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Chief Editor Xu Xiangcai

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Chief Editors Qi Xiuheng
Xu Heying

英汉实用中医药大全

主编 徐象才

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儿 科 学

主编 须鹤瑛
亓秀恒

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Preface

I am delighted to learn that THE ENGLISH–CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE will soon come into the world.

TCM has experienced many vicissitudes of times but has remained evergreen. It has made great contributions not only to the power and prosperity of our Chinese nation but to the enrichment and improvement of world medicine. Unfortunately, differences in nations, states and languages have slowed down its spreading and flowing outside China. At present, however, an upsurge in learning, researching and applying Traditional Chinese Medicine (TCM) is unfolding. In order to maximize the effect of this upsurge and to lead TCM, one of the brilliant cultural heritages of the Chinese nation, to the world for it to expand and bring benefit to the people of all nations, Mr. Xu Xiangcai called intellectuals of noble aspirations and high intelligence together from Shandong and many other provinces in China and took charge of the work of both compilation and translation of THE ENGLISH–CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE. With great pleasure, the medical staff both at home and abroad will hail the appearance of this encyclopedia.

I believe that the day when the world's medicine is fully

developed will be the day when TCM has spread throughout the world.

I am pleased to give it my preface.

Prof. Dr. Hu Ximing

Deputy Ministerof the Ministry of Public Health of the People's Republic of China,

Director General of the State Administrative Bureau of Traditional Chinese Medicine and Pharmacology,

President of the World Federation of Acupuncture –Moxibustion Societies,

Member of China Association of Science & Technology,

Deputy President of All–China Association of Traditional Chinese Medicine,

President of China Acupuncture & Moxibustion Society.

December, 1989

Preface

The Chinese nation has been through a long, arduous course of struggling against diseases and has developed its own traditional medicine—Traditional Chinese Medicine and Pharmacology (TCMP). TCMP has a unique, comprehensive, scientific system including both theories and clinical practice. Some thousand years since its beginnings, not only has it been well preserved but also continuously developed. It has special advantages, such as remarkable curative effects and few side effects. Hence it is an effective means by which people prevent and treat diseases and keep themselves strong and healthy.

All achievements attained by any nation in the development of medicine are the public wealth of all mankind. They should not be confined within a single country. What is more, the need to set them free to flow throughout the world as quickly and precisely as possible is greater than that of any other kind of science. During my more than thirty years of being engaged in Traditional Chinese Medicine(TCM), I have been looking forward to the day when TCMP will have spread all over the world and made its contributions to the elimination of diseases of all mankind. However it is to be deeply regretted that the pace of TCMP in extending outside China has been unsatisfactory due to the major difficulties in expressing its concepts in foreign languages.

Mr. Xu Xiangcai, a teacher of Shandong College of TCM, has sponsored and taken charge of the work of compilation and

translation of The English–Chinese Encyclopedia of Practical Traditional Chinese Medicine—an extensive series. This work is a great project, a large–scale scientific research, a courageous effort and a novel creation. I deeply esteem Mr. Xu Xiangcai and his compilers and translators, who have been working day and night for such a long time, for their hard labor and for their firm and indomitable will displayed in overcoming one difficulty after another, and for their great success achieved in this way. As a leader in the circles of TCM, I am duty–bound to do my best to support them.

I believe this encyclopedia will be certain to find its position both in the history of Chinese medicine and in the history of world science and technology.

Mr. Zhang Qiwen
Member of the Standing Committee of
All–China Association of TCM,
Deputy Head of the Health Department
of Shandong Province.
March, 1990

Publisher's Preface

Traditional Chinese Medicine(TCM) is one of China's great cultural heritages. Since the founding of the People's Republic of China in 1949, guided by the farsighted TCM policy of the Chinese Communist Party and the Chinese government, the treasure house of the theories of TCM has been continuously explored and the plentiful literature researched and compiled. As a result, great success has been achieved. Today there has appeared a world-wide upsurge in the studying and researching of TCM. To promote even more vigorous development of this trend in order that TCM may better serve all mankind, efforts are required to further it throughout the world. To bring this about, the language barriers must be overcome as soon as possible in order that TCM can be accurately expressed in foreign languages.

Thus the compilation and translation of a series of English-Chinese books of basic knowledge of TCM has become of great urgency to serve the needs of medical and educational circles both inside and outside China.

In recent years, at the request of the health departments, satisfactory achievements have been made in researching the expression of TCM in English. Based on the investigation into the history and current state of the research work mentioned above, the English-Chinese Encyclopedia of Practical TCM has been published to meet the needs of extending the knowledge of TCM around the world.

The encyclopedia consists of twenty–one volumes, each dealing with a particular branch of TCM. In the process of compilation, the distinguishing features of TCM have been given close attention and great efforts have been made to ensure that the content is scientific, practical, comprehensive and concise. The chief writers of the Chinese manuscripts include professors or associate professors with at least twenty years of practical clinical and / or teaching experience in TCM. The Chinese manuscript of each volume has been checked and approved by a specialist of the relevant branch of TCM. The team of the translators and revisers of the English versions consists of TCM specialists with a good command of English professional medical translators, and teachers of English from TCM colleges or universities. At a symposium to standardize the English versions, scholars from twenty–two colleges or universities, research institutes of TCM or other health institutes probed the question of how to express TCM in English more comprehensively, systematically and accurately, and discussed and deliberated in detail the English versions of some volumes in order to upgrade the English versions of the whole series. The English version of each volume has been re–examined and then given a final checking.

Obviously this encyclopedia will provide extensive reading material of TCM English for senior students in colleges of TCM in China and will also greatly benefit foreigners studying TCM.

The assiduous efforts of compiling and translating this encyclopedia have been supported by the responsible leaders of the State Education Commission of the People's Republic of China, the State Administrative Bureau of TCM and Pharmacy, and the Education Commission and Health Department of Shandong

Province. Under the direction of the Higher Education Department of the State Education Commission, the leading board of compilation and translation of this encyclopedia was set up. The leaders of many colleges of TCM and pharmaceutical factories of TCM have also given assistance.

We hope that this encyclopedia will bring about a good effect on enhancing the teaching of TCM English at the colleges of TCM in China, on cultivating skills in medical circles in exchanging ideas of TCM with patients in English, and on giving an impetus to the study of TCM outside China.

Higher Education Press
March, 1990

Foreword

The English–Chinese Encyclopedia of Practical Traditional Chinese Medicine is an extensive series of twenty–one volumes. Based on the fundamental theories of traditional Chinese medicine(TCM) and with emphasis on the clinical practice of TCM, it is a semi–advanced English–Chinese academic works which is quite comprehensive, systematic, concise, practical and easy to read. It caters mainly to the following readers: senior students of colleges of TCM, young and middle–aged teachers of colleges of TCM, young and middle–aged physicians of hospitals of TCM, personnel of scientific research institutions of TCM, teachers giving correspondence courses in TCM to foreigners, TCM personnel going abroad in the capacity of lecturers or physicians, those trained in Western medicine but wishing to study TCM, and foreigners coming to China to learn TCM or to take refresher courses in TCM.

Because Traditional Chinese Medicine and Pharmacology is unique to our Chinese nation, putting TCM into English has been the crux of the compilation and translation of this encyclopedia. Owing to the fact that no one can be proficient both in the theories of Traditional Chinese Medicine and Pharmacology and the clinical practice of every branch of TCM, as well as in English, to ensure that the English versions express accurately the inherent meanings of TCM, collective translation measures have been taken. That is, teachers of English familiar with TCM, pro-

fessional medical translators, teachers or physicians of TCM and even teachers of palaeography with a strong command of English were all invited together to co-translate the Chinese manuscripts and, then, to co-deliberate and discuss the English versions. Finally English-speaking foreigners studying TCM or teaching English in China were asked to polish the English versions. In this way, the skills of the above translators and foreigners were merged to ensure the quality of the English versions. However, even using this method, the uncertainty that the English versions will be wholly accepted still remains. As for the Chinese manuscripts, they do reflect the essence, and give a general picture, of traditional Chinese medicine and pharmacology. It is not asserted, though, that they are perfect, I whole-heartedly look forward to any criticisms or opinions from readers in order to make improvements to future editions.

More than 200 people have taken part in the activities of compiling, translating and revising this encyclopedia. They come from twenty-eight institutions in all parts of China. Among these institutions, there are fifteen colleges of TCM:Shandong, Beijing, Shanghai, Tianjin, Nanjing, Zhejiang, Anhui, Henan, Hubei, Guangxi, Guiyang, Gansu, Chengdu, Shanxi and Changchun, and scientific research centers of TCM such as China Academy of TCM and Shandong Scientific Research Institute of TCM.

The Education Commission of Shandong province has included the compilation and translation of this encyclopedia in its scientific research projects and allocated funds accordingly. The Health Department of Shandong Province has also given financial aid together with a number of pharmaceutical factories of TCM. The subsidization from Jinan Pharmaceutical Factory of

TCM provided the impetus for the work of compilation and translation to get under way.

The success of compiling and translating this encyclopedia is not only the fruit of the collective labor of all the compilers, translators and revisers but also the result of the support of the responsible leaders of the relevant leading institutions. As the encyclopedia is going to be published, I express my heartfelt thanks to all the compilers. translators and revisers for their sincere cooperation, and to the specialists, professors, leaders at all levels and pharmaceutical factories of TCM for their warm support.

It is my most profound wish that the publication of this encyclopedia will take its role in cultivating talented persons of TCM having a very good command of TCM English and in extending, rapidly, comprehensive knowledge of TCM to all corners of the globe.

Chief Editor Xu Xiangcai

Shandong College of TCM

March, 1990

NOTES

Paediatrics is the thirteenth volume of the English Encyclopedia of Practical Traditional Chinese Medicine.

This volume consists of four chapters: Basic Paediatrics, Common Diseases of Children, Infectious Diseases and Diseases of the Newborn. The first chapter describes the physiological and pathological features, and the inspection method, one of the diagnostic characteristics of TCM. The other three chapters deal with the diagnosis and treatment of nineteen common diseases, ten infectious diseases in children and three newborn diseases.

The dosage provided in this volume is designed for children of 3–4 years old. It can be changed with the factors, such as age, condition and constitution of children.

A rather perfect index of recipes following the English version is provided in English–Chinese form to meet the reader's needs of study and research. The Arabian numbers in brackets show the order of recipes appearing in both English and Chinese versions and the numbers on the right side show pages where the recipes appear.

Professor Chang Qiwen, pediatrician of TCM, approred the Chinese mannscript.

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1. Basic Paediatrics

Chinese paediatrics which has developed gradually along with the occurence and development of traditional Chinese medicine is an important integral part of it. In health care, prevention and disease treatment of children, it has accumulated rich experience and theoretical knowledge and made outstanding contributions to the medical and health cause of mankind as well as to the proliferation and prosperity of the Chinses nation.

1.1 Physiological and Pathological Feastures

Chinses paediatrics deals with problems in children under the age of 14.

From the birth to the childhood is a period for children to grow and develop progressively. Their tissues and organs are quite different from the adult's in morphosis, function and pathological changes. The younger the child, the greater the difference.

Paediatricians through ages have given many expositions about children's physiological and pathological features, which can be summed up as follows; delicate viscera, immature physique and *Qi*, vigorous vitality and rapid development. Their pathological features are: easy onset, rapid transformation but easy recovery because of their pure visceral–*Qi*. Having the knowledge of these features, it will greatly help us to understand the growth and development of a child, and the diagnosisand

prevention of his disease.

1. Physiological Features

(1) Delicate *Zang* and *Fu*, and Immature Physique and *Qi*. *Zang* and *Fu* refer to the five solid organs and six hollow organs, while physique and *Qi* refer to configuration and constitution of the human body and its essence, blood, body fluids and physiological function. That is to say, during one's childhood, the internal organs are delicate, their physique and constitutions as well as physiological functions are immature and imperfect. The child may present with tender skin, loose striae, insufficient *Qi* and blood, weak spleen and stomach, unconsolidated kidney–*Qi*, timid and weak will, fragile bones and muscles, etc. These features are even more notable in children under three. In his Solution of Child's Disease–Treatises on Differentiation and Treatment of Epidemic Febrile Diseases, Wu Jutong, noted authority on febrile diseases in the Qing Dynasty drew the conclusion that "the children are insufficient in young *Yang* and young *Yin*". "*Yin*" here means substances in the body such as essence, blood, body fluids, etc. "*Yang*" here means various physiological functions of the internal organs. The viewpoint of "young *Yin* and young *Yang*" is that the child is puerile, imperfect and continuously changeable in both material base and physiological functions. The thriving process of the child is that of "the development of this *Yang* and *Yin*".

(2) Vigorous in Vitality and Rapid in Growth. The child's internal organs are delicate and their physiques and *Qi* are immature, and his morphosis and function of various tissues and organs are developing into maturity and perfection. The younger the child, the more rapidly he thrives. Ancient physicians consid-

ered this physiological phenomenon as "pure *Yang*". By "pure *Yang*" it is meant that during his thriving process, the child is exuberant in life and vigorous in growth, just like the sun rising in the easten sky or plants sprouting. "Pure *Yang*" should never be comprehended as "excessive *Yang*" or "*Yang* without *Yin*", or "excess of *Yang* and deficiency of *Yin*".

