

# 基于“风气百疾”理论探析白癜风临证论治

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**摘要:** [目的] 探析“风气百疾”理论辨治白癜风的核心病机观内涵,总结薯蓣丸在白癜风诊治方面的应用,为白癜风的治疗拓展思路。 [方法] 通过查阅中医古籍和现代文献,搜集部分医家对于“风气百疾”理论的学术观点,探讨白癜风的病因病机以及薯蓣丸的配伍应用,提炼白癜风辨治的临证思路和用药特色,并附一则医案加以验证。 [结果] 基于“风气百疾”理论探析白癜风病程缠绵、迁延难愈、反复发作的临床特点,提出风邪外袭、气血不和乃白癜风发病之本,伏风内潜是白癜风易于复发的重要原因。治疗方面依据“薯蓣丸主之”的论治特点,确立补气、和血、祛风三法并行治疗白癜风的遣方用药思路,治疗时更应区别进展期、稳定期的病机特点,注重标本同治、攻补兼施。所举验案为白癜风所致脾胃虚弱,以补气和血、祛风益胃为治则,方选薯蓣丸加减联合西药治疗,临床获效显著。 [结论] 基于“风气百疾”理论辨治白癜风合理可靠,建立白癜风特色辨治体系,可为今后中医药治疗白癜风提供更为广阔的思路和方法。

**关键词:** 风气百疾; 白癜风; 薯蓣丸; 辨证论治; 遣方用药; 医案

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**Discussion on Clinical Treatment of Vitiligo Based on the Theory of “Internal Generation of Wind and Disorder of Qi Movement Leading to Various Diseases”** WANG Shibao, SONG Xiuzu *The Third People's Hospital of Hangzhou, Hangzhou(310009), China*

**Abstract:** [Objective] To explore the connotation of the core pathogenesis of vitiligo syndrome differentiation based on the theory of “internal generation of wind and disorder of Qi movement leads to various diseases”, and summarize the application of Shuyu Pill in the diagnosis and treatment of vitiligo, and expand ideas for the clinical treatment of vitiligo. [Methods] Through consulting the ancient books and modern literature of traditional Chinese medicine(TCM), collecting the academic views of some doctors on the theory of “internal generation of wind and disorder of Qi movement leads to various diseases”, the etiology and pathogenesis of vitiligo and the compatible application of Shuyu Pill were discussed, and the clinical syndrome differentiation and treatment ideas and medication characteristics of vitiligo were refined. One case was presented for verification. [Results] Based on the theory of “internal generation of wind and disorder of Qi movement leads to various diseases”, the clinical characteristics of vitiligo were analyzed, which is lingering, difficult to heal and recurrent. It is proposed that the pathogenesis of vitiligo is based on “internal generation of wind”. The external attack of wind evil and the disharmony of Qi and blood are the origin of vitiligo, and the underlying wind is an important reason for the easy recurrence of vitiligo. In terms of treatment, according to the treatment characteristics of “Shuyu Pill dominating”, establish the prescription and medication idea of supplementing Qi, harmonizing blood and dispelling wind in the parallel treatment of vitiligo. In the course of treatment, attention should be paid to distinguish the pathogenesis characteristics of progressive stage and stable stage, and the simultaneous treatment of symptoms and signs, attack and supplement, in order to establish the syndrome differentiation treatment system of vitiligo. The case cited was differentiated as the spleen and stomach deficiency due to vitiligo, and the treatment should be based on the principle of supplementing Qi, harmonizing blood and dispelling wind, tonifying the stomach, therefore Shuyu Pill combined with western medicine was chosen. Significant effects were obtained after treatment. [Conclusion] Based on the theory of “internal generation of wind and disorder of Qi movement leads to various diseases”, the syndrome differentiation and treatment of vitiligo is reasonable and reliable. The establishment of characteristic syndrome differentiation and treatment system of vitiligo can provide broader ideas and methods for the treatment of vitiligo with TCM in the future.

