

# 崔云教授扶正清毒治疗前列腺癌经验

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**摘要:** [目的] 介绍崔云教授以扶正清毒法治疗前列腺癌的经验。 [方法] 通过采集和分析崔师治疗前列腺癌的临床病例, 结合其临证治疗前列腺癌的所谈所述, 在充分认识病因病机的基础上, 全面总结崔师辨治前列腺癌的经验, 并举典型医案加以论证。 [结果] 崔师认为, 前列腺癌好发于 55~80 岁的中老年人, 天癸衰竭、正气亏虚为发病的内在基础, 正虚影响代谢, 形成水湿、瘀血等病理实邪, 留滞前列腺, 蕴结腺体, 导致前列腺阴阳失衡是产生癌邪、形成前列腺癌的关键。 治疗上秉持“持续扶正, 适时清毒, 随证治之”的原则, “持续扶正”, 原因在于患者年老虚损, 更经癌邪、手术或放化疗损伤, 正虚更甚, 故当扶助先后天之本, 重视补脾、以善其肾, 肝肾同求、益精壮骨; “适时清毒”, 原因在于患者接受放化疗即为清除癌毒的过程, 且久用清除湿热痰瘀之毒的药物, 有碍正气恢复, 因此要根据舌苔、脉象及证候改变, 阶段性清除; “随证治之”, 即根据前列腺癌合并的尿路及其它进展期症状、放化疗及手术后遗症的不同, 识别病机, 灵活用药。 所举医案中, 患者已行前列腺根治术, 元气受损, 脾肾亏虚症状明显, 辨为脾肾两虚、气血不足证, 治以温肾益脾、补气养血, 以圣愈散化裁持续扶助正气, 依据舌脉及证候表现等适时清除毒邪, 并顾及兼证, 综合治疗中使患者病情得到平稳控制, 是理法有效之体现。 [结论] 崔师辨治前列腺癌秉持扶正清毒的理念, 重视固护正气, 少用峻猛之品, 方药精简, 配伍得当, 效果显著, 为本病的临床辨治提供了新思路。

**关键词:** 前列腺癌; 持续扶正; 适时清毒; 随证治之; 带瘤生存; 名医经验; 崔云

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**Professor CUI Yun's Experience of Strengthening the Body Resistance and Eliminating Toxins on the Treatment of Prostate Cancer** XU Xinyu, GUAN Pengfei, YING Zhikang, et al *The Third Clinical Medical School of Zhejiang Chinese Medical University, Hangzhou (310053), China*

**Abstract:** [Objective] To introduce Professor CUI Yun's experience of using the method of strengthening the body resistance and eliminating toxins in the treatment of prostate cancer. [Methods] Based on the collection and analysis of Professor CUI Yun's clinical cases of prostate cancer, combined with his talks and narration in clinical treatment of prostate cancer, on the basis of full understanding of the etiology and pathogenesis, the experience of Professor CUI Yun in differentiation and treatment of prostate cancer was comprehensively summarized, and a typical medical case was cited to demonstrate. [Results] Professor CUI Yun believes that prostate cancer likes to occur in old middle-aged and old people, such as 55~80 years old. Gradual exhaustion of Tiangui and deficiency of healthy Qi is the intrinsic basis of the disease. Deficiency of healthy Qi affects metabolism, forms pathological excess evils such as dampness and blood stasis, stagnates in prostate, accumulates glands, and leads to the imbalance of Yin and Yang in the prostate, which is the key to produce cancer evil and form prostate cancer. In treatment, the principle of “continuously strengthening the body resistance, timely eliminating toxins, and treating according to the symptoms” should be upheld. “Continuously strengthening the body resistance”, the reason is that the patient is old and weak, more survives from cancer, surgery or radiotherapy and chemotherapy damage, the deficiency is more serious, so it is necessary to support the congenital and postnatal foundation, pay attention to tonifying the spleen to support the kidney, treating the liver and kidney at the same time, tonifying essence and strengthening bone; “timely eliminating toxins”, the reason is that patients receive radiotherapy and chemotherapy which is the process of removing cancer toxins, and the long use of drugs is to remove the poison of damp heat, phlegm and

