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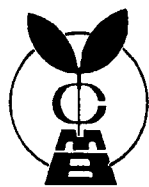
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问·阴阳别论》提示医者心脾出现病变常互为因果^[5],所谓“二阳之病发心脾”,长期肝脾不调可导致心肝火旺的继发情况。因此本案患者的病位主要在心、肝、脾三脏,肝郁脾虚为本,心肝火旺为标^[6]。本例患者证属肝脾失调、心肝火旺、痰热内扰,故用脏躁方疏肝健脾、理气化痰、清心除烦而获良效。

临床上顽固的不寐、脏躁病、抑郁症、更年期综合征都是治疗比较棘手的疾病,我们总结整理大师的经验及其对于该病学术思想的形成过程和案例,进一步体会到“脾宜健,肝宜疏,胃宜和”^[7]的临床指导意义,对于一些包括脏躁在内的情志相关慢性病,更要注意有方有守,谨守病机,随症治之。如若理解李振华的辨证思维及对脏腑特性的把握,在用药配伍过程中,顺应上述脏腑特性并辅以适当的心理疏导,多数会取得良好效果。

理疏导,多数会取得良好效果。

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