In short, "young *Yin* and young *Yang*" and "pure *Yang*" are two theoretical viewpoints which give us two aspects of the child's physiological features. The former means that the child has tender skin, insufficient *Qi* and blood, immature internal organs, weak muscles and vessels and defficient *Yin* energy and *Yang* energy: the latter means that the child is exuberant in li: and grows rapidly during his thriving stage.

2. Pathological Features

(1) Easy Onset, and Rapid Transformation. The child's pathological features depend mainly on his physiological ones. In "Solution of Children's Problems——analysis of Paediatric Diseases", it is pointed out that diseases are apt to change due to delicate viscera and weak resistance to diseases, and that the child is subject to infection because of his tender skin, weak spirit and *Qi*. It is also pointed out in "Trimetrical Classic of Medicine" that "the body of young *Yang* is apt to be affected by pathogenic factors". This gives a full description that physiological features of "young *Yin* and young *Yang*" determines the pathological features of easy onset and rapid changes.

Easy Onset: Because of the tender skin, weak resistance to disease, failure of regulating coldness and warmth and controlling his diet, if nursing is inappropriate, he is liable to be attacked by the six evils exteriorly and be hurted by improper diet interiorly.

Therefore, there are more diseases of the lung and the spleen in children such as cold, pneumonia, retention of food, vomiting and diarrhea. "Insufficiency of the lung and the spleen" is the physiological and pathological features of *Zang* and *Fu* in children.

Rapid Transformation: In Key to Therapeutics of Children's Diseaeses, it is indicated that "*Zang* and *Fu* of the children are delicate, thus they are subject to deficiency and excess, cold and heat". By deficiency and excess here it is mainly meant whether the healthy energy of the body is strong or weak, and whether the pathogenic factors are exuberant or declined. "Being subject to deficiency and excess" means that once the child is ill, pathogenic factors are easy to become strong, while healthy energy weak; excess synderome may quickly change into deficiency syndrome or there appear syndromes manifested by co-occurrence of deficiency and excess, weak vital energy and exuberant pathogenic factors, or alternate cold and heat. For example, cold may quickly change into pneumonia and dyspnea, presenting with symptoms of obstruction of the lung-*Qi*, such as cough, short breath, flaring of nasal, no nasal discharges and tears. Delayed or badly treatments and failure of dispersing the lung-*Qi* in time may quickly lead to syndromes of deficiency accompanied with excess such as weakened body resistance due to invasion of pathogenic factors, insufficient heart-*Yang* and blood stasis due to stagnation of *Qi*. To take an example, infantile diarrhea is an excess syndrome often caused by seasonal exopathogens or dyspepsia due to improper feeding, but serious syndrome such as exhaustion of body fluid and impairment of *Yin* or simultaneous exhaustion of both *Yin* and *Yang* may often occur. "Being subject

to cold and heat syndrome" means that the child presents with febrile syndrome in the course of a disease because of his immature young *Yin*". The syndrome, which most children are liable to suffer from,may be characterized by impairment of *Yin*—fluid due to excess of *Yang*. On the other hand, pathogenic factors are apt to become excessive and vital—*Qi* is apt to be impaired because of "immature young *Yang*", delicate constitution and insufficiency of both *Qi* and blood. Febrile disease is ready to transform into cold syndrome, there appears syndrome of exuberant coldness of *Yin* in the interior. If the child suffers from exterior cold syndrome due to attack by wind—cold, the wind—cold may linger to transform into heat, wind—syndrome occurs in case of extreme heat, thus appearing heat of excess syndrome in the interior with wind and fire stirring each other, marked by high fever and convultion. At the same time, as vital—*Qi* cannot overcome pathogenic factors, there may immediately appear collapse manifested by pale complexion, perspiration, cold limbs, vague, deep and weak pulse. In the course of disease, the changes of cold and heat, deficiency and excess are more rapid and complex in children than in adults. In diagnosis and treatment one must have a good knowledge of the pathological features of easy onset and quick changes.

(2)Easy Recovery due to Clear and Healthy Visceral—*Qi*. Though infantile diseases are of easy onset and quick changes, yet because the child is exuberant in life, full of vitality, and has clear and healthy visceral—*Qi*, and also because the cause is simple, mostly owing to the attack of the six exogenous evils and improper feeding and not to seven emotions, his vital *Qi* is easy to recover and his disease is easy to cure if correctly diagnosed and,

promptly treated. Even the most serious patient, he may be saved as long as various methods of treatment are taken in time.

In a word, the child, on the one hand, is apt to catch diseases which are alternate deficiency syndrome and excess syndrome, cold syndrome and heat syndrome. On the other hand, because of his vigorous vitality pure and active visceral–*Qi*, he is easy to recover.

1.2 Essentials of Diagnosis and Treatment

1. The Four Dianostic Methods

Inspection, listening and smelling, inquiring, palpation are chief diagnostic methods in traditional Chinese medicine. The diagnosis of an infantile disease is also made by means of comprehensively and syntheticaly analyzing the data gained from the four diagnostic methods in order to differentiate the causes, characteristics, location and prognosis, to get a good knowledge of its essence and decide the therapies. Because of his own physiological and pathological features, the child is different from the adult in growth and response to disease. Besides, the infant is unable to speak and the young child usually cannot give a correct complaint of his own problems, so the method of inqiring sometimes is not reliable; because his crying and restlessness during diagnosis influence his breath and pulse, leading to short and small *Cun* pulse, pulse–feeling is of little value. Only inspection is not influenced by various conditions. Physicians through ages have attached importance to it and accumulated rich clinical experience. The methods are as follows:

(1) Inspection

Inspection is a kind of diagnostic methods by which data of

disease are gained through the observation on the whole or partial body of the child. Because the child's skin is tender, his response to disease is sensitive, especially, visceral disease can often be reflected on the exterior, physicians through ages have considered inspection the most important one of the four methods. Inspection includes observation of mental state, facial expression, the appearance and behavior and signal orifices; differentiation of skin eruption; examination of urine and feces and the superficial venules of the index finger; and so on. The first two are inspection of the body as a whole while the others are inspection of individual parts.

Observation of the mental state and facial expressions of the diseased child is important. High spirit, bright eyes, vivid expressions, ruddy face and even breath are all indications of good health with coordination of *Qi* and blood, sufficient vital essence and energy. If there occurs disease in such case, it is usually mild and easy to cure. In facial inspection, the five coloure—red, blue, yellow, white and black—are used as references for diagnosis. White symbolizes heat—syndrome; yellow, deficiency syndrome and damp syndrome; blue, cold—syndrome, pain, blood stasis and infantile convulsion.

Observation of appearance includes inspecting the head, chest, limbs, body, muscles, skin, hair, etc. Normal growth, strong and healthy muscles and bones, plump and smooth skin, shiny black hair and lively postures are all indications of good health, congenital sufficiency and good nourishment. In the inspection of behavior, one should notice that different diseases may lead to different postures. Interior changes of disease are suggested through observation of appearance and behavior—strong or

weak, fat or thin, and active or not.

Inspection of signal orifices is an important link in diagnosis, for the disease of the internal organs can be reflected in the signal orifices. It includes inspecting the tongue, eyes, nose, mouth, ears and the two lower orifices. Of all the orifices, inspection of the tongue is especially important, which includes observing the changes of the tongue proper and tongue coating. A normal child has soft and light red tongue proper. thin tongue fur of moderate humidity. Picture of the tongue showing red without fur in the new–born and milky white fur in an infant are both normal. The prosperity and decline of the visceral *Qi* and blood can be known through observation of the tongue. Characteristics and depth of invasion of evils can be known from the tongue coating; sufficiency and deficiency of the body fluid can be seen from wetness and dryness of the tongue. In inspection of the mouth, the membrane of the oral cavity, the pharynx and the tonsils should be observed carefully; for diseases caused by exopathogenic factors are closely related to the changes of pharynx, which should not be neglected to inspect because of the child's crying.

Inspection of the supperficial venules of the index finger is a special diagnostic method in children under the age of 3. Its main purpose is examining the changes of the visibility, colours and locations of the superficial venules on the palmar side of the index finger so as to differentiate the cause, nature and prognosis of the disease. The superficial venules have three passes; the proximal segment is called wind pass. the middle segment, *Qi*–pass and the distal segment, life–pass. The normal venules have the colour of hidden red and yellow, not beyond the *Qi*–pass. Generally, shallow venules indicate exterior syndrome and deep venules, interior

syndrome; red venules indicate cold syndrome and violet venules, heat syndrome; pale venules indicate deficiency syndrome and deep coloured venules, excess syndrome. The three passes indicate the severity of the disease. Examination of the venules is only a way of inspection, and it can not be used alone. When necessary, diagnosis should be established on the basis of symptoms and signs rather than the venules, or established on the basis of comprehensive and synthetic analysis of the data gained from the four diagnostic methods.

Inspection of Skin Eruption. Skin eruption is a common sign of infantile disease. Eruption due to epidemic febrile diseases is often seen in infantile infectious diseases, such as measlse, rubella, scarlet fever, chicken–pox and epidemic cerebrospinal meningitis. Eruption due to miscellaneous diseases is seen in thrombocytopenic purpura and alergic purpura.

Inspection of Urine and Stool. Observation of the changes of the urine and stool is of certain significance in the diagnosis of infantile diseases. The normal stool is yellow in colour, moderate in dryness and wetness, discharged 1–2 times a day. The stool of a breast–fed child is golden in colour while a milk–fed or artificially fed child, light yellowish, white and hard. Any changes in colour and texture are signs of diseases. Dry stool like sheep drops is a sign of interior retention of heat or interior heat due to *Yin*–deficiency. Watery stool has different types, such as cold syndrome, heat syndrome, deficiency syndrome and excess syndrome. Stool with whitish mass and undigested food is a sign of indigestion. Normal urine is clear and light yellow in colour. Any changes of urine in colour, frequency and quantity are signs of diseases. Oliguria of yellow urine, dificulty and pain during

urination are signs of downward flow of damp–heat; watery urine is a sign of cold syndrome or insufficiency of the kidney–*Yang;* turbid urine like rice–washed water is a sign due to weakness of the spleen and stomach and improper diet; oliguria of deep yellow urine is a sign of interior retention of damp–heat or jaundice; red or dark brown urine is a sign of hematuria.

(2) Intorrogation

It is also an important diagnostic method, by which data are gained mainly through the complaint of the sick–child's relatives. In addition to inquiring about the facts of cold, heat, perspiration, head, body, chest, stomach, sleepness and so on. The age should also be carefully inquired, which may be helpful in the establishment of diagnosis and dosage. History–taking may help to know the previous diseases and their treatment and complications. Inquiry of history including circumstances of birth, feeding, development and vaccination is especially important in pediatrics.

(3) Auscultation and Olfactation

Auscultation and olfactation is a method to ascertain diseases through senses of hearing and smelling. It mainly includes listening to the voice of his speaking, crying, coughing and breathing, smelling the odor of his breath, urine, stool and wind from the bowels. It can help to make diagnosis.

(4) Pulse–feeling and Palpation

The pulse of a normal child is moderate and calm. It is softer and quicker than that of an adult. The younger the child, the quicker is his pulse. Because the artery in *Cunkou* of a child is short and small, pulse taking is got by using only the thumb to feel the three passes. Usually, floating, deep, slow or quick pulse

is used to ascertain exterior or interior, cold or heat syndrome; strong and weak pulses are usedrespectively to ascertain deficiency and excess syndrome. Palpation includes pressing and feeling the skin, lymph nodes, head, neck, chest, abdomen, limbs, etc., to examine their development and pathological changes. Feeling of the skin may help to get information about cold, heat and perspiration. In a normal child, samll, soft and activity-painless superficial lymph nodes can be felt at the neck, in the suboccipital area and the groin. The frontanel of a child ossifies in 12—18 months after birth. Later or earlier ossification, projetion, pitting and too large in size are all indications of diseases. The liver of a normal child under the age of 3—4 is not beyond the subcostal line by 1 cm, and it cannot be felt above the age of 4. The spleen of an infant under six months can be felt. Swollen liver and spleen with hardness and tenderness are all abnormal conditions. A careful examination should be given to the chest, spinal column and limbs.

2. Treatment

Treatment of infantile diseases is basically similar to that of adult's. But as a child's physiological and pathological features are different from an adult's, the differentiation of symptoms and signs of traditional Chinese medicine should, according to different stages of different diseases, ages, strong or weak physiques and data gained from the four diagnostic methods, be flexibly used to decide on corresponding therapies to get rid of diseases, regulate *Yin* and *Yang* and quicken the recovery.

(1) Medication

Prompt and Correct Treatment, Careful Medication: The diseases in the child are characterized by easy onset and quickly

changeable syndromes of cold and heat, deficiency and excess; therefore, early diagnosis, prompt treatment, proper medication and correct dosage are important; otherwise, a mild disease may change into a severe one and a severe one into a fatal one. To the severe patient, no time should be lost to rescure him, lest cataclysm occur. Drugs should be used cautiously; proper and effective dosage should be given. Drugs for emergency treatment should only be used when necessary and ceased as soon as the patient comes through the fatal stage. Extreme bitter, cold, pungent, hot and poisonous drugs should be used more carefully, lest internal organs be harmed and disease be worsened and deteriorated. When differentiating disease, the doctor should grasp the main contradiction, attach importance to the combination of nursing and other therapies, give full play to the child' s resistance, quickening the recovery.