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blood stasis, hindering the recovery of healthy Qi, so the toxins should be removed in stages according to the change of tongue coating, pulse and syndrome; “treating according to the symptoms”, that is to identify the pathogenesis and use drugs flexibly according to the different urinary tracts and other advanced symptoms, radiotherapy, chemotherapy and surgical sequelae of prostate cancer. In the medical case, the patient had undergone radical prostatectomy, which led to the vitality damaged and apparent symptoms of spleen and kidney deficiency, and was differentiated as the syndrome of deficiency of the spleen and kidney, Qi and blood, treatment of warming the kidney and nourishing the spleen, tonifying Qi and blood was adopted, and Shengyu Powder was used to strengthen the body resistance continuously, timely eliminating toxins according to the change of tongue coating, pulse and syndrome, at the same time, caring accompanied symptoms. The patient’s state of disease was controlled smoothly with comprehensive treatment, which reflected the validity of the theories and methods. [Conclusion] Professor CUI Yun’s differentiation and treatment of prostate cancer adhere to the concept of strengthening the body resistance and eliminating toxins, pay attention to strengthening and protecting healthy Qi, use less harsh and fierce products. He has simplified formulas, appropriate compatibility, and remarkable effect, which provides a new idea for the clinical differentiation and treatment of this disease.

**Key words:** prostate cancer; continuously strengthening the body resistance; timely eliminating toxins; treating according to the symptoms; survival with tumor; experience of famous doctor; CUI Yun

前列腺癌是前列腺上皮细胞恶性增生所致的一种泌尿系肿瘤,表现为尿急、尿频、尿线变细、排尿困难,以及尿血、尿失禁、尿潴留等,晚期多发生骨转移,引起剧烈骨痛,目前已成为严重威胁我国中老年男性健康的泌尿系恶性肿瘤<sup>[1-2]</sup>。现代医学多采用手术、放化疗、内分泌治疗等手段遏制肿瘤进展,但在改善患者的虚弱症状、调节免疫及延长中位生存期等方面未体现出优势,反而伴随骨髓抑制、肝肾损害、术后尿失禁及焦虑抑郁状态等<sup>[3]</sup>。中医治疗癌症,秉持《内经》所言“大积大聚不可犯也,衰其大半而止,过则死”的理念,主张“带瘤生存”,重视培护正气、提高患者生存质量<sup>[4]</sup>。崔云教授系全国老中医药专家学术经验继承工作指导老师,浙江省名中医,潜心中医临床近40载,具有丰富的男科疾病诊治经验。崔师诊治前列腺癌,秉持“持续扶正,适时清毒,随证治之”的原则,重视扶助正气,善于随证化裁,用药灵活,思维巧妙,现将崔师诊治此病的经验介绍如下,以飨读者。

## 1 前列腺癌的病因病机

**1.1 天癸衰竭、正气亏虚为发病的内在基础** 《内经》认为男子从“二八”至“四八”是肾气逐渐充盛的过程,其间化生天癸而具备生育功能,筋骨渐壮,肌肉渐丰,毛发、牙齿渐盛,五脏六腑受肾气之养,各自紧密协调,使得正气充足于内,御邪能力强,有贼邪而不能害其身;调节能力强,即便为邪所伤,亦能快速恢复。而“五八”之后,肝脾肾渐亏,筋骨、肌肉失养,天癸由衰至竭,正气逐渐衰少,此时机体抵御外邪的能力大大降低,成为了邪气入侵的内在前提。前列腺癌是典型的老年性疾病,患者发病年龄多在50岁以上,尤其好发于55~80岁的中老年患者,早已进入《内经》阐述

