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伍,其补肾助阳力著。当归味甘质润,入肝心脾经,而肾之阴阳失调多涉及肝心脾,冲任又与此三脏关系密切,故补肝心脾之血可调理冲任。三药合用温肾暖宫,填精养血,阴阳并补,气血共生,润燥相和,刚柔相济,适用于肾阳气亏虚、阴血不足之经断前后诸证、月经不调、闭经、不孕等疾患。

15 当归、陈皮、半夏配伍

妇人肥胖常有痰湿过盛壅滞胞宫之患,日久由痰及血亦伴有血瘀血虚而致月经不调、闭经、不孕等疾病。半夏辛温,善能和胃燥湿化痰;陈皮辛苦温,理气健脾,燥湿化痰见长,与半夏相须伍用,古称“二陈”,均入脾经,辛行温通,最能健脾化痰除痰,调畅中焦以除痰湿壅滞,与补血活血之当归共成角

药。当归辛润,二陈辛燥,润燥相济,纠偏治弊,痰瘀同除,祛邪补正,合奏养血通经、祛湿化痰之效,对妇科病证属痰湿壅滞、血虚血瘀者常用之。

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