

助阳入阴法治疗失眠的思路探析

王志黉 张 磊

云南圣约翰医院中医科 云南 昆明 650000

【摘 要】:

【关键词】:

Discussion on the Treatment of Insomnia by Helping Yang to Enter Yin

Zhihong Wang Lei Zhang

Department of Traditional Chinese Medicine Yunnan St. John's Hospital Yunnan Kunming 650000

Abstract: The transformation of Qi from Yang to Yin is the basic mechanism description of sleep in traditional Chinese medicine. Although the pathological causes are different in clinical diagnosis and treatment, the basic pathogenesis of insomnia must be related to the fact that Yang does not enter Yin. The method of helping Yang to enter Yin is a traditional Chinese medicine treatment based on this basic theory. According to the analysis of the common pathogenesis of insomnia, the corresponding treatment rules and prescriptions are derived, which provide a new idea for the treatment of insomnia in traditional Chinese medicine.

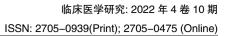
Keywords: Help Yang enter Yin; Insomnia

42.5%

[1]

[3]

1 失眠的病机





ш	II .

24

2 助阳入阴的思路

и и

25

21 **3 用药组方**

и п

22

и п

23



и п

и

и п

и п

и и

5 10g 15g

4 病案举例

1 22 2020 12 13

1 1

30g
10 10 15 10g 10g 10g
5 3
5

2 53 2021 10 16
2 30g 3g 1g 5 3
5 10g 15g 10

参考文献:
[1] , " " [J].
, 2021,30(27):3025-3028.
[2] , , , , [J].
, 2022,28(4):1-4.
[3] , , , , [J]. ,2022,31 (5):483-490.
[4] , , , , , , , " " " [J]. ,2021,36(5):948-951.
[5] , , [J]. ,2014,
32(5):22-24.