的“七八”及“八八”之年,天癸将竭或已竭,五脏虚损,功能减弱,正气衰微,导致机体御邪和祛邪的能力减弱,成为前列腺癌发病的内在基础。

**1.2 湿瘀互结、阴阳失衡是癌邪产生的关键** 崔师指出,不良的饮食和生活习惯是导致前列腺癌的重要诱因,包括饮食不规律、淫欲不节制以及情志抑郁不遂等。前列腺癌以正气内虚为发病的前提,而发病的关键不离“湿瘀”。首先,湿性趋下,体内水湿经尿液排泄最多,前列腺居于下焦,包裹尿道,是水液代谢的路径,容易为湿邪所困,若嗜好肥甘厚味,久蕴湿热,有碍于脾胃运化,影响膀胱气化。尿道失利,湿邪排泄受阻,则蕴结不去,阻滞脉道,血不利而为瘀;《内经》认为“内伤于忧怒,则气上逆……而积皆成也”,情志不遂,气机不畅,精气血津液运行受阻,则水聚为湿,血滞为瘀;或淫欲无度,前列腺腺体长期充血,气血运行不利,兼久耗肾水而虚火灼血,则瘀血亦成。湿性黏滞,久蕴生热、成痰,如此湿瘀胶结诸邪,困遏前列腺,腺体堵塞,排泄失司,气血运行障碍,阴阳失衡。阴阳平衡被打破,且正气亏虚不能及时恢复,则局部组织异常分化,形成癌毒(即癌细胞),前列腺癌即由此产生。湿瘀诸邪持续胶结,癌毒不断扩大、侵袭、转移,消耗机体气血,如此恶性循环,导致肿瘤日积而大。

综合而言,崔师提倡“虚”是疾病产生的内在基础,“湿、热、痰、瘀”是在“虚”的基础上形成的实邪,尤其以湿瘀互结为诱发诸邪的关键,打破前列腺甚至机体的阴阳平衡,导致癌毒的产生,同时使前列腺癌呈现本虚标实证候。

## 2 前列腺癌的治则治法

**2.1 持续扶正** 所谓“持续扶正”,就是在前列腺癌

治疗的全过程中要始终注重固护正气、培补真元,从而提高患者免疫力,增强抵御邪毒的能力。中老年患者肝脾肾等脏腑衰退,《灵枢·刺节真邪》言:“真气者,所受于天,与谷气并而充身者也。”先天渐竭,后天失养,真气衰微,正气内虚,加之癌邪具有消耗气血精微之性,亦有部分患者经手术、化疗、放疗等损伤正气,破坏免疫系统而难以修复,综合之下,呈现一片虚象。崔师指出,虚是前列腺癌患者的本质所在,因此扶正之法应用不疲。

**2.1.1 重视补脾,以善其肾** 前列腺属生殖器官,为肾所主,固护肾气是治疗前列腺癌的重要手段。《十便良方·补虚损等疾诸方》言:“补肾不如补脾,脾胃既壮则能饮食,饮食既进能至荣卫,荣卫既旺,滋养骨髓,保益精血。”<sup>[9]</sup>脾为后天之本,水谷精气借助脾的运化输送五脏六腑,先天肾气已不足,后天之脾当强健。前列腺癌具有典型的雄激素依赖性,微量雄激素即可激发其生长,而包括淫羊藿、巴戟天、杜仲、肉苁蓉、菟丝子等在内的补肾壮阳中药,具有类雄激素样作用,可提升血清雄激素水平而诱发肿瘤进展<sup>[9]</sup>,因此崔师遵循“重视补脾,以善其肾”的原则,避免使用此类补肾壮阳药,防止升高雄激素的弊端。临证见前列腺癌患者面色萎黄或苍白,精神萎顿,倦怠乏力,脑窍晕眩,大便稀溏等,崔师善于从脾论治,用四君子汤、补中益气汤为基础方培补中焦;胃纳欠佳者,善加生麦芽、生麦芽、砂仁、神曲、生山楂理气和胃、消食磨积;大便稀溏明显者,加补骨脂、五味子、益智仁温肾收涩;头目空眩者,配红景天、绞股蓝益气活血,加川芎升提气血;贫血者,加熟地、阿胶、白芍补益精血等。