Dosage Forms: Besides the old forms such as decoction, pill, powder, extract and pellet, new forms suitable for children have been developed in recent years, such as dissolvable granule preparations, syrup, tablet, injection, suppository which have the advantages of convenience, high theraputic effect and can be used for emergency. Decoction still finds its application, because it can be modified according to different symptoms and signs, and easily absorbed. Besides, it has more rapid effect and expells pathogenic factors faster. Decoction, when taken, may be properly concentrated, mixed with some sugar or into millet gruel or milk. It may be taken at frequent times and in small amount. It is better to let the sick child take the decoction himself. Pouring the decoction down the throat by holding his nose should be avoided, lest the decoction go into his trachea.

Dosage for Herbal Medicine: The dose of herbal medicine for a child varies with his age and severity of his disease. Usually, the drugs are not to be given when the disease has been cured. Because of short duration of treatment and waste when drugs taken, the dose should be comparatively larger, especially that of the drugs for replenishing *Qi* to invigorate the spleen, promoting digestion and replenishing the vital essence and blood. But as for some drugs in hot, bitter, cold, purging or fierce nature, such as Herba Asari, Radix el Rhizoma Rhei, Natrii Sulfas,, Radix Gentianae and Caulis Akebiae, large dose is not suitable. The dosage listed in this book is for children about 3 years old. The dosage for infant or older children may be smaller or larger.

(2) Common Methods for Internal Treatment. The methods are: inducing diaphoresis to dispel wind, relieving cough and asthma, clearing away heat and toxic material, removing heat from the blood to stop bleeding, promoting digestion, strengthening the spleen and replenishing *Qi*, tonifying the kidney by nourishing the primordial *Qi*, promoting blood circulation by removing blood stasis, relieving convulsion and inducing resuscitation, inducing diuresis to alleviate edema, relieving colic caused by ascaris and expelling intestinal parasites.

(3) Common Methods for External Treatment. The methods are: fumigating and washing methods, aerosol inhalation, coating method, application method, hot medicated compress, rubbing method, etc.

(4) Other Methods of Treatment. There are still some other methods such as massage, accupuncture and moxibustion, chiropratic, puncturing *Sifeng*(EX–UE10), cutting therapy, cupping, etc.

2. Common Diseases of Children

2.1 Colds

Colds are divided into common cold and influenza according to their symptoms and signs. The latter is more severe and epidemic. They are characterized by fever, watery nasal discharge associated with nasal obstruction, sore throat and cough. Besides, colds in children are usually accompanied with phlegm, indigestion and covulsion. In the early stage, some acute infectious diseases commonly seen in children present with the same symptoms and signs as those of colds. Attention must be paid to their differentiation.

Etiology and Pathogenesis

Young children have delicate visceral organs, thin skin and weak *Wei*–system, and lack self–regulation of temperature. When weather changes suddenly, the six exopathogenic factors are apt to attack the superficies to cause failure of superficial–*Qi*, disorder of opening and closing functions of skin striae and inhibition of *Yang* energy, manifested by fever and chills, headache, running and stuffy nose, cough etc.,

Young children are of "pure *Yang*" bodies. The invasion of evils is liable to bring about heat, so fever may be severe. Because of the delicate lungs in young children, when they are attacked by evils, the lung–energy will stagnate, and the vital energy will be out of order, and the body fluids may accumulate to form sputum, obstructing the air passages, causing productive cough.

The spleen of young children is not fully developed. If their diet is not proper after being attacked, the digestive function may be involved, milk and food may stagnate in the middle—*Jiao*, the sick children may present with distention of gastric cavity and abdomen, poor appetite for milk and food, vomiting or diarrhea, and some other dyspeptic symptoms. Liver stagnation in children will cause cowardness. The invasion of evils will cause heat and fire, affecting the spirit, leading to vigilance and restlessness, even infantile convusion. This is known as cold with convulsion.

Essentials of Diagnosis

1. Symptoms and Signs: It is mostly manifested as sudden onset, fever with no or little sweat, running and stuffy nose, sore throat, mild cough, etc. The body temperature is varied with different strains of pathogen type of disease and individual condition. Infants and younger children tend to have higher temperature than the older ones, sometimes reaching 40℃, but with better general condition. Older children have more severe localized symptoms of the nose, pharynx and throat.

2. Complications: In infants and young children, it is usually associated with high fever, convulsion or vomiting, diarrhea, abdominal pain, anorexia or productive cough, and even bronchitis or pneumonia.

3. Some acute infectious diseases such as measles, chicken pox, scarlet fever, epidemic mumps, epidemic encephalomyelitis, etc. have the same manifestations as colds in their early stages, but different features will soon be found later. So early identification is very necessary.

Type and Treatment

1.Common Cold

(1) Common Cold of Wind–Cold Type (a cold whose symptoms begin from the nose, occuring in winter and spring, mostly in older children.)

Symptoms and Signs: It is characterized by light fever, chilliness with no sweat, headache, cold nose with watery discharge, sneezing, mild cough, itching of the throat, thin and whitish fur on the tongue, and floating and tense pulse.

Therapeutic Method: Dispelling the evil in the superficies with drugs of acrid taste and warm nature and releasing stagnated lung–energy and cold.

Recipe: *Jingfang Baidu San* (1),modified.

Ingredients:

Herba Schizonepetae	6 g
Radix Ledebouriellae	6 g
Folium Perillae	6 g
Rhizoma seu Radix Notopterygii	9 g
Radix Bupleuri	12 g
Radix Platycodi	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If there appears heat–syndrome or cold in superficies and heat in interior, marked by painful and swelling throat, yellowish fur and thirst, etc.,Flos Lonicerae 12 g, Radix Isalidis 12 g, Fructus Forsythiae 9 g, Fresh Rhizoma Phragmitis 12 g and Fructus Arctii 6 g should be added to clear away the heat–evil and benefit the throat. If there is deficiency of vital energy, manifested by shortness of breath, no intention of talking, failure to expel superficial evils even after sweating pale tongue, etc., Radix Astragali Seuhedysar 12 g and Rhizoma Atractylodis

Macrocephalae 9 g should be added to promote vital energy and invigorate the spleen. If accompanied by severe headache, Radix 6 g, Angelicae Dahuricae 9 g is applicable.

(2) Common Cold of Wind–heat Type (typical common cold)

Symptoms and Signs: It is characterized by high fever, chilliness with no or little sweat, headache, stuffy nose with thick discharge, mild cough, red or swelling and painful throat, thirst with dry mouth, red tongue with thin and whitish or slightly yellowish fur, and floating and rapid pulse.

Therapeutic Method:Dispelling the evil in the superficies with drugs of acrid taste and cool nature, and releasing inhibited lung–energy and clearing away the heat–evil.

Recipe: *Yinqiao San* (2),modified.

Ingredients:

Flos Lonicerae	12 g
Fructus forsythiae	9 g
Radix Isalidis	9 g
Herba Methae	6 g
Herba Schizonepetae	6 g
Fructus Arctii	6 g
Radix Platycodi	9 g
Rhizoma Phragmitis	9 g
Herba Lophatheri	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of high fever, general disturbance and thirst, *Jiajian Chai Ge Jieji Tang* is applicable. The recipe comprises:

Radix Bupleuri	15 g
Radix Puerariae	12 g
Gypsum Fibrosum	18 g
Radix Rehmanniae	9 g
Flos Lonicerae	12 g
Fructus Forsythiae	9 g
Herba Menthae	6 g
Folium Isatidis	9 g
Rhizoma Phragmitis	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

If high fever is accompanied with convulsion, Ramulus Uncariae Cum Uncis 6 g, Bombyx Batryticatus 9 g and Periostracum Cicadae 6 g should be added to calm the liver, relieve the convulsion and inhibit the wind–evil.; If constipation is present, Fructus Aurantii Immaturus 9 g and Fructus Trichosarthis 9 g should be added to eliminate the fire by purgation.

(3) Cold of Summer–heat Type (cold in summer)

Symptoms and Signs: It is marked by high fever with no sweat, headache, heavy sensation of the body, listlessness, poor appetite or vomiting and diarrhea, running or stuffy nose, red tongue with thin whitish and slightly greasy fur, and floating and rapid pulse.

Therapeutic Method: Clearing summer–heat evil and expelling superficial evils, and eliminating the dampness–evil and regulating stomach–energy.

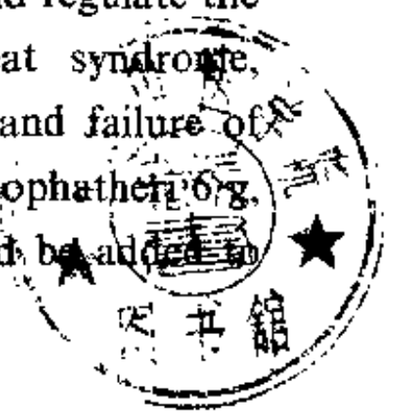
Recipe: *Xiangru Yin* (3), modified.

Ingredients:

Herba Elsholtziae seu Moslae	9 g
Cortex Magnoliae Officinalis	9 g
Flos Dolichoris	9 g
Flos Lonicerae	12 g
Fructus Forsythiae	9 g
Herba Lophatheri	6 g
Radix Puerariae	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of light summer–heat but severe wetness–evil syndrome, manifested by headache, dizziness, feeling of fullness and oppression over the chest and abdomen, poor appetite, etc., Herba Agastachis 12 g, Floium Perillae 9 g, Cortex Magnodiae Officinalis 9 g, Rhizoma Pinelliae 9 g, Pericarpium Citri Reticutalae 6 g and Rhizoma Atractylodis Macrocephalae 9 g should be added to dispel the wetness–evil and regulate the stomachenergy. In case of severe summer–heat syndrome, marked by vexation, thirst, vomiting, less urine and failure of perspiration, etc., Rhizoma Coptidis 3 g, Herba Lophatheri 6 g, Rhizoma Phragmitis 12 g and Talcum 9 g should be added to clear away summer–heat.



(4) Cold of Autumn Dryness (cold in autumn)

Symptoms and Signs: It is characterized by fever with flushed face, no sweat, headache, dry stuffy nose, dry throat, cough without sputum or with sputum containing blood, red tongue with less dry fur, and small pulse.

Therapeutic Method: Clearing away the heat–evil with drugs of acrid taste and cool nature and moisturizing the dryness–symdrome to relieve the cough.

Recipe: *Sang Xing Tang* (4), modified.

Ingredients:

Folium Mori	6 g
Fructus Gardeniae	3 g
Semen Armeniacae Amarum	4.5 g
Bulbus Fritillariae Thunbergii	6 g
Radix Adenophorae Strictae	12 g
Exocarpium Pyrus	9 g
Gypsum Fibrosum	18 g
Radix Ophiopogonis	9 g
Colla Corri Asini (melted)	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of chronic cough, Radix Stemonae Praeparata 9 g, Cortex Lycii Radicis 12 g, Fructus Schisandrae 6 g and Fructus Chebulae 9 g should be added to relieve cough by astringing the liver. In case of long–standing low fever, dry skin, sputum containing blood, feverish sensation over the palms and soles dizziness and feeling of distension in the eyes, the recipe, *Shashen Maidong Tang*, should be applied by adding Radix Rehmanniae 12 g, Cortex Moutan Radicis 9 g, Fructus Gardeniae 4.5 g, and Radix Scrophulariae 9 g to nourish *Yin* and clear away the heat evil. If there appears hoarse voice, Radix ophiopogonix 9 g, Radix Isalidis 12 g, Sterculia Scaphigera 9 g, and Periostracum Cicadae 6 g should be added to clear away the heat–evil and benefit the throat.

2. Influenza, an Epidemic Disease Usually Caused by Seasonal Pathogens

Symptoms and Signs: It is characterized by high fever with

sweat, thirst with inclination to drinking, lassitude, cough, shortness of breath, yellowish and thick sputum, nausea and vomiting, poor appetite, constipation, red tongue with dry and yellowish fur, and floating and rapid pulse.

Therapeutic Method: Clearing away heat and toxic material, and expelling pathogenic factors from the exterior.

Recipe: *Chai Ge Jieji Tang* (5), modified.

Ingredients:

Flos Lonicerae	12 g
Herba Menthae (put in later)	6 g
Folium Isatidis	12 g
Forsythiae	9 g
Radix Bupleuri	15 g
Radix Puerariae	12 g
Rhizoma seu Radix Notopterygii	9 g
Gypsum Fibrosum (decocted first)	30 g
Radix Rehmanniae	9 g
Rhizoma Phragmitis	12 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of high fever, perspiration, irritability and constipation, modified *Liangge San* (6) is applicable.

The ingredients are:

Fructus Forsythiae	12 g
Fructus Gardeniae	6 g
Radix Scutellariae	9 g
Radix et Rhizoma Rhe	6 g

(wrapped separately and put in later)

Natrii Sulfas	9 g
Herba Menthae	9 g
Herba Lophatheri	6 g
Gypsum Fibrosum	18 g
Radix Glycyrrhizae	3 g

If accompanied with high fever, sore-throat and yellowish fur, it can be combated by adding Radix Scutellariae 9 g, Rhizoma Coptidis 3 g, Fructus Arctii 9 g, Fructus Forsythiae 12 g, Radix Scrophulariae 9 g and Radix Isatidis 12 g or by adding *Niuhuang Shangqing Wan*(7), 0.5—1 pill, 3 times daily, to clear away heat and toxic material, and to benefit the throat and reduce swelling.

