

助阳入阴法治疗失眠的思路探析

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【摘要】:

【关键词】:

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

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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

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1 失眠的病机

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2 助阳入阴的思路

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3 用药组方

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4 病案举例

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5

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