**2.1.2 肝肾同求,益精壮骨** 前列腺居少腹,处于肝经循行路径,因此前列腺癌的发生发展与肝密切相关。《素问·阴阳应象大论》认为“肾生骨髓,髓生肝”,肝藏血,肾藏精,精血互化而生生不息;肝主木,为肾水生,肾阴滋养肝阴而使肝阳不亢,肝肾相火协调而使周身温暖。崔师指出,前列腺癌毒具有瘀热、侵袭、消耗的特性,常损伤肾阴、消耗肾精,肾水亏耗则肝阴不足,肾精亏虚则肝血失濡,肝肾精血亏虚则骨髓失荣,导致骨骼正气亏虚,癌毒连同痰湿热瘀诸邪阻滞骨内,导致转移性骨癌的产生,骨间气机阻滞,不通则痛,不荣亦痛。临床见腰膝酸软、口干口渴、烦躁不安、盗汗失眠、面色潮红或伴骨骼疼痛者,崔师遵循“肝肾同求,益精壮骨”的原则,善用六味地黄汤化裁以肝肾

同补,兼顾脾土,清湿热蕴结之弊,复精血互化之势,填骨髓耗损之虚;口干口渴明显者,加石斛、天花粉、麦冬;盗汗者,加黄柏、知母、百合;肝火偏亢者,加栀子、生地榆、玄参;骨痛者,加骨碎补、补骨脂、续断。

## 2.2 适时清毒

**2.2.1 把握时机,脉证合参** 所谓“适时清毒”,即清除癌毒的中药多寒凉、清利,持续用之于机体正气有损,毒邪的积聚是由少到多的渐进过程,清毒之后,毒邪由多变少,之后又将逐渐聚集,积累到一定程度后,患者身体症状发生改变,便再次进入清毒的合适时机,因此清毒应当间断进行。而部分患者行放疗或化疗以遏制肿瘤进展,亦是清除癌毒,此时不应再用清毒中药,以免加重机体正气损耗,用药当重在扶正,补益虚损;当放化疗告一段落,患者体质恢复尚可时,再酌施清毒中药。对清毒时机的把握,崔师认为可从症状、舌脉、前列腺特异性抗原(prostate specific antigen, PSA)水平三个方面进行判断,如患者平素乏力、多汗、虚损象显著,但近期出现口干、口苦、胸闷脘痞、睡眠欠佳、心烦等,舌质由淡向红转变,舌苔由薄少向淡黄、黄腻转变,属邪气复来之象,此时应当逐渐配入清毒中药。崔师指出,PSA水平是前列腺阴阳失衡的特征性指标,前列腺炎、前列腺增生及尿潴留等亦可引起PSA水平升高。前列腺癌患者下焦湿热,痰瘀毒蕴结,损伤阴分,阴不制阳,虚火妄动,导致PSA水平升高。综合这些证候进行判断,或逐渐清毒,或定期清毒,均能使癌毒得到显著控制。

**2.2.2 以清除湿热痰瘀为要** 崔师指出,“毒”的范畴非常广泛,除癌毒之外,亦包含化疗药毒、环境毒物等,它们同前列腺癌毒一样,具有依附的特性,产生之后并非单独存在,而是与诸邪胶结,变为湿毒、热毒、痰毒、瘀毒等,故清除湿、热、痰、瘀,便能破癌毒之依附,使癌毒得清。使用清毒中药不离扶正之本,故常配入扶正方药之中,毒盛时,扶正清毒各半,毒衰时,扶正当司九成之多。毒邪胶结,兼证居多,化裁加减,要先明确不同毒邪的清除方法,清除湿毒,崔师常配泽泻、猪苓、萆薢、黄芩、秦皮等;清除痰毒,加浙贝母、制半夏、紫苏子、苍术等;清除热毒,加生薏苡仁、豨莶草、生地榆、连翘、贯众等;清除瘀毒,常用牛膝、虎杖、益母草、刘寄奴、丹参等。崔师崇尚中和思想,不用峻猛之品,以上诸法又可配蒲公英、白花蛇舌草、藤梨根、生苡仁等性偏平和且兼具抗癌效果的中药,常能