**Key words:** internal generation of wind and disorder of Qi movement leads to various diseases; vitiligo; Shuyu Pill; syndrome differentiation and treatment; prescription and medication; medical case

白癜风是一种由于表皮及毛囊内黑素细胞特异性损害而导致的色素脱失性疾病,以皮肤局部或泛发性色素脱失、白斑形成为主要临床表现<sup>[1-2]</sup>。流行病学调查提示,全球范围内白癜风发病率为0.06%~2.28%,且呈逐年上升趋势<sup>[3]</sup>。多数患者在儿童或青壮年时期发病,性别及种族无明显差异。白癜风虽然无明显感觉不适,但因皮损好发于暴露部位,有碍容貌,

且病程较长,反复发作,迁延难愈,给患者心理带来巨大压力。尽管临床上白癜风容易诊断,但治疗手段却相对有限,加之患者个体差异较大,皮损部位、面积及形状各不相同,病情进展快慢有别,治疗难度较大,已成为当前研究的一大难点及热点。

中医学“风气百疾”理论是指由风邪(包括“内风”)引起的“风病”和由气机失调引起的“气病”,两

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者与多种疾病的发生发展相关,且多伴有“虚劳”之症状<sup>[4]</sup>。目前普遍认为,白癜风之基本病机为外感六淫、内伤七情以及脏腑功能失调<sup>[5]</sup>。风为六淫之首、百病之长,常与外淫邪气互结而侵袭肌表,而内在脏腑功能紊乱又多因气机升、降、出、入失衡所致,故本文试从“风气百疾”理论着手,对白癜风临床诊治展开论述。

### 1 “风气百疾”理论概述

“风气百疾”出自《金匱要略·血痹虚劳病脉证并治第六》,原文为“虚劳诸不足,风气百疾,薯蕷丸主之”,即所谓“精气夺则虚”,过用或过极皆可致劳,凡以脏腑元气亏损、精血不足为主要病理过程的慢性虚衰性病证,皆可归属于“虚劳”范畴<sup>[6]</sup>。脏腑不荣,精血不旺,则正气虚弱无力抗邪,虚邪贼风易侵袭入里,内外俱病,终致百疾。

风为百病之长。《素问·风论》将风病分为内风与外风,外风趁虚侵袭,致机体恶寒发热汗出,甚则衰饮食、消肌肉,即“内虚邪中”;内风或因外邪入里,或由内而生,令机体之阴阳气血失和,脏腑功能失调,叶天士<sup>[7]</sup>称其“乃身中阳气之变动”。

万物由气所化,天地气合,万物自生。正常情况下,气之升、降、出、入节律平衡协调。气之运动失常则可导致机体内环境紊乱,若气虚则无力抗邪,气滞则水停痰聚,气止则血止成瘀,终而疾病自成,故曰“邪之所凑,其气必虚”。

对于“风气”的考证,不同医家所持观点各异,或认为其乃风邪引起的多种病证<sup>[8]</sup>,即“风病”;或认为其乃与风有关的多种杂病和气机失调诸候<sup>[9]</sup>,即“风病”与“气病”的统称。本文持后者观点,认为《金匱要略》中“风气”指的是“风病”与“气病”两类疾病。

### 2 “风气”致病的因机辨析

风为阳邪,善动而不居一处,易袭阳位,致病具有特殊性和多样性。外在风邪易乘虚内侵犯表,令营卫气血失和、肌表皮肤失濡而致病;内风或因阳气亢逆为害,或因气血阴阳虚损,多兼有明显的内在整体改变。人以天地之气生,气之为用,无所不至,然有所不调,则无所不离,故云“百病生于气”。气之为病,主要在于气之太过与不及等气机失调为患。《素问·举痛论》通过列举情志过极、外感内伤等诸多可能导致“九气为病”的情况,旨在说明气之逆乱为患乃发病根本。

正如《金匱要略》所言“风气百疾”,风和气这两种病理因素导致了各种各样的疾病,“风”与“气”的关系

则更多地体现为“风”与“气虚”、“风”与“气郁”的关系。气虚者卫外不固,则风气外侵,入里伤正;气虚者脏腑失调,则风气内动,气血逆乱。风邪侵袭机体日久,损耗正气,则气愈虚而病愈重。风为阳邪,多壅遏气机,气机不畅则易化生新邪,即为化气<sup>[10]</sup>。李明等<sup>[11]</sup>认为风气内动与肝、心、脾等脏腑有关,其中与肝的关系最为密切,虚风内动以肝气亏虚为内在基础,临床可见倦怠乏力、气短懒言等肝气亏虚的症状,又兼有手足震颤、肢麻眩晕等肝风内动的表现。