3. Complications

(1) Cold Complicated with Phlegm. It is manifested by serious cough, sound of the sputum in the throat, or high fever, dyspneic cough with flapping nose, etc. If it is caused by wind-cold evil, it is proper to dispel the evil from the superficies with drugs of acrid taste and warm nature, release inhibited lung-energy and dissipate phlegm by adding *Sanao Tang*(8). If it is caused by windheat, it is appropriate to dispel the evil from the superficies with drugs of acrid and cool nature, remove heat from the lung and dissolve phlegm by adding Cortex Mori Radicis 9 g or using modified *Ma Xing Shi Gan Tang*(9) instead.

If there exists severe dyspneic cough, *Ma Xing Shi Gan Tang*(9), together with Semen Lepiddi seu Descurainiae 6 g and Ochra Haematitum 12 g, is applicable to purge the sthenic lung-energy and relieve asthma. As for other therapies that can be used see the section of Pneumonia of Children.

(2) Influenza Complicated with Dyspepsia. It is characterized by poor appetite, fullness sensation in the chest and abdomen, feverish sensation over the palms and soles, restless night sleep or sour and foul vomiting, stinking stool with undigested food drege, yellowish, thick and greasy fur and strong floating pulse. In this case, formulae for various kinds of cold can be used by adding Massa Fermentata 6 g, Fructus Hordei Germinatus 9 g, Fructus Crataegi 9 g, Endothethelium Corneum Gigeriae Galli 3 g, and Semen Arecae 9 g to promote digestion. If the fever is not severe but dyspepsia and loose stool may be present, modified *Huoxiang Zhengqi San*(10) is used to expel superficial pathogens and eliminate damp pathogens. The ingredients are: Folium Perillae 6 g, Herba Agastachis 12 g, Radix Angelicae Dahuricae 6 g, Poria 9 g, Rhizoma Atractylodis Macrocephalae 9 g, Cortex Magnoliae Officinalis 9 g, Rhizoma Pinelliae 9 g, Pericarpium Citri Reticulatae 6 g, Pericarpium Arecae 9 g and Radix Platycodi 9 g. *Baohe Wan*(11) (proprietary medicine) may be added, to be taken 1 pill a time, 3 times daily, or *Sixiao Tang Pian* (12) is given, 2—5 tablets, 3 times a day.

(3) Cold Complicated with Convulsion. It is manifested by fever with impeded sweat, flushed face, red eyes, fear and restlessness even convulsion, also called convulsion due to excess of heat. For this case, the formula, Rumulus Uncariae cum Uncis 6 g, Bombyx Batryticatus 9 g, Periastracum Cicadae 6 g and Herba Menthae 6 g can be added to calm convulsion, stop wind–syndrome and clear away heat. *Niuhuang Zhenjing Wan* (13) (proprietary medicine) or *Hubo Baolong Wan* (14) (proprietary medicine) can also be added, 0.5—1 pill, 2—3 times daily.

Other Therapies

1. Common Cold of Wind–cold Type

(1) Five or six pieces of Rhizoma Zingiberis Recens, with some brown sugar, are decocted or infused in boiling water for slowly drinking till little perspiration produces.

(2) Three inches of Bulbus Allii Fistulosi, 5 pieces of Rhizoma Zingiberis Recens and proper amount of brown sugar are decocted for frequent drinking till perspiration emerges.

2. Common Cold of Wind–heat Type

(1) Folium Mori, Flos Chrysanthemi, Folium Isatidis or Radix Isatidis, all in proper amount, are decocted in water for drinking.

(2) *Fufang Daqingye Heji* is given, one injection each time, 3 times daily.

(3) *Ganmao Chongji*, 0.5—1 pack a time, 3 times a day. The dosage is varied with the ages of children.

(4) *Xiaoer Tuire Chongji*, 1—3 packs, 3 times daily according to the ages.

Prevention and Nursing

1. Attention should be paid to physical training in order to build up health. More out–door activities and sunshine are helpful in resistance against diseases.

2. Clothes should be changed according to different weather, and rooms kept with fresh air.

3. During the epidemic time of the disease, children should not frequently go to public places so as to avoid being infected. When going out, they should wear masks and keep away from those who have got influenza.

4. During the epidemic period of influenza, Flos Lonicerae 12 g, Radix Isatidis 12 g and Rhizoma Dryopteris Crassirhizomae

12 g are decocted in water for drinking. 3—5 days a course.

5. Fumigate the room with vinegar of 2—5ml / m by adding one to two times of water. put them into a container and then heat them till all become evaporated. It is done once daily and carried on for 3 days.

6. The patient should be closely observed during the course of the disease, especially for the younger and weak children. It is very helpful for them to be well nursed, fed more water and easily digested food regularly. And their hygiene is of great importance.

2.2 Cough

Cough is a common clinical symptom, mainly present in the respiratory illnesses. It may occur at any time of the year but commonly in winter and spring. In children, cough may be classified into two types: external and internal injuries. The former is more common.

Etiology and Pathogenesis

1. Cough Attacked by Exogenous Pathogenic Factors. When weather is changeable in winter and spring, and the child is improperly taken care of, six exogenous pathogenic factors will attack the lung, resulting in cough due to the impairment of purifying and descending function of the lung and abnormal rising of the lung–*Qi*. As the result of the sluggishness of lung–*Qi*,the interior retention and accumulation of the body fluid will form sputum, obstructing the air passage and inducing productive cough.

2. Stagnation of Phlegm in the Interior. Children are weak in spleen and stomach, it is easy for them to be injured by improper feeding of milk and food, causing dysfunction of the

spleen in transport, and failure of conversion of the food stuff into fine nutritious substances. The stagnation of dampness may be transformed into sputum which will store in the lung, block the air passage and inhibit ventilation.

3. Weak Constitution. Young children are congenitally deficient and weak in constitution so that they are apt to be invaded by exogenous pathogenic factors, bringing about recurrent cough. Chronic cough will injure the spleen and the lung and result in cough by the internal injury due to the deficiency of both the spleen and the lung, and the consumption of the lung—*Yin*.

Essentials of Diagnosis

1. The initial onset of the cough caused by the exogenous pathogenic factors is mostly accompanied by cold symptoms such as chilliness, fever, stuffy nose with watery discharge, headach, general muscular pains, reddness and itching of the throat. After one or two days, it is chiefly marked by cough. At first, the cough may present with deep, loud or raucous sound, which is mild during the day and severe at night, associated with vomiting, and thin whitish or thick yellowish sputum. However, young children are unable to spit.

2. Cough caused by internal injury is commonly seen in the children with delicate constitution and malnutrition. These children are likely to catch a cold and will be more severely attacked by pathogenic factors. the course of the disease is rather long, manifested by low cough with thin whitish or less thick sputum or associated with fever.

Type and Treatment

Acute cough is due to the affection of exopathogen, usually accompanied with exterior syndrome. The treatment is mainly

dispelling the pathogenic factor attacking the exterior of the body and ventilating the lung to relieve cough. Chronic cough is mostly classified as deficiency syndrome caused by internal injury. The treatment is mainly strengthening the body resistance to resolve phlegm and astringing the lung to relieve cough.

1. Cough Caused by the Affection of Exopathogen

(1) Cough due to Pathogenic Wind–cold

Symptoms and Signs: Recurrent cough with heavy sound, itching feeling of the throat, difficultly expectorated sputum or cough with rale, thin and whitish sputum, chilliness, fever, stuffy nose with watery discharge, headache and pantalgia, thin and whitish fur on the tongue, and floating and tense pulse.

Therapeutic Method: Expelling wind and cold pathogens, and ventilating the lung and relieving cough.

Recipe: *Xing Su San*(15),modified.

Ingredients:

Folium Perillae	6 g
Semen Armeniacae Amerum	3 g
Radix Peucedani	9 g
Radix Platycodi	9 g
Herba Schizonepetae	9 g
Rhizoma Pinelliae.	9 g
Fructus Aurantii	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If the exterior syndrome is more severe associated with serious and unsmooth cough, Radix Ledebouriellae 9 g and Herba Ehpedae 6 g should be added to relieve exterior syndrome and ventilate the lung. If exterior syndrome has been

relieved, and only cough is marked, Radix Asteris 9 g, Flos Farfarae 6 g and Radix Stemonae 9 g should be added or *Zhisou San* (16) be used to warm the lung, regulate the flow of *Qi* and arrest the cough.

(2) Cough due to Pathogenic Wind–heat

Symptoms and Signs: It is manifested by cough with yellowish sputum too ropy to be expectorated, thirst, red and swelling throat with pain, fever with aversion to wind, slight sweat, turbid nasal discharge, red tip of the tongue with yellowish fur, and floating and rapid pulse.

Therapeutic Method: Dispelling wind, clearing away heat, ventilating the lung and resolving phlegm.

Recipe: *Sang Ju Yin* (17), modified.

Ingredients:

Folium Mori	6 g
Flos Chrysanthemi	9 g
Herba Menthae	6 g
Semen Armeniacae Amarum	3 g
Radix Platycodi	9 g
Rhizoma Phragmitis	9 g
Fructus Forsythiae	12 g
Bulbus Fritillariae Thunbergii	6 g
Radix Scutellariae	9 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of a severe fever with swelling and painful throat, Fructus Gardeniae 6 g and Radix Isatidis 12 g are added to relieve sore–throat and subdue swelling; if manifested by productive cough, thirst, irritability, and yellowish and greasy fur on the tongue, Cortex Mori Radicis 9 g, Rhizoma Pinelliae 9 g

and Poria 9 g be added to expel wind and heat, ventilate the lung and remove the dampness.

(3) Cough due to Wind–dryness

Symptoms and Signs: Cough with hoarseness, dry cough or cough with less sputum which is difficult expectorate, dry lips, dryness and itching of the throat, red tongue with less fur, shortness of saliva, and rapid pulse.

Therapeutic Method: Promoting the dispersing function of the lung with drugs of acrid taste and cool nature, clearing away the lung–heat and moisturizing the lung.

Recipe: *Sang Xing Tang*(4),

Ingredients:

Folium Mori	9 g
Semen Armeniacae Amarum	6 g
Bulbus Fritillariae Thunbergii	6 g
Fructus Gardeniae	6 g
Radix Adenophorae Strictae	9 g
Exocarpium Pyrus	9 g
Radix Platycodi	9 g
Radix Scrophulariae	9 g

(Direction: Decoct the above drugs for oral dose.)

2. Cough Caused by Internal Injury

(1) Cough due to Phlegm and Heat

Symptoms and Signs: Cough with abundant yellowish and thick, expectoration, fever with flushed face and red lips, thirst, restlessness or epistaxis, dry stool, dark urine, red tongue with yellowish fur, and slippery and rapid pulse.

Therapeutic Method: Clearing away heat and purging fire, and resolving phlegm and relieving cough.

Recipe: *Xiebai San* (18), modified.

Ingredients:

Cortex Mori Radicis	9 g
Cortex Lycii Radicis	12 g
Radix Platycodi	9 g
Bulbus Fritillariae Cirhosae	6 g
Radix Scytellariae	9 g
Semen Lepiddii Seu descurainiae	6 g
Semen Plantaginis (Wrapped)	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If it is manifested by cough with sputum too thick to be expectorated, Fructus Trichesanthis 9 g, Os Costaziae 12 g and Arisaema cum Bile 9 g should be added to remove heatphlegm; if marked by constipation, overabundance of heat and harsh breath, Semen Arecae 9 g, Fructus Aurantii Immaturus 9 g and Radix et Rhizoma Rhei 6 g be added to remove the pathogenic fire from the lung.

(2) Cough due to Phlegm–dampness:

Symptoms and Signs: Cough with whitish, thin and productive sputum, rale in the larynx, loss of appetite, listlessness, pale complexion, whitish and greasy fur on the pale tongue, and smooth pulse.

Therapuetic Method: Invigorating the spleen to dry the dampness, and resolving phlegm to relieve cough

Recipe: *Erchen Tang* (19), modified.

Ingredients:

Pericarpium Citri Reticutatae	9 g
Rhizoma Pinelliae	9 g

Poria	9 g
Seman Armeniacae Amarum	6 g
Radix Platycodi	9 g
Bulbus Fritillariae Cirrhosae	6 g
Fructus Aurantii	9 g
Semen Raphani	9 g
Fructus Perillae	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If there exists deficiency of spleen due to chronic cough, Rhizoma Atractylodis Macrocephalae 9 g and Radix Codonopsis Pilosulae 9 g should be added to invigorate the spleen. If associated with poor appetite and abdominal distention, Massa Fermentata Medicinalis 6 g, Fructus Crataegi 9 g and Semen Raphani Praeparatae 9 g should be added to promote digestion and remove stagnated food.

(3) Cough due to *Yin* Deficiency

Symptoms and Signs: Dry cough, or cough with less viscid or blood–tinged sputum, dryness in the mouth and throat, flushed cheeks, fever with night sweat, feverish sensation in the palms and soles, red and dry tongue with less fur, and fine and rapid pulse.

Therapeutic Method: Nourishing *Yin* and moisturizing the lung.

Recipe: *Shashen Maidong Tang* (20), modified.

Ingredients:

Radix Adenophorae Strictae	12 g
Radix Ophiopogonis	9 g
Rhizoma Polygonati Odorali	9 g
Radix Trichosanthis	9 g

Bulbus Fritillariae Thunbergii	6 g
Folium Eriobotryae Praeprata	9 g
Semen Dolichoris Alba	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If it is accompanied with blood-stained sputum, Rhizoma Bletillae 9 g, Rhizoma Imperatae 12 g, Colla Corii Asini 9 g (melted) and Radix Rehmanniae 9 g should be added to moisturize the lung and stop bleeding, if it presents with hectic fever and night sweat, Herba Artemisiae Chinghao 12 g Cortex Lycii Radicis 12 g and Carapax Trionycis 12 g should be added to nourish *Yin* and clear away heat.