于平淡中见新奇。

**2.3 随证治之** 所谓“随证治之”,也可称为“随症治之”,崔师常言,有其“证”必有其“症”,二者是因果、表里关系,要通过“审症-诊病-辨人(体质)-识证”的诊治模式,细致辨别患者症状的变化,精准把握病情发展不同阶段的病机,施以针对性药物。

**2.3.1 治疗尿路及疾病进展症状** 前列腺癌早期以尿道梗阻或尿道刺激症状为主,随着病情衍变,出现肾阴亏虚、阴损及阳、气血亏虚及骨转移的相关症状,影响患者生活质量。崔师指出,处理这一类症状,尤其要重视化裁,利用有效的几味中药,发挥针对性效果。对于尿急尿频者,属肾气虚而不固,可在补脾基础上配入乌药、益智仁、桂枝、五味子等扶助肾脏气化,固肾缩尿;B超提示残余尿多或尿闭者,因肺为水之上源,华盖不起则三焦闭塞,可配入炙紫菀、桔梗、麻黄等宣发肺气,促上焦肺气之流通,成“提壶揭盖”之法,上焦气机畅达则下焦通利;排尿困难、尿线变细者,因痰瘀之邪阻滞前列腺,压迫尿道,可配入浙贝母、苦参、当归等,消痰逐瘀、软坚散结,解除腺体遏弊,复尿路之畅达;出现血尿者,在辨证论治基础上,崔师常配入烫狗脊及仙鹤草,前者为止血之良药,兼能补益肝肾,后者收敛止血,并善补虚损;对于阴损及阳见手脚发冷、精神萎靡者,加桂枝、干姜、公丁香;见面色萎黄,眼睑结膜、甲床苍白,神疲乏力等气血亏虚症状,可配白芍、当归、熟地、鸡血藤、阿胶等。

**2.3.2 调治放化疗及手术后遗症** 西医治疗前列腺癌的手段包括放疗、化疗及手术等,在遏制肿瘤进展或根治肿瘤的同时,会不可避免地损害人体免疫系统,损伤机体元气,从而引发除前列腺癌之外的症状表现。崔师结合患者的基础治疗手段及症状表现,辨证运用中医药治疗,常收效明显。如放化疗损伤胃黏膜,可引发恶心呕吐、胃纳欠佳、腹泻等,治疗上重视健脾和胃,胃降则呕吐止,脾升则泻止食消,崔师常予炒鸡内金、生谷芽、生麦芽、陈皮、生山楂等健脾开胃,呕吐严重加制半夏、竹茹、茯苓,泄泻严重者加补骨脂、肉豆蔻、芡实等;患者受放射线热毒损伤,津液受损,常见舌红无苔,口干口渴,或多梦、盗汗、便秘,可据证配入百合、麦冬、石斛以养阴生津,便秘严重者,崔师喜将生白芍用至30 g,并配百合,二药相合,通便之效良好;化疗后肝功能异常者,多由肝阴受损,阴阳失衡所引起,可在六味地黄汤基础上加枸杞子、当归、

