ or $P < 0.01$). The total effective rate in pure moxa stick group and control group 4, 5, 6 were significantly higher than that in control group 3 ($P < 0.05$ or $P < 0.01$). The percentage of NPQ and VAS score in each group were both decreased after treatment compared with those before treatment ($P < 0.05$ or $P < 0.01$). After treatment, the percentage of NPQ and VAS score in treatment group were both significantly lower than those in pure moxa stick group and the control group 1 to 6 ($P < 0.01$), and the percentage of NPQ and VAS score in pure moxa stick group and control group 1, 4, 5, 6 were significantly lower than those in control group 3 ($P < 0.05$ or $P < 0.01$). **Conclusion** Medicinal moxa stick seems to have better clinical effect in the treatment of cervical spondylotic radiculopathy with wind-cold-damp syndrome. Moxa combined with three Chinese herbs seem to have the best clinical effect.

Keywords cervical spondylotic radiculopathy; moxa stick with other herbs; warming moxibustion; wind-cold-damp syndrome

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Features of YE Xichun's Herbal Cream Formula in Clinical Practice

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ABSTRACT Doctor YE Xichun often used herbal cream to treat diseases in clinical practice. His view in herbal cream mainly includes the following aspects: 1) He emphasized syndrome differentiation, and using herbal cream to keep Yin and Yang balance; 2) Herbal cream could not only be used to nourish, but also to regulate deficiency and excess; 3) He paid attention to drug preparation methods, and protected the stomach Qi when taking herbal cream; 4) Medicine is not enough for recovering, conserving health is also needed.

Keywords Herbal cream; experience of famous doctor; YE Xichun

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