(4) Chronic Cough due to the Deficiency of Lung-*Yin*

Symptoms and Signs: Weak cough with whitish, thin and clear sputum, pale complexion, hyperhydrosis due to the general deficiency of *Qi*, weak voice with no inclination to talk, lassitude and intolerance of cold, pale tender tongue, and fine and weak pulse.

Therapeutic Method: Strengthening the spleen and replenishing *Qi*.

Recipe: *LiuJunzi Tang* (21), modified.

Ingredients:

Radix Pseudostellariae	12 g
Poria	9 g
Rhizoma Atractylodis Macrocephalae	9 g
Rhizoma Pinelliae	9 g
Fructus Schisandrae	6 g
Radix Astragaliseu	9 g
Radix Platycodi	9 g

Radix Glycyrrhizae 3 g

(Direction: Decoct the above drugs for oral dose.)

Other Treatments:

Simple Recipe and Proved Prescription

1. Fructus Perillae 9 g, Pericarpium Citri Reticulatae 9 g and raddish (in pieces) 12 g, together with some brown sugar are all decocted in water for oral dose, which is applicable to the cough due to wind–cold syndrome.

2. Bulbus Fritillariae Cirhosae 6 g, pear (one without the core) and crystal sugar 15 g are decocted in water, or steamed for oral dose, which is suitable for dry cough.

3. *Zhike San*: Bulbus Fritillariae Cirhosae, Semen Lepiddii seu Descurainiae and Rhizoma Pinelliae, all of equal portions, are made into rough powder, which is suitable for the cough due to phlegmheat. Dosage: Children under 6 months are given 0.5g each time, those from 6 months to one year, 1 g, and 2—3 years, 1.5 g. When taking, decoct it in a small amount of water with soft fire for 2—3 minutes for oral dose, 3 times a day.

Prevention and Nursing

1. Children should do more physical exercise to reinforce the body resistance against diseases.

2. Attention should be paid to weather changes and the prevention of cold. For those who have cough due to the recurrent respiratory infection, care of the lung should be emphasized at all times, cold aerotherapy and warm sponge are helpfull to enhance resistance against diseases.

3. Keep the patient's room quiet with fresh flowing air to avoid cross infection.

2.3 Pneumonia of Children

Pneumonia is a common disease of children, characterized chiefly by fever, cough, shortness of breath and nasal flaring. There may be cyanotic lips but no nasal discharge and tears in severe cases. The disease mostly occurs in infants and young children usually in winter and spring. It generally results from affection by exopathogens. It may also occur during the course or at the restoration stage of cold, measles, whooping cough or some other severe chronic diseases.

Etiology and Pathogenesis

Children are weak in constitution and *Qi*, delicate in *Zang* and *Fu*, so that the superficial *Qi* fails to protect the body against disease. If the wind–pathogen invades the lung through the mouth and nose, causing obstruction of the lung–*Qi* and dysfunction of water fluid transportation, blocking of the air passage by the accumulated sputum, there will be followed by cough, shortness of breath, rale in the throat, etc. If the warm–pathogens invades the lung, burns the fluids and makes them into sputum, and in turn, the sputum–heat obstructs the air passage, high fever will occur with excessive thirst, and productive cough, etc. The disease may continues to involve other viscera. The obstruction of the lung–*Qi* may affect the circulation of the heart–blood. If there exist the stasis of blood flow, malnutrition of the heart and stagnation of liver–*Qi*, the disease may present as deteriorated case with cyanosis of mouth and nails, dark–purplish tongue and enlargement of the liver. Failure of vital energy against pathogenic factor, stagnation of heart–blood and insufficency of the heart–*Yang* result in sudden prostration

syndrome, manifested as pale complexion, dyspnea, restlessness, cold limbs, excessive perspiration, etc. If the stagnation of the lung–*Qi* is severe, it will affect the function of the spleen and stomach, marked by poor appetite, abdominal distention and constipation. Because the lung is responsible for inspiration and the kidney governs the reception of air, the lung acts as the master of air, and the kidney, the root of it. Stagnation of the lung–*Qi* for long will certainly affect the kidney which refuses to recept the air, resulting in hypopnea, cacorhythm or respiration like sighing or weeping. This is the dangerious sign of respiratory failure. If the pathogenic heat is too high which invades the interior of *Jueyin,* there appear high fever, coma, convulsion, etc.

In the later stages of pneumonia in children, it is chiefly manifested as consumption of *Qi* and *Yin,* with the lingering of pathogenic factor due to weakened body resistance, deficiency of the lung and spleen, and the lung–heat caused by *Yin* deficiency.

Essentials of Diagnosis

1. Symptoms: Acute pneumonia is characterized by sudden onset, fever, productive cough and shortness of breath. In severe patients, there exist rapid breath with nasal flaring and cyanotic lips, sometimes irritability, drowsiness and abdominal distention, etc. Creeping pneumonia and chronic pneumonia are chiefly marked by low fever, cough with sputum and persisting rale sound in the lung.

2. Signs: Examination reveals a rough or weakened respiratory sound in the two lungs with crepilation or middle, small bubble sound mostly in the bottom of the lung and the bilateral spine.

3. X–ray Examination of the Lung: It shows spot and

patch–like or mottling shadows.

Type and Treatment

It is clinically classified into common case and deteriorated case. Common case is divided into three different types: exterior and interior; cold and heat; and deficiency and excess; while deteriorated case differs from the interior invasion of Jueyin and insufficency of the heart–*Yang*. In treatment, emphasis should be put on ventilating the lung, relieving cough and asthma, reducing sputum, clearing away heat and purging the pathogenic fire, and benifiting vital energy and nourishing *Yin*. Treatment for deteriorated case is warming and recuperating heart–*Yang*, removing heat from the liver, tranquilizing the endogenous wind and waking up the patient from unconsciousness.

1. Common Case

(1) Invasion of the Wind–pathogens to the Lung. It occurs at the early stage of pneumonia accompanied with exterior syndrome. It is divided into stagnation of the lung due to the wind–cold and that due to the wind–heat, the latter being more common.

① Wind–cold Evil Obstructing the Lung. It is commonly seen in cold seasons.

Symptoms and Signs: Fever without sweat, cough, shortness of breath, no thirst feeling, thin and whitish sputum, red tongue with thin and whitish or greasy fur, and superficial and tense pulse.

Therapeutic Method: Eliminating wind and cold, and promoting the dispersing function of the lung with drugs of acrid taste and warm nature.

Recipe: *Sanao Tang* (8), modified.

Ingredients:

Herba Ephedrae	6 g
Semen Armeniacae Amarum	3 g
Radix Glycyrrhizae	3 g
Fructus Perillae	9 g
Radix Peucedani	6 g
Rhizoma Pinelliae	9 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If the cold attacks the lung externally and there is latent heat internally, manifested as fever, thirst, flushed face, irritability, cough with whitish sputum, whitish fur on the tongue and rapid pulse, *Daqinglong Tang* (22) can be applied to relieve both exterior and interior syndromes or by adding Cypsum Fibrosum 15 g and Radix Scutellariae 9 g to expel the pathogenic heat from the lung.

②Wind–heat Obstructing the Lung

Symptoms and Signs: Fever with or without sweat, cough with thick turbid and yellowish sputum, shortness of breath, red lips, thirst, reddness in the tip or sides of the tongue, thin, whitish or slightly yellowish fur on the tongue, and superficial and rapid pulse.

Therapeutic Method: Eliminating wind and heat–evil, ventilating the lung, and resolving phlegm and relieving asthma.

Recipe: Modified *Yinqiao San* (2) and *Ma Xing Shi Gan Tang* (9), modified.

Ingredients:

Flos Lonicerae	15 g
Herba Menthae	6 g
Fructus Forsythiae	9 g

Herba Ephedrae	6 g
Semen Armeniacae Amarum	3 g
Gypsum Fibrosum	18 g
Radix Platycodi	9 g
Rhizpma Phragmitis	12 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of too much heat, Radix Scutellariae 9 g, Herba Houttuyniae 9 g and Radix Isalidis 12 g should be added to clear away lung–heat. If there is profuse sputum, Bulbus Fritillariae Cirhosae 3 g, Semen Raphani 9 g and Fructus Tridosanthis 9 g should be added to resolve heat–phlegm.

(2) Retention of Phlegm–heat in the Lung

Symptoms and Signs: High fever, cough, shortness of breath, nasal flaring, restlessness, thirst, red and dry, even cyanotic lips, rale in the throat like sawing, reddness of tongue, yellowish and greasy fur, and smooth and rapid pulse.

Therapeutic Method: Removing the heat from the lung, and relieving the cough and asthma.

Recipe: *Ma Xing Shi Gan Tang* (9) and *Tingli Dazao Xiefei Tang* (23), modified.

Ingredients:

Radix Ephedrae	6 g
Semen Armeniacae Amarum	4.5 g
Cortex Mori Radicis	12 g
Semen Lepidii seu Descurainiae	6 g
Cortex Lycii Radicis	9 g
Cypsum Fibrosum	30 g
Herba Houttuyniae	9 g

Radix Scutellariae	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If there exist abdominal flatulence and dyschesia, Radix et Rhizoma Rhei 6 g and Fructus Aurantii Immaturus 9 g should be added to relieve constipation by quenching the pathogenic fire. If accompanied by cyanotic face and lips, Radix Salviae Miltiorrhizae 12 g, Flos Carthami 3 g, Radix Paeoniae Rubra 9 g and Semen Persicae 6 g should be added to remove blood stasis by activating blood circulation. If there is abundant thick and yellowish expectoration with severe obstruction, Bulbus Fritillarae Thunbergii 6 g, Concretio Silicea Bambusae 9 g and Arisaema cum Bile 9 g should be added to clear away pathegenic heat and resolve phlegm.

(3)Stagnation of Phlegm–dampness in the Lung

Symptoms and Signs: It is manifested as cough, shortness of breath, phlegm–dyspnea, rale in the throat, yellowish face and pale lips, sometimes cold and heat, red tongue with greasy fur, and smooth pulse.

Therapeutic Method: Drying the dampness evil, eliminating phlegm, and relieving the cough and asthma.

Recipe: *Xiaoqinglong Tang* (24) and *Erchen Tang* (19), modified.

Ingredients:

Herba Ephedrae	6 g
Ramulus Cinnamomi	3 g
Semen Armeniacae Amarum	3 g
Rhizoma Pinelliae	9 g
Pericarpium Citri Reticulatae	6 g

Semen Lepidii seu Descurainiae	6 g
Herba Asari	1.5 g
Fructus Schisandrae	4.5 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

(4)Deficiency of Healthy Energy due to Remaining Pathogens.

It is commonly seen during the later stage of the disease. The healthy energy is deficient while the pathogenic factor is not all removed.

①Lung-heat due to *Yin*-deficiency

Symptoms and Signs: Low fever, night sweat, flushed face, unproductive cough, dry mouth with red lips, red and dry tongue without fur coating, and fine and rapid pulse.

Therapeutic Method: Nourishing *Yin* and clearing away lung-heat.

Recipe: *Shashen Maidong Tang* (20), modified.

Ingredients:

Radix Adenophorae Strictae	12 g
Radix Ophiopogonis	9 g
Rhizoma Polygonati Odorati	9 g
Cortex Mori Radicis	12 g
Cortex Lycii Radicis	12 g
Radix Trichosanthis	9 g
Semen Dolichoris	9 g
Semen Armeniacae	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If cough is severe, Folium Eriobotryae 9 g,

Radix Stemanae 9 g, and Bulbus Fritillariae Cirhosae 6 g should be added to relieve cough and resolve phlegm; if associated with poor appetite, Fructus Crutaegi 9 g and Frucus Hordei Germinatus 9 g, added to relieve dyspepsia and promote appetite.

②*Qi*–dificiency of Lung and Spleen

Symptoms and Signs: Irregular low fever, weak cough with low sound and thin sputum, pale complexion, listlessness, spontaneous perspiration, poor appetite, loose stool, pale tongue with whitish and smooth fur, and fine and faint pulse.

Therapeutic Method: Benifiting the *Qi* and invigorating the spleen.

Recipe: *Renshen Wuweizi Tang* (25), modified.

Ingredients:

Radix Lodonopsis Pilosulae	12 g
Radix Astragali seu Hedysari	12 g
Rhizoma Atracty Lodis Macrocephalae Praeparatae	9 g
Poria	9 g
Fructus Schisandrae	6 g
Rhizoma Pinelliae	9 g
Radix Glycyrrhizae Praeparatae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If productive cough, Radix Asteris 9 g, Pericarpium Citri Reticulatae 6 g and Arisaema cum Bile 9 g should be added to relieve cough and resolve phlegm; if deficient *Ying* and Wei–energy, profuse sweating and weakened breathing, Ramulus Cinnamomi 6 g, Concha Astreae 15 g and Os Dracomis 15 g are applicable to regulate *Ying* and *Wei* and, stop excessive perspiration, and strengthen *Yang*–energy.

2. Deteriorated Case

It is commonly seen at the extreme stage of pneumonia.