菊花等,滋水涵木,养肝体以调阴阳;术后伴发勃起功能障碍者,可在补益肝肾的基础上加当归、川芎、牛膝等,畅达瘀血留滞,促进阴器充盈。

### 3 前列腺癌的日常调护

除正虚的内在前提,前列腺癌愈加多发、愈加年轻化,原因在于饮食、情志及淫欲的失调。对于前列腺癌的日常调护,崔师常嘱患者摒弃不良习惯,减少疾病加重的因素。尤其患癌后,患者的意志受损,焦虑、抑郁、迷茫、恐惧等情绪严重,崔师常耐心同患者交流,使其认清疾病真相,合理选择治疗方法,避免陷入误区,可通过快走、慢跑、旅游等方式减轻压力,同时予以玫瑰花、合欢花、郁金、香附、栀子等药物,身心同调<sup>[7]</sup>;饮食上当以粗粮、蔬果为主,佐以肉类,尤以薏苡仁、莲子煮粥,能健脾扶正;对于尿频、尿失禁患者,常嘱患者每日行提肛运动200下,增强耻骨尾骨肌的收缩力,缓解盆底肌群紧张,使下焦气血顺畅。同时避免频繁排精,减少前列腺充血,以固护真元。

### 4 医案举隅

杨某某,男,65岁,退休人员,2019年5月17日初诊。患者2018年8月30日因排尿困难、尿痛、腰痛至当地医院就诊,查PSA水平升高,后至宁波大学医学院附属医院就诊,直肠指检示:前列腺大小约Ⅱ度增生,未及明显结节,中央沟变浅,退出指套无血染。2018年9月13日查前列腺标志物系列示:总前列腺特异性抗原(total prostate specific antigen,TPSA)14.42  $\mu\text{g}\cdot\text{L}^{-1}$ ,游离前列腺特异性抗原(free prostate specific antigen,FPSA)1.21  $\mu\text{g}\cdot\text{L}^{-1}$ ,FPSA/TPSA 0.08。2018年9月19日行前列腺磁共振增强扫描示前列腺小囊肿。前列腺外周带3~6点处异常信号,前列腺癌考虑。2018年9月26日行前列腺病理穿刺活检示:左外:符合前列腺腺癌(Gleason分级评分:3+4=7分);右外:同前;右内:同前;左内:少许良性前列腺组织。全身骨扫描未见异常。确诊前列腺癌后,遂于2018年10月26日在中国人民解放军第八五医院全麻下行“前列腺根治术”,术后伤口恢复可,未予以内分泌治疗,医嘱3个月复查PSA及前列腺B超,TPSA逐渐下降,2019年3月21日为1.37  $\mu\text{g}\cdot\text{L}^{-1}$ 。近半年来,神疲乏力进行加重,易汗出,尿频,偶有尿失禁,夜尿增多,每晚4~5次,为求中医调理,遂来就诊。刻症:患者面色萎黄,精神不佳,情绪低迷,语声低微,少气懒言,手掌不温,舌淡,苔薄白少,脉细弱。证属脾肾两虚、气血不足,治以温肾益脾、

补气养血法,以圣愈散化裁,药用:生地黄 15 g,熟地黄 15 g,川芎 10 g,党参 15 g,当归 15 g,黄芪 15 g,生白芍 15 g,五味子 10 g,红景天 15 g,乌药 10 g,益智仁 10 g,甘松 15 g,大枣 15 g。共 14 剂,日一剂,水煎,分三次服。嘱患者放松心情。

2019 年 6 月 1 日二诊。复查 TPSA  $2.61 \mu\text{g}\cdot\text{L}^{-1}$ ,诉夜尿 2~3 次,尿失禁较前好转,神疲改善,近大便稍溏,每日 2 次。前方去生地黄,加补骨脂 15 g。共 14 剂,服法同前,嘱患者放松心情,每日提肛运动 200 下。

2019 年 6 月 15 日三诊。诉夜尿、尿失禁及乏力改善,大便成形,近日口干,睡眠欠佳,胃纳差,望其舌质偏红,苔薄黄腻,脉细。前方去熟地黄、黄芪,加生地榆 15 g、功劳叶 15 g、远志 10 g、生薏苡仁 30 g。共 14 剂,服法同前,嘱患者放松心情,继续提肛运动,晚八点后少饮水。

