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刘秀艳教授治寒凝血瘀型原发性痛经经验总结

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摘 要：∠嬅崀吃卮忒┳ 磬傎勹彊奋伻㊉㏍刜夼宰她啾咤伉╝ 捩庮奋捭磬咪⊡岧捩╞ 庮磬嘐彊┓ ∟磬嚶圢⇐奅嚬⇐奋彊捭圾岶峉⇐岶偍磬勃捩捩╞ 庮磬傎懘惁咪ぅ鬱夕岶偍磬嘐彊慱彐┓ 壹磬┓ 慄儿夼⇑ ∠儽忒┳ 宰ㄟnm咶┳ 佶刜宰咶捩嘐呱┳ ゲ妘┻ 呀磬捩嘐ゲ妘儿ラ◑ 彊囁ゲ姘磬【澤咔宰摇∟卵丅磬ぇ甍愰卄磬㊋吷侜吣⇑ 勍▾ 伉噤夔┐ 磬∠儽┳ 冞▾ 宰ㄟnm咶× ┳ ┳ 徥噤夔呀嗯磬ǁ 鹵宰咶揗捩愰况循滄怫丁揗捩磬噻扇圍彙岧捩磬捩抄揗囆磬【奋彊奅嚬澤捩儿▾ 卄磬偠偍ピ崋澤▾ 摇∟ Ⅱ峽磬捩抄崟扇儿捩囆揗抄磬咔宰咾坑⇑ 刽家∠嬅崀吃卮关壨傥峻憙奋嘺—ー吤噤夔傎勹彊奋伻㊉㏍刜夼宰她宰摽⇑

关键词：㊉㏍刜夼宰暻傎勹彊奋忾暻傥峻憙奋嘺—ー

Professor Liu Xiuyan's Experience of Treating Primary Dysmenorrhea with Cold Coagulation and Blood Stasis

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Abstract: Tutor Professor Liu Xiuyan believes that the fundamental primary dysmenorrhea of cold coagulation and blood stasis lies in Yang deficiency and stasis, kidney Yang deficiency, qi and blood, wet moisture, phlegm turbidity, blood stasis block cell veins, palace, or Yang Yang deficiency, cold evil takes the opportunity to invade the palace, qi and blood operation is not smooth, not general pain. Liu Shi believes that the previous and later period for the most female menstrual Yang filled, Yang filled is the blood filled, make menstruation smooth discharge, promote transformation, the old and new. Therefore, in the treatment, Liu Shi advocated the main menstrual later period, according to the menstrual Yin and Yang to harmony Yin and Yang, pay attention to warm kidney Yang, Yang long Yang Yin, make blood stasis phlegm turbidity Yang to change, endometrium can be smooth stripping, Yang long to heavy Yang Yin long, menstruation. This article summarizes the experience of Professor Liu Xiuyan in the treatment of primary cold coagulation and blood stasis dysmenorrhea.

Keywords: Primary dysmenorrhea; Cold coagulation blood stasis; Less abdomen

㊉㏍刜夼宰┳ 徥呖匸倍刜攉嗨仗偭吳呉呜仗恺刜夼ㄣ磬log咶刜丅墇┐ 峻懹厹匿刜太夼⇐峻懹伧岩[1]⇑ 傝儽∠嬅崀吃卮啾卤拗咶她偳悳剖家忒┳ 聲夼宰她㏍㏍攉└ 傎口俱ㄊ妠デ⇑ ⇖學挪·┻ 夼忿⇗咻暉T 傎嘐偶╝ 峉俠磬儿峉傎磬峉傎儿尅Ⓛ……叻㈹埘扁夼磬澤垝儿夼嫩嗒⇑ ㄚ垝尉傲呖勍悚她圍埆磬伉圍埆她墆侁┐ 彊回慱彐一击磬傎勹她墆侁┐ 儿勹埈┐ 彐⇑ kℓ墠磬彊嬝憴埆儿崭僈哞挨磬憴傎儿尅Ⓛ傲孺⇑ 勍▾ 伉傎勹彊奋伻㊉㏍刜夼宰她噤夔┐ 磬∠嬅崀吃卮▾ 圍岧ㄈ捩⇐呻偍婤傎⇐卄奋嗒夼┳ ┳ 徥噤夔㊉儿磬噻扇怫噤宰ㄟnm咶她揗捩嘐彊囊�磬怫丁揗捩磬慄壹嘐彊磬号亂倍刜咪⊡ピ墆侁她侮怫⇑墇傚∠嬅崀吃卮关壨傥峻憙奋嘺—ー吤噤夔傎勹彊奋伻㊉㏍刜夼宰她妠デ宰摽▉ 宰俏┐ ⇑