(1) Deficiency and Failure of Heart–*Yang*

Symptoms and Signs: Sudden onset of pale face, cyanotic lips, shortness of breath, cold extremities with sweat on the forehead, restlessness, rapid enlargement of the liver, dark purple or pink tongue with thin and whitish fur, and faint, fine and rapid pulse.

Therapeutic Method: Warming and recuperating heart–*Yang*, and benifiting vital energy to rescue the patient from danger.

Recipe: *Shen Fu Tang* (26), modified.

Ingredients:

Radix Ginseng	1 g (decocted first)
Radix Aconitr	6 g
Radix Paeoniae Alba	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Other Methods: *Shengmai San* Injection 10–20 ml. or *Zhishi* Injection 5–10 ml. diluted with 5–10% glucose solution is given intravenous injection or drip to recuperate the depleted *Yang* and rescue the patient from collapse.

Modification: If accompanied with cyanotic tongue and lips and enlarged liver, Radix Salviae Miltiorrhizae 12 g, Flos Carthami 6 g and Radix Angelicae Sinensis 9 g should be added to promote blood circulation by removing blood stasis.

(2) Invasion of *Jueyin* by Pathogenic Factor

Symptoms and Signs: cough, asthma, high fever, coma, irritability, convulsion, up–staring eyes, red and crimson tongue

with yellowish and greasy or yellowish rough fur, and taut rapid pulse.

Therapeutic Method: Calming the liver to inhibit the wind–evil and removing heat from the heart to restore to consciousness.

Recipe: *Lingjiao Gouteng Tang* (27) and *Angong Niuhuang wan* (28)

Ingredients: Cornu Antelopis 0.5 g (Take it after being infused in boiling water)

Ramulus Uncariae cum Uncis	9 g
Lignum Pini Poriaferum	9 g
Radix Paeoniae Alba	9 g
Caulis Bambusae in Taeniam	6 g
Rhizoma Acori Graminei	9 g
Radix Curcumae	9 g
Fructus Gardeniae	6 g
Radix Scutellariae	9 g

(Directiion: Decoct the above drugs for oral dose.)

Deteriorated case is the severe syndrome which occurs during the course of pneumonia. In treatment, stress should be put on the principal aspects or according to the conditions. Both the principal and the secondary aspects are treated at the same time, or emergency treatment is given with the method of combination of both Chinese and Western medicine. Once the deteriorated case is relieved, the conventional treatment of pneumonia should be continued in accordance with different conditions of the disease.

Other Therapies

1. Simple Recipe and Proved Prescription

(1) Herba Houttuyniae Injection can be used intramuscularly, one for each time, one or twice daily or 5–10ml drug solution, put into 5–10% glucose solution (200ml) given by intravenous drip, or a mixture of physiological saline solution 10ml and drug solution 10ml is given through aerosol inhalation. This is applicable to common pneumonia of children.

(2) *Feiyan Heji.* It is composed of:

Semen Ginkgo	9 g
Indigo Naturalis	3 g
Cortex Lycii Radicis	9 g
Ramulus Uncariae cum Uncis	9 g
Herba Plantaginis	9 g
Pericarpium Citri Reticulatae	9 g

(Direction: Decoct the above drugs for oral dose, one dose daily.)

(3) Bingduxing Feiyan Heji. It is composed of:

Folium Isatidis	15 g
Radix Isalidis	15 g
Herba Plantaginis	9 g
Radix Bupleuri	9 g
Bombyx Batryticatus	9 g

(Direction: Decoct the above drugs for oral dose, one dose a day.)

(4)*Chuanke San*

Rhizoma Pinelliae and Fructus Schisandrae, 3 portions of each, and Herba Asari and Rhizoma Zingiberis, one portion of each, all together are made into powder and taken after being infused, 2g each time, 2–3 times daily or decocted in proper amount of water with soft fire 2–3 minutes, for one drink after removing

the dregs.

2. External Application

Semen Sinapis Ablae 30 g and flour 30 g are mixed with some water, wrapped with gauze, which can be applied to the back area of a patient, once daily for 15 minutes till the skin turns red, which contiues for three days. This method has a significant effect for the patient with persisting lung rales.

Prevention and Nursing

1. Prevention

(1) It is advisable for the patient to do more physical exercise so as to build up health and prevent cold.

(2) Outdoor activities are recomended and fresh air in the living room is also helpful. Besides, attention should be paid to the changing of clothes according to different weather.

(3) Active measures should be taken to prevent malnutrition, rickets, measles, whooping cough and cold, etc.

2. Nursing

(1)The patient's room must be kept quiet with flowing air, proper temperature and humidity.

(2) If there is much sputum, the body position of the patient should be frequently changed so that the sputum can be drawn out or eliminated by means of light pats on the back. Oxygen is indicated for patients who are cyanotic and dyspneic.

(3) The patient should keep a diet of light and easily digested food, avoiding greasy food, meat or fish lest sputum and heat shouold be produced.

(4) Special attention should be paid to the conditions of severe patients.

2.4 Bronchial Asthma

Bronchial asthma is an allergic respiratory disease with recurrent attacks. Children with asthma usaully have a history of exudative conditions such as eczema, urticaria and angioneurotic edema. It is more commonly seen in children of four or five. Once they are exposed to allergens like bacterial or viral infection, flower powder, mites and dust, or after they take in fish, shrimps and protein, asthmatic attacks may occur. It may be often induced by sudden changes of the weather, overwork and mental irritation. Asthma is more common in spring and autumn, being prone to occur repeatedly. In infants and young children, it appears mostly like asthmatic bronchitis. With the growth of the children the frequency of attacks gradually reduces and the disease is even relieved. But when they grow older, the disease will reoccur. It is difficult to cure completely, usually becoming a life–long disorder.

Etiology and Pathogenesis

Bronchial asthma results when exopathic factors act on the endopathic factors. The patient is generally weak in constitution and deficient in the functions of the lung, spleen and kidney. The deficiency of the lung may result in the retention of water, that of the spleen, the dysfunction of water transportation, and that of the kidney, the failure of activating vital energy to promote diuresis. Retention and accumulation of water and dampness form turbid sputum, which stores in the interior. As a result, the sick child usually manifested as exudative conditions, showing pale complexion, fatness, recurrent eczema, loose muscle, and rumbling sound of the sputum in the throat, etc.

Because of the deficiency of lung–energy, the *Yang* of the defensive function fails to strengthen the striae, which in turn makes one subject to attacks of exogenous pathogenic factors. In this case, if there are sudden changes of weather, the invasion of exopathogens into the body, the exposure to some substances, such as flower powder, mites, parasites and dust, irregular diet, over–eating of uncooked, cold, salty and acid food or taking in fish, shrimps and protein, the latent phlegm will be irritated, obstructing the air passage, making lung–*Qi* unable to go up and down, therefore causing sudden attacks of asthma. Asthma that is due to the retention of cold–type phlegm in the interior caused by the attack of wind–cold evil, internal injury by improper diet or deficiency of *Yang* is known as cold–type asthma. Asthma that is due to deficiency of *Yin*, accumulation of phlegm–heat in the lung or the transformation of cold–type phlegm into heat is known as heat–type asthma. If recurrent attacks of asthma further injure the vital essence of the lung, spleen and the kidney, the disease may present as deficient–type asthma with shortness of breath, bronchial wheezing when moving, and productive cough,which are commonly seen at the remission stage of the disease.Because the disease is caused by deficiency in origin and excess in superficiality,or a deficiency syndrome complicated with excess, it is difficult to be completely cured. When weather suddenly changes, diet is improper,and the mental irritated, the combination of exopathogens and endopathogens leads to recurrent attacks of asthma.

Essentials of Diagnosis

Bronchial asthma is divided into two different stages of attack and remission

1. Typical Attack. It is marked by sudden onset or by the presymptoms of stuffy nose, sneezing, itching in the throat and oppressed feeling in the chest followed by asthma. shortness of breath, dyspea, sound of sputum in the throat, restlessness, failure of horizontal position. pale complexion, cyanosis of the lips and fingers, and cold sweat on the forehead. At beginning, there is dry cough, and later, the amount of sputum gradually increases. Once the sputum is removed, the attack will be relieved.The duration of the attack varies from a few minutes to several hours. A few children are found in status asthmaticus.

2. Signs: Stethoscope exmination finds obvious diminution of respiration in the two lungs. prolonged expiratory phase and wheezing all over the two lungs, In chronic patients. drumstick finger and barrel chest are commonly seen.

3. X-ray Examination

X-ray examination of the chest reveals changes of emphysema.When secondary infection occurs, patchy shadows can be observed.

4. Laboratory Test. White cell count and neutrophilic granulocytes are generally normal; eosinophilic granulocytes increase by more than 5% ; when secondary infection presents, white cell count and neutrophilic granulocytes may increase.

Type And Treatment

At the stage of an attack, it is dominated by excessive pathogenic factors. The suitable method is to relieve exterior syndrome, ventilate the lung to resolve phlegm and relieve asthma. At the remission stage, it is chiefly characterized by deficiency of the lung, spleen and kidney. The method of nourishing the lung, supporting the spleen and benifiting the kidney is appli-

cable to strengthen the body resistance and or restore normal functiioning of the body.

1. Attack Stage

(1) Asthma of Wind–cold Type. It commonly occurs in cold seasons or when the patient is exposed to coldness.

Symptoms and Signs: The typical attack of asthma is manifested as cough with sputum whitish, clear, thin and full of foam, no thirst, pale tongue with thin and whitish fur, and floating and tense pulse.

Therapeutic Method: Ventilating the lung and dispeling cold, and alleviating asthma and cough.

Recipe: *Xiaoqinglong Tang* (24), modified.

Ingredients:

Herba Ephedrae	4.5 g
Semen Armeniacae Amarum	6 g
Rhizoma Pinelliae	6 g
Fructus Schisandrae	6 g
Flos Farfarae	6 g
Fructus Perillae	6 g
Semen Ginkgo	9 g
Cortext Mori Radicis	9 g
Lumbricus	9 g
Herba Houttuyniae	9 g
Herba Houttuyniae	1.5 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If the heat pathogen accumulates in the body, which is, at the same time, attacked by cold–pathogen, presenting as the syndrome of cold in superficies and heat in interior, with

fever, flushed face, red throat and thirst, Radix Scutellariae 9 g, Radix Isalidis 12 g and Gypsum Fibrosum 18 g should be added to clear away heat from the lung. If there exists cough with productive sputum, Radix Peucedani 9 g, Bulbus Fritillariae Cirhosae 3 g and Radix Platycodi 9 g should be added to relieve cough and resolve sputum. If asthma is severe, Semen Raphani 9 g, Semen Sinapis Albae 9 g and Fructus Aurantii 9 g should be added to alleviate asthma and cough.

(2) Asthma due to Phlegm–heat

Symptoms and Signs: It is characterized by a typical attack with fullness sensation in the chest and heavy breath, thick and yellowish sputum, fever, flushed face, thirst with inclination to drink, yellow urine and dry stool, reddish tongue with yellowish fur, and smooth and rapid pulse.

Therapeutic Method: Clearing away heat pathogen and eliminating sputum

Recipe: *Dingchuan Tang* (29), modified.

Ingredients:

Herba Ephedrae	6 g
Semen Ameniacae Amarum	3 g
Gypsum Fibrosum	15 g
Radix Scutellariae	9 g
Fructus Aurantii	9 g
Cortex Mori Radicis	12 g
Semen Lepidii seu Descurainiae	6 g
Fructus Perillae Praeparata	9 g
Rhizoma Pinelliae	9 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If there is high fever, Flos Lonicerae 12 g and

Radix Bupleuri 12 g should be added to clear away the heat pathogen; if associated with yellowish thick sputum, Fructus Trichosanthis 9 g, Semen Raphani 9 g and Radix Trichosantis 9 g should be added to clear away heat and resolve sputum.

2. Remission Stage

(1) Deficiency of Vital Energy in Lung and Spleen

Symptoms and Signs: It is characterized by emaciation, pale complexion, weak breath, poor appetite listlessness, asthenia, cough with abundant clear, thin and whitish expectoration, rumbling sound of the sputum in the throat or occasional mild asthma, pale tongue with whitish fur, fine and slow pulse.

Therapeutic Method: Invigorating the spleen and benefiting vital energy, and resolving phlegm and relieving the cough.

Recipe: *Renshen Wuweizi Tang* (25), modified.

Ingredients:

Radix Codonopsis Pilosulae	9 g
Radix Astragali seu Hedysari	9 g
Rhizoma Atractylod Macrocephalae	9 g
Poria	9 g
Fructus Schisandrae	6 g
Cortex Mori Radicis	9 g
Bulbus Fritillariae Cirhosae	3 g
Pericarpium Citri Reticulatae	6 g
Rhizoma Pinellae	6 g
Radix Ophiopogonis	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If the patient has poor appetite and feels abdominal distention, Massa Fermentata Medicinalis 9 g, Fructus

Hordei Germinatus 9 g, Fructus Amoni 3 g and Rhizoma Dioscoreae 6 g should be added to invigorate the spleen and improve appetite: if there are abundant thin expectoration, whitish and greasy or whitish and smooth fur on the tongue, modified *Erchen Tang* should be used to resolve sputum and relieve cough, which is composed of Pericarpium Citri Reticulatae 6 g, Poria 9 g, Rhizoma Pinelliae 9 g, Bulbus Fritillariae Cirhosae 3 g, Cortex Mori Radicis 12 g and Radix Glycyrrhizae 3 g.