2019 年 6 月 29 日四诊。复查 TPSA  $0.87 \mu\text{g}\cdot\text{L}^{-1}$ ,诉口干及睡眠改善,望舌质偏红,苔薄黄,脉细。前方去甘松、功劳叶,加生地黄 15 g、生山楂 30 g、炒鸡内金 20 g。再进 14 剂,服法及其他医嘱同前。

2019 年 7 月 13 日五诊。胃纳可,精神较初诊大有改观,欣然步入诊室,望舌淡红,苔白,脉细。改用六味地黄汤加当归、白芍、乌药、川芎、五味子、仙鹤草扶正治疗。共 14 剂,服法及其他医嘱同前。后每 2~4 周随访至今,每 1~2 个月查 TPSA 均维持在  $0.5 \mu\text{g}\cdot\text{L}^{-1}$  左右。

按:患者已过“八八”之年,脏腑虚衰,又经前列腺根治术后,元气受损,脾肾之气虚衰,故有气虚不摄之尿频、尿失禁,精微不充之神疲乏力、精神倦怠,以及阳气受损之手掌不温等。患者虚证明显,故以扶正为先,以圣愈散配以益气温阳、固肾缩尿之品治疗。圣愈散出自《兰室秘藏》,原用治气血不足之“妇人月经先期,量多色淡,其质稀薄……纳谷不消”<sup>[8]</sup>等,崔师将其化裁,用于前列腺癌术后的治疗,其中党参、黄芪、红景天、大枣益气健脾,配以甘松开郁醒脾,升华其用;益智仁、乌药、五味子固肾缩尿;熟地黄、当归补血,川芎活血使补而不腻;生地黄、白芍滋阴增液,助正气之复。诸药共用,气血津液皆补,成“持续扶正”之基础。后二诊时,药中病机,改善明显,大便稍溏,故去生地黄之寒,配补骨脂暖脾止泻;三诊,诉口干,睡眠、胃纳欠佳,此为湿热之毒积久成多,为清毒之机,故去熟地黄、黄芪之温,加生地榆、功劳叶、生薏苡仁清热解毒,并配远志安神。四诊时,加生山楂、鸡内

金以和胃化浊,生地黄滋阴清热,仍属清毒;五诊时,舌脉改变,表明毒势已弱,故换方扶正,六味地黄汤三补三泄相合,肝脾肾兼顾。后每 1~2 个月查 PSA,均稳定在  $0.5 \mu\text{g}\cdot\text{L}^{-1}$  左右。

## 5 结语

崔师在前列腺癌的治疗上具有独到见解,认为年老体虚、肝脾肾虚损是发病的内在基础,湿热痰瘀阻滞是形成前列腺癌的关键,治疗上主张扶正祛邪兼顾,形成了“持续扶正,适时清毒,随证治之”的辨治思路。这一思路胎息于《内经》所述“正气存内,邪不可干”及“邪之所凑,其气必虚”的思维、中医主张的“带瘤生存”理念以及国医大师何任倡导的“不断扶正,适时祛邪,随证治之”的肿瘤中医辨治策略,崔师结合前列腺癌的发病特点,将其运用到前列腺癌的治疗之中,确立并细致阐发了其具体内涵,包括“持续扶正”当重视补脾、以善其肾,肝肾同求、益精壮骨;“适时清毒”当把握时机、脉证合参,以清除湿热痰瘀为要;“随证治之”当治疗尿路及疾病进展症状,调治放疗及手术后遗症。此外,崔师临证还注重少用抗癌中药,以防加重机体损耗;少用类雄激素样中药,以防促进前列腺癌邪生长;提倡正确对待手术,以尽可能减少并发症;不因为确诊而坚持穿刺以防加重患者心理负担等,这些临证经验均为前列腺癌的临床辨治提供了参考。

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(上接第5页)

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