1 病因病机

⇖扊(ㄷ)徥处·俓▄ 咭夼峉忤兢噤⇗┤ 厖丅暉T 宰嚶┐ ∟磬傥峻均夼磬宰┆ 咔へ徨屘磬伋璽啾合┳ ┻ ⇑ ㄚ慷呖墇偊ᵐ,ᵢ▸ (ㄐ)‖ ┤ ㏍墇她呱吹傚夼宰噤夔吟巡她忝慁⇑⇖怠夼在な忿⇗厖丅磬冶倍刜嘐彊庮冯呀磬峉峉傃呋ᵡᵞ ㄷ搢傎揗口她懘嘐ぅ鬱磬【ラ峉丁◑ 峉ㄖ峎ᵡᵞ卞磬伉宰咱丅墇峻夼她失堳⇑ ⇖伈嚯刽冷·偷倍咔嚶咾峻夼⇗禲暉T 偷倍咔嚶咾峻夼屘磬▾ 侨奴┼ 崟磬巕(七)咢丁磬処婧┐ 偠磬挽┳ 傎嘐勍偶磬ナ彊└ 嘐┣ ┐ 嚦∟磬崠▹ 咔嚶家厧╝ 峖峻挽磬 ㄹㄷ 太夼⇑ ㄚnA徨磬學⊡嗓庮磬傎懘惁咪ぅ鬱峉屘磬└ 彊妠厧家磬傎刜叵冢⇐傎懘勹埈磬傝崠彊回勹家磬慱彐侮壹磬咔╙ ㄟnm宰彊┐ 噻ラ◑ 磬甍┆ 嗕一扇嘐彊侏佺磬▌ 慄儿夼[2]⇑

1.1 岧捩┐ 惋┳ 咤

㊉㏍刜夼宰她㏍㏍攉偁└ 岧捩咢ゲ咕デ⇑捩嘐┐ ▌ 峎即ㄩ嘐彊她慱彐磬冑┘ 咕ㄈ╝ 奋彊她mV叵磬kℓ呀傚嚶圢嘆回她慱卄┼ 咕妻扇徥她× 壨[3]⇑嶙岧捩咢妘磬ラ◑ 嚦慄┐ 壹磬ㄚ凤冢惀夼宰⇑ ⇖ピ宰⇗╟ 暉T 岧屘┳ 廩磬翛庫┻ 咤磬孤

⊥ 佝┣ ⇑ ㄨ 岩┳ 庳孤罊ピ傭グ揗グ捩罊┳ 嚶垓⊥ 峇罊┳ 壩嗨扉孳岶峇⇑ ラ峇Ｔタ♂揗崟嘐当罊└ 岩峇妠兢扉┐ 彐暻◑ 峇┳ 揗峇⊥ 囁罊伉峻懹└ 岩峇妠嘬⇑ 叻ラ◑ ┘ 峇└ 岩妠慄罊岩捩ゲル◑ ラ峇妘罊ｱﾙ⁻⊥ ゴ侨媔悊┓ 惋罊岩嘐┣ 庮罊勃學⊡庮冯罊欥偈偁、 罊屡 ⅱ孤彉罊卡寀nm彉囁咍呜┓ 惋罊▼ 崠ラ◑ 岶偍峇宾侮ノ罊┓ 巕儿夼[4]⇑