(2) Deficiency of Both the Lung and Kidney

Symptoms and Signs: It is manifested as pale complexion, cold extremities, aversion to cold, spontaneous sweating, cough with abundant sputum or asthma of insufficiency type, no appetite, shortness of breath, pale tongue with whitish fur, and fine and faint pulse.

Therapeutic Method : Improving inspiration by warming the kidney and invigorating the lung to relieve asthma.

Recipe: *Jinkui Shenqi Wan* (30), modified.

Ingredients:

Radix Aconiti	6 g
Rhizoma Rehmanniae Praeparatae	9 g
Fructus Corni 山茱肉 (shanyarou)	6 g
Rhizoma Dioscoreae	6 g
Fructus Schisandrae	6 g
Poria	9 g
Cortex Moutan Radicis	9 g
Juglandis Regiae	9 g
Radix Condonopsis Pilosulae	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modificatiion: If there exist shortness of breath, spontaneous sweating and insufficiency of the lung–*Qi*, *Yupingfeng San* (31), is applicable. The formula consists of Radix Ledebouriellae 6 g, Radix Astragali seu Hedysari 9 g, Fructus Schisandrae 6 g and Radix Glycyrrhizae 3 g. If it is of deficiency of the kidney–*Yang*, Cordyceps 9 g and Gecko 12 g should be added to improve appetite by warming the kidney.

Other Therapies

1. Simple Recipe and Proved Prescription

(1) Lumbricus, which is made into fine powder after being baked dry for oral dose, three times a day, 1–3 g a time, taken before meal. This recipe has an effect of clearing away heat and resolving phlegm, and tranquilizing the mind. It is suitable for the attack stage of asthma.

(2) The powder of placenta, orally, 3–5 g a time, 3 times daily. It is effective in increasing resistance against diseases and preventing recurrence. It is applicable to the remission stage of asthma.

(3) Juglandis Regiae 9 g, Cordyceps 9 g and Gecko 9 g, which are used separately or in combination. They have an effect of tonifying the kidney to astring the lung and is suitable for the remission stage of asthma.

2. Acupuncture and Moxibustion

(1) Body Acupuncture: When asthma attacks, insert needles into the acupoints of *Dingchuan* (EX–B1), *Jiechuan*, *Tiantu* (RN 22) and *Dachu* (BL 19) with rapid turning movements or keep the needles in for 15 minutes once daily.

(2) Ear Needling: When asthma attacks, puncture *Chuandian*, *Neifenmi* and *Pingchuan*.

3. Application Method

Semen Sinapis Albae 15 g, Herba Asari 2 g, Rhizoma Corydalis 9 g and Radix Euphorbiae Kansui 9 g are all made into powder, mixed together with some Succus Zingiberis and then shaped into six drug cakes with a small amount of Moschus or Flos Syzygii powder put inside each of them. They are applied on acupoints of *Bailao*, (EX) *Feishu* (BL 13) and *Gaohuang* (BL 43).

Direction: During the midsummer the application is carried out once every 10 days, three times a course, each time lasting 2 hours. This therapy is carried on for 3 years. It is suitable for the remission stage of asthma and effective to reduce and relieve the attack of asthma.

4. Massage Therapy: First, pushing manipulation is preferable, pushing transversely the chest and abdominal regions mainly on the acupoints of *Huagai* (RN 20) and *Danzhong* (RN 17), in turn, the lumbodorsal regions (from the above downward, mainly *Feishu* (BL 13), *Geshu* (BL 17) and *Mingmen* (DU 4)) and spinal column and its both sides, and then press *Feishu* (UB13) and *Geshu* (UB17) once every 1—2 days, 10 times a course, which is suitable for remission stage.

Prevention and Nursing

1. The sick child should do physical exercise and build up health so as to reduce the attack of the disease.

2. Active preventive measures should be taken against the diseases related with asthma, such as tonsillitis, decayed teeth, nasosinusitis and pneumonia, and proper treatment must be given when any of them occurs.

3. The sick child should keep a regular diet and a regular daily life, refraining from sour, salty, cold and uncooked food. He

must avoid sudden changes of the temperature and the weather, keeping away from the sensitinogen that will induce asthma.

4. When asthma attacks, the sick child should be kept quiet to avoid psychological tense. When necessary, oxygen should be given, and a quiet room with fresh air is also helpful.

5. At the remission stage, medicinal herbs with the function of strengthening the body resistance should be used to reduce the recurrence or relieve the symptoms of the disease.

2.5 Aphtha and Thrust

Aphtha

Aphtha is a common disease of the oral cavity in children. It occurs more often in infants. The lession is characterized by ulcer involving the oral mucosa, both sides of the tongue, the palate and the gum. In modern medicine, it is called ulcerative stomatitis. Aphthosis involving both sides of the lips is popularly said as swallow's mouth; that involving the oral mucosa with local erythragia is known as oral erosion. The cause and treatment of these two types are similar to those of aphtha.

Etiology and Pathogenisis

After a long time of taking fat, sweet and greasy food as his main diet, pathogenic heat may accumulate in the spleen and the stomach; long accumulation of exogenous pathogenic damp–heat in the intestines and the stomach may turn into fire, which goes up to attack the oral cavity and the tongue, and corrode myolemma, leading to painful ulcers of the oral mucosa surrounded by a red areola, with helitosis and salivation. In serious cases, there may even appear symptoms of excess syndrome such as fever, thirst, dark urine, constipation, etc.

Aphtha may also result from *Yin*–dificiency of the child due to his weakness, or febrile diseses that lead to impairment of *Yin*, consumption of body fluid, failure of water to reduce fire, flaring–up of fire of deficiency type and damage of myolemma. In such condition, there are less ulcers and light red areola, accompanied by signs of hyperactivity of fire due to *Yin*–deficiency, such as flushed cheeks, dry mouth and restlessness due to deficiency.

Type and Treatment

It should be made clear first whether it is of deficiency syndrome or excess syndrome. Symptoms such as ulcers with bright red areola, severe pain, foul breath, salivation, or thirst, dark urine and dry stool are of excess syndrome; symptoms such as ulcers with light red or pale areola, mild pain, flushed cheeks and dry mouth are of deficiency syndrome.

1. Retention of Heat due to Infantile Feeding.

Main Symptoms and Signs: It is manifested by more ulcers even erosion over the oral mucosa with red areola, refusal of food due to pain, irritability, helitosis, salivation, dark urine, constipation, fever with flushed face in some cases, red tongue with yellow fur.

Therapeutic Method: Purging the pathogenic fire by removing obstruction in the Fu–organs and relieving dyspepsia.

Recipe: *Liangge San* (6), modified.

Ingredients:

Radix Scutellariae	6 g
Fructus Forsythiae	6 g
Fructus Gardeniae	3 g
Radix et Rhizoma Rhei	1.5 g

Herba Lophatheri	6 g
Scorched Fructus Crataegi	9 g
Fried Fructus Hordei Germinatus	6 g
Semen Arecae	9 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of loose stools, Radix et Rhizoma Rhei should be subtracted.

2. Attack of Damp–heat to the Upper Parts of the Body.

Main Symptoms and Signs: It is marked by ulcers over the whole oral mucosa and tongue or erosion of them, excessive flow of viscous saliva, difficult discharge of ropy stool, nausea, vomiting, red tongue with thick and greasy fur.

Therapeutic Method: Clearing away heat and eliminating dampness.

Recipe: *Ganlu Xiaodu Dan* (33), modified.

Ingredients:

Herba Agastachis	9 g
Herba Artemisiae Scoparae	15 g
Poria	9 g
Fructus Forsythiae	9 g
Cortex Magnoliae Officinalis	6 g
Semen Coicis	12 g
Semen Amoni Cardamoni	6 g
Rhizoma Pinelliae	6 g
Medulla Tetrapanacis	3 g
Rhizoma Acori Gramine	6 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of constipation, Fructus Aurantii Immaturus 6 g and Radix et Rhizoma Rhei 3 g(be put in later)

should be added.

3. Flaring–up of Heart Fire.

Main Symptoms and Signs: It is manifested by erosion of the oral mucosa and the tongue, with or without ulcer, redness and pain, restlessness, thirst with desire for drinking, dark urine, red tongue tip, and thin and yellow fur.

Therapeutic Method: Clearing away heart–fire.

Recipe: *Xiexin Daochi Tang*(34), modified.

Ingredients:

Rhizoma Coptidis	1.5 g
Radix Rehmanniae	9 g
Herba Lophatheri	6 g
Caulis Akebiae	1.5 g
Fried Fructus Gardeniae	3 g
Radix Ledebouriellae	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of obvious thirst, Gypsum Fibrosum 12 g and Rhizoma Anemarrhenae 6 g should be added.

4. Flaring up of Fire of Deficiency–type.

Main Symptoms and Signs: It is manifested as less or scattered ulcers over the oral mucosa with light colour, slight pain, flushed cheeks, feverish sensation in the palms and soles, dry mouth with no desire for drinking, red tongue with less or without fur.

Therapeutic Method: Nourishing Yin to reduce pathogenic fire.

Recipe: *Zhibai Dihuang Tang* (35), modified.

Ingredients:

Rhizoma Anemarrhenae	6 g
Cortex Phellodendri	3 g
Radix Rehmanniae	9 g
Fructus Corni	9 g
Poria	6 g
Rhizoma Alismatis	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of red pharynx, Radix Scrophulariae 12g should be added.

Other Therapies

1. First clean the affected part with 3% hydrogen dioxide solution cotton ball, then clear away the foam and apply *Yangyin Shengji San* to it. This is done three times a day.

2. Nine grams of Fructus Euodiaw is ground into powder and mixed with vineger. Apply it to the soles before the patient goes to bed, and take it away the next day.

Prevention and Nursing

1. The oral cavity should be kept clean. Food and vegetables should be fresh and clean. Pungent and fired food is not recommended. For the sick children who suffer from febrile diseases and diarrhea, examination of the oral cavity should be given carefully. If any damage is found, *Liangxin San* and *Bingpeng San* should be applied timely.

2. Nursing bottles, nipple of the feeding bottle and tableware should be often sterilized and kept clean.

Thrust

Thrust is a kind of oral diseases characterized by the formation of small and white flakes on the oral mucous membrane and

the tongue, with the appearance like the oral cavity of the goose. It is also called "snow mouth" because the lession is as white as snow.

Etiology and Pathogenisis

The formation of thrust is related to the incubation of congenital heat of fetus, unclean oral cavity and affection by pathogens. Pathogens accumulate in the heart and the spleen, and go up to attack the oral cavity, thus leading to thrust.

The mouth is the window of the spleen and the-tongue is the opening of the heart; the spleen and the tongue are connected by channels. If the accumulated heat in the heart and spleen goes upward along the channels and the sick child is reattacked by pathogens, both endopathogens and exopathogens co—operate with each other to attack the mouth and the tongue, leading to accumulation of white flakes. Because of the impairment due to pathogenic fire, the white flakes are surrounded by red areola. Foul breath and constipation develop owing to excessive heat in the spleen and the stomach. Flaming of the heart fire may lead to restlessness and scanty dark urine.

If the child, in addition to *Yin* deficiency constitution, suffers from a febrile disease which impairs the body fluid, the results may be impairment of *Yin* and exhaustion of body fluid, failure of water to control fire, flaring—up of fire of deficiency—type and invasion of exopathogens into the oral cavity by taking the advantage of deficiency. Accumulation of white flakes may be surrounded by light red areola. Interior heat syndrome of deficiency type may present with dysphoria, feverish sensation in the chest, palms and soles, and with pallor, red cheeks, red tongue with less fur.

Type and Treatment

At the early stage, white flakes first appear on the tongue or on the membrane of both inner surface cheeks, then gradually spread to the gum, lips, palate, etc. There is red areola around the white flakes. They are fused together which resemble deposit of coagulated milk. The patches are increased gradually and difficult to wipe off. Clinical manifestations of thrust vary in severity. In a mild case, there are no other symptoms except for white flakes on oral mucosa and the tongue; in a severe case, white flakes may spread to the nasal meatus and the throat, leading to passage obstruction. If there appear pale complexion and shortness of breath, the patient is in a serious, even fatal condition. Thrust should be differentiated from milk curds left on the tongue after vomiting and the pseudomembrane of diphtheria.

1. Accumulation of Heat in the Heart and the Spleen. See Aphtha 3.

2. Flaring–up of Fire of Deficiency Type. See Aphtha 4.

Other Therapies

1. Take 30 grams of Galla Chiensis. when they are fried yellow, put in 2 grams of sugar. After the sugar is melted, take it out and make it dried in the air. Mix it with 20 grams of Alumen and powder it, and then mix it with sesame oil into soft extract. This should be applied on the affected part, 2–3 times a day.

2. Fuligo Plantae, Indiog Naturalis and Charcoal of Canarium Album (in equal portions) are powdered and applied on the affected part three times a day.

3. Apply a little of Mannosum Kaki. on the affected part two times a day.

Prevention and Nursing

Antibiotics should not be abused; and as for other methods, see prevention and nursing of Aphtha.

2.6 Vomiting

Vomiting is a common symptom seen in various diseases in children.

Vomiting is the presign of certain acute infectious diseases such as epidemic encephalitis, encephalitis B, and certain acute abdomen such as intestinal obstruction and intussusception. The doctor must pay attention to the clinical differentiation and not to treat vomiting before the establishment of a diagnosis, otherwise, the diagnosis should be made more difficult because of the concealment of the symptoms. this section deals with vomiting chiefly caused by injury of the spleen and the stomach other than the diseases mentioned above.