### 3 “风气百疾”辨证白癜风核心病机观——风邪外袭、伏风内潜、气血不和

中医古籍将色素脱失性疾病统称为“白癜”“白癜风”“癩风”“白驳”“白驳风”。《诸病源候论》中“白癜者,面颈项、身体皮肉色变白,与肉色不同,亦不痒痛”<sup>[12]</sup>的记载被认为是医籍中对白癜风的最早论述。历代医家对白癜风病因病机的认识侧重略有不同。《太平圣惠方》记载“肺有壅热,又风气外伤于肌肉,热与风交并,邪毒之气,伏留于腠理,与卫气相搏,不能消散”<sup>[13]</sup>,重视外感风邪与肺脏内热搏结肌肤在白癜风发病方面的重要作用。《百病问对辨疑》提出白癜风乃“肝风转于皮肤,血气不和所致”<sup>[14]</sup>,并根据皮色不同将病机分别归属于气、血,认为“赤属血热”“白属气热”。《疡医大全》云“脾为邪热所困,不能统血而行,肺受风邪,壅滞于皮毛,气血不和,运行失节,风邪所壅之处,渐变为白矣”<sup>[15]</sup>,从脾热和肺风的角度论述白癜风之病因病机。《医林改错》将白癜风的发生责之为气滞血瘀。综上所述,白癜风病位在皮肤腠理,主要涉及肺、脾、肝,发病关键乃局部气血不和。

古之医家论述虽有异同,但皆不离风与气。风邪外袭、气血不和是白癜风发病之本,伏风内潜是白癜风易于复发的重要原因。正气虚弱,体虚不固,则风邪侵袭腠理,局部血运不畅,皮肤失于濡润而出现白色皮损。风气无所不至,故白癜风发病无特异性,不受性别、年龄、季节、地域等影响。又因风性善行数变,故其所致皮损形态多样,临床表现为窜动不羁、时消时长、此起彼伏。进展期病情变化疾速,皮损边缘界线模糊,甚至出现瘙痒、红斑等症状,这也与“无风不作痒”之论述相合。而风邪袭人后易潜伏体内,不易为正气所捕,故白癜风起病隐匿,或病程较长,或愈后易复发。

七情耗气,内损脏腑,气机不利、升降失常则百病由生,郁则蕴热,滞则生湿酿痰。而气不调之处,正是

疾病之所在,就皮肤病而言,可表现为局部或全身皮肤色素沉着、皮肤瘙痒、红肿热痛<sup>[16]</sup>。下文以气滞和气虚为例进行分析。气滞者无以推动血液、津液等有形之品,聚而化瘀成痰。气滞之处多见皮疹、红斑、色素改变等,皮损大小常随情志波动而加重。气滞日久,胶固难化,表现为皮损面积进一步扩大,或病情迁延不愈,转入慢性期。气虚者,表而卫外不足、难御外邪,里而气化失司、推动无力。气虚之处多可见皮色苍白无华、瘙痒、色素改变等,皮损部位对外界刺激敏感。气病日久可伤及营血,气血逆乱则生诸变,久则血虚血瘀。

湿、热、痰、瘀互结,脏腑阴阳失衡则生内风,除白癜风之外在皮损表现外,尚可兼见内里的全身性临床表现。诸脏腑内风之中,尤以肝风为要,正如《素问·至真要大论篇》所云“诸风掉眩,皆属于肝”。肝主疏泄,情志不舒则肝气郁结、气机不畅,故白癜风患者多伴不同程度的自卑、焦虑、抑郁等负面情绪<sup>[17]</sup>,而长期的消极心理也可能诱发白癜风,甚则加重病情、延长病程。肝风内动,气血不行,久则气滞血瘀。气虚、血瘀、肝风均与白癜风之成因相关,故王莒生言本病与肝之关系最为密切,发作时白斑以足背、双下肢内侧、双上肢伸侧、肛门会阴部、侧肋、额部、眼角及口周多见,均属肝经循行之部位<sup>[18-19]</sup>,且常因情绪波动而加重。

