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豨莶草治顽固性失眠症

孙崇恕 孙崇娟

(内蒙古自治区包头市昆都仑区医院 包头 014010)

关键词: 顽固性失眠症; 不寐; 豨莶草; 归脾汤; 朱砂安神丸; 黄连阿胶汤; 病例报告

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豨莶草,《新修本草》谓:“辛苦,微寒。归肝肾经,祛风湿,通经,解毒”。其苦寒入肝肾,豨莶草通过清肝肾郁热达到镇静安神的作用。顽固性失眠患者多兼肝肾郁热,热侵心包,致心肾不交而失眠。临床经常遇到失眠患者,症现复杂,如:体倦神疲,头眩目重,面色不华,脉细弱,舌淡等,为血不养心,用归脾汤可愈;血虚失眠者,又往往引起心火偏旺,出现烦躁、多汗、口舌干燥等症,用天王补心丹或朱砂安神丸皆可;如证见头晕头胀,惊悸等则属肝阳偏旺,方用琥珀多寐丸治疗;还有肾阳不足,心火独亢引起失眠,称心肾不交,可用黄连阿胶汤。

以上几种类型多反复发作,在辨证论治的基础论加豨莶草 20~30g,都能很快好转直至痊愈,很少复发。另外,门诊又

常遇到饮食积滞和痰火中阻而引起失眠,即《内经》所谓“胃不和则卧不安”。此症治愈后多无反复。

典型病例:李某,女,37岁,1997年5月30日寻余就诊。自述:头晕头胀,眼干涩,腰膝酸软,口干咽痛,盗汗,心烦,手足心热,便秘,失眠健忘已2年余。自服过知柏地黄丸,朱砂安神丸等,疗效不显。望诊:面色憔悴,两颧嫩红,舌红无苔。按诊:脉细数。诊断:此乃肝肾阴虚,心肾不交而致失眠症。初用黄连阿胶汤加减,效果不显,继用一贯煎加减加豨莶草 20g、沙参 20g、玉竹 20g、川楝子 20g、枸杞子 10g、当归 20g、生熟地各 20g、麦冬 20g、玄参 20g、山萸肉 20g、豨莶草 20g。3剂,水煎服。3剂显效,6剂痊愈,随访2年,未见复发。

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