1.2 傎勹彉奋┳ 唅

佶刜兑兑傿侚┚ 傎圢墆侁┐ 罊兜呀┓ 噻劂こ呻罊┓ 愨懇搢傎罊亢搫傎ヵ壩口⊥ 严罊┓ 吡卞ⅱ咪⊡捩嘐罊嗓へ佶刜寀咥彉偷侧冗罊傎┳ 揗懘罊呋颩捩♪ 罊旻ぅ■ ⊡罊懘偶┚ ラ◑ ⇐岶偍罊傎懘勹垵叵冢罊卞ⅱ捩嘐罊傝崠峇憺叵冢罊寀彉慱彐┓ 壹罊勹垵┓ 慄屚劻奋[5]⇑ ⇖俓■ 侧ダ嵑吤⇗╟ 暉Ｔ 夼寀偁壯傎嘐偶┚ 彉偷罊彉勹┓ 彐罊家媔彉┳ 嘐勍ラ罊吣彉└ 叻彉妠厧罊勍▾ 勹⁺夼⇑ ㄨ 彉憴傎儿勹垵┓ 慄罊嗔俠寀嚶┤ 奴嚶慆偁罊嚶憴傎儿劻┳ 圢⇐嚬⇐奅嫽夼墠、 堜罊┣ ♂傝崠奋捭┓ 慄她怦な丁墇[6]⇑

2 治疗经验

2.1 噤儿噤噱

厶嫜嵬吃卮忒┳ 罊夼寀◇掫咔寀log咱屚勹⁺罊└ 寀咱㊦寀咱ㄨnm堡嗣她壩墠堳分咕デ⇑ 骂彐寀咱挽罊ラ◑ 嘐彉挑丆罊寀咱ㄨnm彉囁壯均姘屚噩圬罊嘐彉偳妘屚撐庮罊呋ｷﾝ崠夼伶學兟勸屚勹⁺夼⇑屚傎勹彉奋伻㊉勹⁺剃夼寀▾ 捩庮奋捭┳ 啓处罊孳學⊡┚ 捩┓ 惋罊傎懘ピ壩罊牣伶兑傿侚┚ 揗口傎圢墆侁⊥┤ 屚┓ 吡卞ⅱ捩嘐罊崠【咪⊡捩嘐┓ 惋罊侮┚ 圍埠⇐即�吳ㄊ罊寀峇嘐彉慱彐┓ 壹罊嫦峇匿刚叵尅罊叻┓ 慄儿夼罊 │ 屚冢勹⁺夼寀[7]⇑ 啾鹵┳ 六復傒罊乙儽忒┳ 伉寀ㄨnm咱傚ナ懘彐噤夔叼哖咱《罊衿┳ 寀ㄨnm(ㄉ)咱(有)寀ㄨ扇捩寔匷咱罊伉扇捩她凅中┐ 罊捩嘐呂妘罊ラ◑ 彉囁ゲ姘罊寀咱彉囁壯均屚圢罊㊉吷侜吣⇑ 勍▾ 伉噤夔┐ 噻扇圍岩ㄈ捩▾ 关寀ㄨnm咱她揗捩嘐彉囊ㄩ罊嘽嘐囊彉▾ 慄壹嘐彉罊【咔寀摇ㄴ卵丁罊ぇ懘愰ㄓ罊ㄓ奋婤奅掃圢▾ 号亂倍刜咪⊡ピ墆侁她侮怫⇑ 吤ㄨ宦劻┳ 瞫跣俵 9g罊冒岑擘 30g罊冶况 15g罊悶嵊 15g罊儥翁 15g罊岊唜 6g罊幏敖 15g罊唜哗 6g罊帎┣ 偠 20g罊寍吡 15g罊埯伐敖 20g罊妍嗶鞠 30g罊(ㄉ)依 12g罊捷妄 12g罊 堕崋 15g罊摝挹 15g⇑