白癜风中医证型相关的现代研究结果亦佐证了这一观点。林志鑫等<sup>[20]</sup>研究发现,白癜风出现频数较高的8种证型中6种与风邪及气机不畅直接相关(包括风湿蕴热证、风邪外袭证、气虚生风证、气滞血瘀证、气血失和证以及肝郁气滞证),细究另2种证型(肝肾不足证和脾胃亏虚证),亦可因外风侵袭、正气虚耗导致,损及肝、肾、脾胃等多个脏腑,实则亦属气病。刘佳等<sup>[21]</sup>依据白癜风的分期将风湿郁热证与肝郁气滞证归为急性期,而肝肾不足证与瘀血阻络证则反映稳定期症状,侧面反映出风与气乃白癜风急性发作的重要致病因素,而风、气损害人体后入里犯血,最易伤肝,久则伤肾,故稳定期以脏腑气虚为要。

#### 4 “薯蕷丸主之”辨治白癜风特色思路—补气、和血、祛风并行之法

薯蕷丸并非首次被提出用于皮肤病的治疗。李博鑑<sup>[22]</sup>在《皮科精方心典》中提出,薯蕷丸加减化裁可用于“肤生白斑,色如牛奶者,治以益肾消斑”。杨艳梅等<sup>[23]</sup>对74例围绝经期慢性荨麻疹患者开展随机对照试验,发现薯蕷丸组比西替利嗪组治疗有效率更高,复

发率更低,不良反应较少,而且远期疗效更为显著。《金匱要略》原文对于薯蕷丸的叙述较为简要,然其组方精妙、结构复杂,曹颖甫称之为“补虚凡十二味”合“去风气百疾者九味”组成,四君子汤、四物汤、八珍汤、十全大补汤、人参养荣汤等诸多名方均由此化裁而来。

白癜风因“风气”而作,以风邪侵袭为标,气血不和为本。若一味祛风而不重视培补气血,则会大伤阳气,反令风邪闭阻,郁于肌肤,内不能疏泄,外不能透达<sup>[24]</sup>,故治疗当以扶正治本、祛邪治标、内外同治为原则。薯蕷丸集补虚、祛风、破瘀三法为一体,补虚旨在调整正气虚弱、体虚不固之根,祛风旨在祛除风邪外袭、伏风内潜之势,破瘀旨在扭转气血不和、气滞血瘀之标。在补虚扶正方面,以味甘性温之薯蕷为君药,与大枣、甘草相伍,大补脾土以固本培元,令气血生化有源。同时以人参、白术、茯苓、甘草补益中气,以川芎、当归、干地黄、芍药补血活血,以干姜祛寒散结兼可通气,以阿胶、麦冬滋阴补虚又能除烦,上述诸药共奏补气血、和阴阳之功。辅以神曲、大豆卷以解表化湿,白藜、杏仁、桔梗以通畅消郁,恢复气之升、降、出、入,防止补益诸药滋腻生湿酿痰。在祛邪方面,风性开泄,易袭阳位,故治外来风病当首祛太阳、阳明、少阳三经之邪气,以少量桂枝疏散太阳经邪气、防风疏散阳明经邪气、柴胡疏散少阳经邪气<sup>[25]</sup>,令外邪得散。另外,前述补血活血四药的使用,也符合后世所提“养血息风”及“治风先治血,血行风自灭”的风病治疗原则<sup>[26]</sup>。在煎服法方面,“炼蜜和丸”“空腹酒服,一百丸为剂”的目的在于以丸图缓,以酒助辛通之力。纵观全方,补气、和血、祛风三法并行,体现出标本兼治的诊治思想,为临床白癜风的治疗提供了新的遣方用药思路。

#### 5 验案举隅

赵某,男,30岁,2017年5月15日初诊。主诉:全身皮肤白斑4~5年。现病史:患者5年前颈部、手部皮肤出现白斑,后逐渐增多至腋下、腰腹部、髌部,为求中西医结合治疗,遂就诊于我院皮肤科门诊。刻下:食生冷刺激食物后易呃逆,伴胃部胀痛,胃纳欠佳,二便正常,睡眠尚可,舌淡,苔薄白,脉细弱。既往史:否认高血压、糖尿病等其他慢性病史,否认肝炎、结核等传染病史。诊为白驳风,辨证为脾胃虚弱,治拟补气和血、祛风益胃。处方如下:山药30g,当归10g,桂枝10g,生地黄10g,炙甘草30g,人参10g,川芎10g,白芍10g,麸炒白术10g,麦门冬6g,防风10g,杏仁10g,

柴胡 5 g, 桔梗 5 g, 茯苓 5 g, 大枣 30 g。共 30 剂, 每日 1 剂, 水煎服, 配合局部外用补骨脂酊。

2017 年 6 月 15 日二诊。患者服药后白斑数量未增多, 原有白斑范围未扩大, 胃部不适感及胃纳情况好转, 胃纳可, 二便正常, 舌淡, 苔薄白, 脉细弱。前方加焦神曲 10 g、大豆卷 10 g。共 30 剂, 每日 1 剂, 水煎服, 配合局部外用补骨脂酊。

2017 年 7 月 15 日三诊。患者服药后白斑数量未增多, 部分白斑边界缩小, 白斑内可见新生色素, 胃部不适感基本消失, 胃纳可, 二便正常, 舌淡, 苔薄白, 脉细, 关脉尺脉略沉。前方继服, 共 30 剂, 每日 1 剂, 水煎服, 配合局部外用补骨脂酊。

2017 年 8 月 15 日四诊。患者无明显不适, 白斑数量未增多, 部分白斑复色大于 50%, 胃纳可, 二便正常, 舌淡, 苔薄白, 脉细, 关脉尺脉略沉。前方继服, 共 30 剂, 每日 1 剂, 水煎服, 配合局部外用补骨脂酊。其后随访告知白斑未见增多, 白斑复色显著。

按语: 患者发病前期疏于治疗, 来我院就诊时已出现颈部、手部、腋下、腰腹部、髋部皮肤白斑, 且仍在进展, 故积极给予西药治疗。结合患者全身症状和舌脉象, 食生冷刺激食物后易出现呃逆和胃部胀痛, 胃纳欠佳, 二便正常, 睡眠尚可, 舌淡, 苔薄白, 脉细弱, 当属白癜风所致脾胃虚弱之象, 临证以补气和血、祛风益胃为治则, 方选薯蓣丸加减。方中山药、大枣、炙甘草相伍大补脾土、固本培元, 令气血生化有源; 人参、麸炒白术、茯苓重在补气燥湿健脾; 川芎、当归、生地黄、白芍重在补血养血、活血化瘀; 麦门冬重在滋阴补虚, 兼可除烦; 杏仁、桔梗重在疏畅气机, 兼可解郁; 桂枝、防风、柴胡重在疏散三阳经邪气。二诊患者白斑未进展, 而且胃纳好转, 故加焦神曲、大豆卷解表化湿, 以增强祛风之功。经上述中西医结合治疗, 患者白斑数量未增多, 部分白斑复色大于 50%, 临床症状得到有效遏制, 临床疗效确切。

## 6 结语

综上所述, 白癜风病因病机虽各不相同, 但病机不外乎邪实、正虚之别, 治疗时应兼顾扶正祛邪两个方面, 旨在阴阳相配、动静结合。本文基于“风气百疾”理论探析了白癜风的临证思路和用药特色, 确立了风邪外袭、伏风内潜、气血不和的核心病机观以及补气、和血、祛风三法并行的遣方用药思路, 选用薯蓣丸加减辨治, 旨在调整体虚不固之根、祛除风邪缠绵之势、扭转气血不和之标。但白癜风病证复杂, 临床用药多

样, 医者应掌握规律, 临证用之, 还需考虑四时、地域、体质等方面差异<sup>[27]</sup>。临证时对于患者的兼夹证候应注意审因论治、配伍加减, 尤其应重视脾气健运和肝气条达在白癜风辨治中的重要性, 宜选疏肝理脾、活血化瘀、调和气血之品, 共达标本同治、行消开导、气血并调、攻补兼施之效, 以此“养之和之, 静以待时”, 如此“其形乃彰, 生气以长”, 方为补益之上策, 从而为白癜风治疗奠定理论基础并提供诊疗思路。

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