2.2 吤巡乙哑

傥峻憙奋嘺忝慁┚ ⇖(ㄆ)哓号拡⇗罊壯囹▸ fm(ㄆ)塼囹◑ 搿Ｘ罊峎侨圍寀合傎罊嗒夼怫寀罊嫳μℓ傎尉埆⊥ 罊┓ 慄儿夼罊慄儿┓ 夼她墠凿⇑ kℓ呀墇▸ 娀媲┣ 彙呉罊傥峻憙奋嘺峎侨勲ㄹ COX-2 戢她囊刜罊 │扉一傥 PGF2α她ㄊ扉罊一愿夼寀她勹⁺壩⇑勍▾ 厶嫜嵬吃卮噤夔傎勹彉奋伻㊉勹⁺剃夼寀▾ 寀吤傥峻憙奋嘺┳ 佢娘吤罊成○ 寍吡⇐帎┣ 偠罊扇伉圍彙岩捩罊捩呂儿彉峇嚦慄罊兢峎弧徼ピ崺唗奋彉暻岊唜┐ 彐扉彙岩垮罊峎囆┐ 埔⊥ 揗傎罊┚ 岊唜圍岩罊健扉┐ 悻罊峎侨傴圍埆⊥ 嘐┆ 旻壽┚ ┐ 埔罊ぇ懘┐ 埔嘐卅暻唜哗┐ 彐扉勹⁺合罊┘ 峎夕处勩捩▾ ㄈ处捩罊处捩澤圍罊处嘐ゲ嗋罊儿彉峇nA嗓兑慱彐罊┚ 唜哗└ 圍墠巡堜成μℓ慶二咕┆ 偯她勷垠按夼叼哖暻摝挹夏岓怫寀罊墠嘐徼懧嗒夼暻 妍嗶鞠囊彉婤奋慄寀罊峎侨┆ ⊡她彉回孔奠罊一击彉回嚦壹罊慶峎侨志偠偍她兟圾岌卜悅罊【偠偍循凔刜叵尅罊┚ 侈一叵尅兗奠暻墮崋怫彙嚶彉罊囊彉慄寀罊冢彉┐ 彐罊墇▸ 巡墠娀媲彙呉罊墮崋咕勷垠按夼× 壨暻㈦依⇐捷妄埻圢卌奅八彐嘐罊嗔俠㈦依ねㄈ岊唜⇐帎┣ 偠嫽彙処岩捩庮⊥ 巡罊nA▾ 慱ㄈ婤掃岶偍┤ 她奅圢ㄊ叼[8]暻埯伐敖彙岩ノ揗罊兟录揗捩罊揗┤ 嘪捩罊成妍嗶鞠⇐儥翁⇐冶况儿ㄊkℓ仭堜罊峎彙彉ノ彉罊墠彉怫寀罊┚ 埯伐敖㊤峎ㄇ唜况翁⊥ 埻⇑

寬┐ 勍憇罊怠巡μℓ壨罊テ俜圍岩ㄈ捩⇐呻偍婤傎⇐卌奋嗒夼⊥ ㄊ⇑ 嗔吤伉夼寀她噤夔慮媝┤ 罊堡垱┳ 暉暨1暩▾Ｔ 圍ㄨ┳ 咤罊吤┤ ▾ 圍捩┳ ┳ 罊屚毘呻偍婤傎⊥ 叼罊傎懘合㊋罊彉峇慄壹罊儿吳太夼⇑ 暨2暩▾Ｔ 慄ㄨ┳ ┳ 罊慄慮圍慄寀峇卌奋罊 奋囆儿寀峇岶宾慄壹⇑暨3暩妻妹┚Ｔ 怫噤寀ㄨnm咱她揗捩嘐彉囊ㄩㄨ 罊怫丁揗捩罊慄壹嘐彉罊号亂倍刜咪⊡ピ墆侁她侮怫⇑

3 病案举隅

匊屘罊倍罊22 僖罊咢倚罊吳刜壩囊kA罊2021 兡 3 咔 20 吵凵忴⇑ ┳ 忳暺彐寀咱┐ 峻口夼 4 兡⊞⇑ LMP暺2021 兡 3 咔 10 吵⇑ 扉┤ 嫽罊搗岦呼安罊咕侧扉彉传罊寀咱儀峻太夼慆┳ ┣ 垹罊傮ナ寀咱嫳 1~3 吵夼壤罊彉传┐ 儿太夼一愿罊◇勓岡ョヵ⇑ 匊屘挑學咔寀循凔罊咔寀凵抓兡斃┳ 14 僖罊寀咱 6~7 侨罊log咱 25~31 侨⇑ ⁾¯咘嗒夼巡nA寰微⇑ 吴凋⊡ゃ罊吳巡堜㊦搫堜慮叮kA⇑ 崒困孻罊处咕斀夸罊嶍庈奶罊峇暾寀⇑ 呼俓娾净惃咢徨呉呜写兑⇑ 健(ㄆ)忴吡暺㊉勹⁺剃夼寀⇑ ┤ (ㄆ)忴吡暺夼寀暨傎勹彉奋忤暩⇑ 侚吤暺傥峻憙奋嘺一一 吤巡宦劻暺跣俵 9g罊冒岑擘 30g罊冶况 15g罊悶嵊 15g罊儥翁 15g罊岊唜 6g罊幏敖 15g罊唜哗 6g罊帎┣ 偠 20g罊寍吡 15g罊埯伐敖 20g罊妍嗶鞠 30g罊(ㄉ)依 12g罊捷妄 12g罊 堕崋 15g罊摝挹 15g⇑ 9 ▧ 罊吵 1 ㎜罊200ml 冗嚶ラ咘罊搯nm 1h 吹周圍咘⇑ ┚ 寀ㄨ 6 侨冗俬咘壨罊咘峇咔寀嫳 3 侨⇑ 2021 兡 4 咔 30 吵┘ 忴暺LMP暺4 咔 8 吵⇑ 嗔嗂寀咱咢咘壨嗒夼巡罊⁻咘┤ 巡シ埜搓子㎜nm彐寀咱儀峻太夼⇐勓岡ョヵ失堳慆ㄨ寰微罊崒困孻罊¯ 咕斀夸罊嶍庈奶罊峇暾寀⇑ 展庬叼┐ 咍吤罊憲冑寍└ ▾ 冶ㄨ吤㎜懘彐噤夔⇑ 2021 兡 6 咔 1 吵┌ 忴暺LMP暺5 咔 10 吵⇑ 匊屘彐寀咱儀峻太夼失堳呉呜寰微罊勓岡ョヵ呉呜寰微罊崒困罊嶍庈奶罊峇暾⇑ 仆ナ冑咘ㄨ吤 9 ㎜⇑ nm掫忪 3┤ 咔罊咢へ侚勹⁺⇑

4 小结

厶嫜嵬吃卮匚丁罊告刜學⊡捩嘐┓ 惋⇐亢墦傎ヵ壩口撙墦⇐媷彗┓ 呻┓ 懇搢傎嫽┐ 嵑壩囊┣ 剴└ 傎勹彉奋伻㊉勹⁺剃夼寀她勹⁺壩偵ㄊ妠デ罊捩嘐┓ 惋儿侮┚ 圍埠罊彉回勹家罊奋捭┓ 慄暻悀ヵ撙口⇐べ掰曬嚶儿傎懘旻ぅ■ ⊡罊勹垵嫣峇罊崠傎勹彉奋罊崠【寀咱彉回慱彐┓ 壹罊┓ 慄儿夼罊勹⁺ 夼寀⇑噤夔呀┚ 咔寀偡咾⊥ 呀㊦呀圍岩ㄈ捩罊嘽嘐囊彉罊【奋澤卌罊傎澤婤罊峔峇慄罊彉澤圍扉彐罊彉彐奋崕㊋罊

ㄷ┤ 傎ㄅ彉奋┻ 夼咪螫二咕圍憟婤奋┻ 叼螫寀彉摇ㄴ圬噩螫太夼崨囆⇑ 嗔俠螫∠媩衷吃卮┺ 芻屘巡堜噤夔她kℓ呀螫慶仆三芻屘伉吵兑攉囊┤ 关僥扉懇シ搀口搫ヵ螫 噻劂こ呻兢こ匷処剞剿剔螫俖刜乜咕巡堜怫墠└ 循滄她搀搫←攉囊┼ 剴妠家μℓ螫吤nA�ㄷ咍俍她噤夔叼哖⇑

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