The flowing–out of milk from the child's mouth angles after feeding is called milk vomiting. It may be self–limited with the improvement of milk–feeding and the child's growth.

Etiology and Pathogenesis

In healthy individual, the stomach–*Qi* has a tendency of descending. All that influence the descending function may result in vomiting.

The most common cause of vomiting in children is improper milk–feeding. Over–taking of sweet, greasy and hard food or overfeeding of milk may all cause food to stagnate in the middle part of the gastric cavity and cause disturbance in ascending and descending. The stomach–*Qi* fails to descend but adversely goes upward, resulting in what is called infantile vomiting.

Secondly, if a child eats too much fried and roasted food, the stagnated milk–food transforms into heat, or the invading warmheat pathogens lie hidden in the intestines and the stomach, leading to stomach–heat and adversed flow of *Qi*, the child may vomit after being fed. This is called vomiting due to stomach heat.

The third kind of vomiting is that due to stomach cold. It is owing to the congenitally weak stomach and spleen, insufficient middle–*Qiao Yang*, cold and thin milk caused by the mother's overeating of raw and cold food, over–eating of fruit and cold food, invasion of wind–cold pathogens in the intestines and the stomach, or overtaking of drugs with bitter, cold and checking nature. All these lead to stagnation of cold in the stomach, failure of descending, and adverse rising of the stomach–*Qi* thus there occurring vomiting due to stomach–cold.

The fourth is called vomiting due to asthenic fire. Uncomplete recovery of *Qi* and *Yin* after disease or consumption and impairment of the body fluid by sterile diseases makes the stomach fail to be moistened by *Yin*–fluid, producing interior heat due to *Yin* deficiency, manifested as retching and hiccup.

The fifth kind of vomiting is that due to sudden fear, which may result in failure of descending and adverse rising of the stomach–*Qi*. Stagnation of phlegm and heat in the interior, when suddenly frightened, may cause phlegm and heat to go upwards. All these can form vomiting.

Type and Treatment

1. Vomiting due to Improper Feeding

Main Symptoms and Signs: It is manifested as sour and foul vomitus or indigested food, sour and rotten smelled eructation,

loss of appetite, abdominal distention which is relieved after vomiting, fetid wind from the bowels, constipation or discharge of foul smelled indigested food, thick and greasy fur on the tongue.

Therapeutic Method: Relieving dyspepsia and regulating the stomach to lower the adverse flow of *Qi*.

Recipe: *Baohe Wan* (11), modified.

Ingredients:

Scorched Fructus Crataegi	9 g
Semen Arecae	9 g
Semen Raphani	9 g
Fructus Aurantii Immaturus	3 g
Rhizoma Pinelliae	3 g
Pericarpium Citri Reticulatae	6 g

(Direction: Decoct the above drugs for oral use.)

Modification: If the patient vomits frequently, 3 pieces of fresh ginger should be added; if there is constipation, Radix et Rhizom Rhei 3 g should be added.

2. Vomiting due to Stomach-heat

Main Symptoms and Signs: It is manifested as vomiting immediately after feeding, sour and foul smelled vomitus, thirst with desire for drinking, dry lips, red face, foul stools, frequent constipation, oliguria with dark urine, or fever and restlessness at times, red tongue with yellow fur on it.

Therapeutic Method: Reducing fever and regulating the stomach; lowering the adverse flow of *Qi* to arrest vomiting.

Recipe: *Wendan Tang* (36), modified.

Ingredients:

Rhizoma Coptidis	1.5 g
Pericarpium Citri Reticulatae	6 g

Fructus Aurantii Immaturus	3 g
Rhizoma Pinelliae	6 g
Caulis Bambusae in Taeniam	6 g
Poria	9 g
Radix Ophiopogonis	9 g

(Direction: Decoct the above drugs for oral use.)

Modification: If the patient feels very thirsty, Radix Trichosanthis 6 g or Rhizoma Anemarrhenae 6 g should be added.

3. Vomiting due to Stomach–cold

It is manifested by slow onset, lasting long, vomiting long after a meal, or morning vomiting with vomitus containing food eaten on the previous night, clear and watery vomitus with indigested mass in it, which is neither sour nor foul, pale complexion, or constant abdominal pain, watery stools, copious clear urine, pale tongue with white and moist fur, etc.

Therapeutic Method: Warming the middle–*Jiao* to dispel cold; regulating stomach and arresting vomiting.

Recipe: *Dingyu Lizhong Tang* (37), modified.

Ingredients:

Flos Syeygii Aromatici	1 g
Fructus Euodiae	1.5 g
Radix Codonopsis Pilosulae	9 g
Rhizoma Atractylodis Macrocephalae	9 g
Rhizoma Zingiberis	3 g
Pericarpium Citri Reticulatae	9 g
Fructus Amomi	3 g
Rhizoma Pinelliae	6 g
Fructus Ziziphi Jujubae	5 pieces

(Direction: Decoct the above drugs for oral use.)

Modification: If the patient has persisting pain and cold limbs, Radix Aconiti Praeparata 6 g and Cortex Cinnamoni 6 g should be added.

4. Vomiting due to Fire of Deficiency Type.

Main Symptoms and Signs: It is manifested by retching at times, dry pharynx and tongue. red lips, loss of appetite, feverish sensation in the palms and soles, flushed cheeks with hectic fever, dry stools like sheep drops, red tongue with little or no fur on it.

Therapeutic Method: Nourishing the stomach–*Yin* and lowering the adverse flow of *Qi* to arrest vomiting.

Recipe: *Shashen Maidong Tang* (20). modified.

Ingredients:

Radix Adenophorae Strictae	12 g
Rhizoma Popygonati Odorati	12 g
Radix Asparagi	15 g
Radix Ophiopogonis	15 g
Herba Dendrobii	9 g
Caulis Bambusae in Taeniam	6 g
fried Semen Dolichoris Album	12 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification:If the patient has hectic fever, Herba Artemisiae Chinghao 12 g and Radix Cynachi Atrali 9 g should be added; if there is constipation, Semen Pruni 12 g and Fructus Cannabis 12 g should be added.

5. Vomiting due to Sudden Fear

Main Symptoms and Signs: This type of vomiting is often due to fright from sudden falling. It is manifested by frequent

nausea, vomiting of clear sputum, restlessness during sleep in most cases, or alertness and fear.

Therapeutic Method: Checking hyperfunction of the liver and relieving convulsion; regulating the stomach to lower the adverse flow of *Qi*.

Recipe: *Dingtu Wan* (38), modified.

Ingredients:

Scorpio	1.5 g
Flos Syzygii Aromatici	1 g
Rhizoma Pinelliae	3 g
Flos Chrysanthemi	9 g
Rhizoma Gastrodiae	3 g
Haematitum	9 g
Cinnabaris	0.5 g

(ground into fine powder)

(Direction: Decoct the above drugs for oral use.)

Modification: If the patient has crimson tongue and red lips. Rhizoma Coptidis 1.5 g and Caulis Bambusae 6 g should be added; if the patient has pale tongue and lips, 3 pieces of Rhizoma Zingiberis Recens should be added to warm the stomach and arrest vomiting.

Other Therapies

1. Caulis Bambusae in Taeniam 9 g and Radix Scutellariae 9 g are decocted in water, taken in small doses at short interval This decoction is applicable for vomiting due to stomach–heat.

2. A cup of sugarcrane juice with a small spoon of turnip juice is taken the same way as mentioned above. Or 15 pieces of fresh Rhizoma Phragmitis and 15 grams of Caulis Banbusae in Taeniam are decocted in water for oral use. This decoction is ap-

plicable for vomiting due to fire of deficiency type.

3. Haematitum 12 g (broken up) and Rhizoma Zingiberis 3 g are decocted and taken in the same way as above. This decoction is applicable for pertinacious vomiting.

Prevention and Nursing

1. A child's diet should be controlled, Breast feeding should be at regular time and food in proper amount.

2. Food for a child should be light; overeating of fried, fat and greasy food should be avoided.

3. Milk–feeding should not be given too quickly and a light tap on the child's back after feeding is advisable in order to get id of the air taken in.

4. Herbal medicine given to the sick child should be in frequent small amount.

2.7 Diarrhea

Diarrhea is characterized by frequent defecation, loose or watery stools. It is one of the most common diseases in children. The younger the child, the higher the morbidity; and it is mostly seen in children under the age of two.

Diarrhea of the child may consume and impair his *Qi* and body fluids. Delayed treatment or mistreatment may cause impairment of *Yin* or / and *Yang*, or even death due to exhaustion of *Qi* and body fluids. When treated improperly, it can transform into chronic infantile convulsion. If lasting long, it will develop into malnutrition, affecting the child's thriving.

Etiology and Pathogenesis

1. Improper Feeding. Improper feeding is one of the most important factors. Any improper feeding, such as over–intake of

milk food and over-eating of fat, greasy and sweet food, is apt to impair the spleen and the stomach, causes disorder of transportation and digestion, nondistinction between clear and turbid *Qi*, and eventually develops diarrhea.

2. Diarrhea due to Invasion of Exopathogens. If the child, when unbuttoning his coat for coolness, is affected by wind-cold pathogens which stagnate in the intestines and the stomach, and result in obstruction of *Yang-Qi*, or if the child overeats raw and cold fruits, which impair the middle-*Jiao Yang*, transportation and digestion, diarrhea of cold-damp type occurs. In summer, the weather is hot, the steaming summer heat goes down the large intestine and causes diarrhea of damp-heat type.

3. Diarrhea due to Weakness of the Spleen and the Stomach. Congenital weakness of a child, improper nursing after a disease, or too much application of cold and cool natured drugs may cause weakness of the spleen and stomach, disorder of transportation and digestion. So water and cereals cannot be changed into essential substances, that is, water changes into dampness and cereals become stagnated, both going down together to form diarrhea. The child is apt to be frightened with his weak and deficient spleen and stomach. If so, diarrhea may occur because of disorder of visceral function, transportation and digestion.

Prolonged diarrhea or other diseases may lead to insufficiency of both the spleen and stomach, decline of the fire from the gate of life and inability of transforming and digesting food, manifested by such symptoms as watery stools with undigested food and frequent discharge of stools etc.

Spouting diarrhea impairs *Yin* and protracted diarrhea im-

pairs *Yang*. Serious or protracted diarrhea may cause impairments of *Yin* or / and *Yang*.

Type and Treatment

1. Diarrhea due to Improper Diet

Main Symptoms and Signs: It is manifested by abdominal distention and pain, which is followed by intention of diarrhea, and relieved by the discharge of stools; sour and foul smelled or rotten–egg–smelled stools and wind from bowels; beltching with fetid gas; intention of vomiting; thick and greasy or light yellowish fur on the tongue.

Therapeutic Method: Promoting and regulating the stomach to arrest diarrhea.

Recipe: *Baohe Wan* (11), modified.

Ingredients:

Scorched Fructus Crataegi	12 g
Massa Fermentata Medicinalis	9 g
fried Fructus Hordei Germinatus	9 g
Poria	9 g
Rhizoma Pinelliae	3 g
Pericarpium Citri Reticulatae	6 g
Fructus Forsythiae	6 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of marked abdominal distention and pain, Cortex Magnoliae Officinalis 6 g should be added to regulate the flow of *Qi* and relieve flatulence; in case of serious vomiting, Herba Agastachis 6 g and three pieces of Zingiberis be added to stop vomiting.

2. Diarrhea due to Cold–damp Pathogens

Main Symptoms and Signs: It is manifested by watery stools

which is light coloured with much foam and little foul smell; bowel sound; abdominal pain; thin, white and moist coating on the tongue. Sometimes it is also accompanied by exterior syndromes due to wind and cold, such as intolerence of cold, fever, watery discharge of the nose.

Therapeutic Method: Warming the middle–*Jiao* to dispel cold and arrest diarrhea.

Recipe: *Heqi Yin* (39), modified.

Ingredients:

fried Rhizoma Atractylodis	9 g
Poria	9 g
Cortex Magnoliae Officinalis	9 g
Pericarpium Citri Reticulatae	9 g
baked ginger	1.5 g
Folium Perillae	6 g
Radix Ledebouriellae	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of serious Watery diarrhea and oliguria, Rhizoma Alismatis 9 g and Polyporus Umbellatus 9 g should be added to help excrete dampness and promote diuresis. In case of stiffy nose with watery discharge, Rhizoma seu Radix Notopterygii 6 g and Herba Azari 1.5 g should be added to dispel exterior cold by drugs with warm nature.

3. Diarrhea due to Damp–heat Pathogens

Main Symptoms and signs: It is marked by dark yellow stools with strong smell, or with a little mucous, or spouting stools, redness and burning sensation of the anus, scanty dark urine, red tongue with yellowish greasy fur.

Therapeutic Method: Arresting pain by clearing away heat and promoting diuresis.

Recipe: *Gegan Qinlian Tang* (40), modified.

Ingredients:

Radix Puerariae	9 g	
Radix Seutellariae	6 g	
Rhizoma Coptidis	1.5 g	
Flos Lonicerae	15 g	
Talcum	15 g	
Semen Plantaginis	9 g	(wrapped)

(Direction: Decoct the above drugs for oral use.)

Modification: In case of dominating dampness, thick and greasy fur on the tongue, little or no thirst, fried Rhizoma Atractylodis 9 g and Cortex Magnoliae Officinalis 9 g should be added; in case of summer diarrhea, manifested by spouting stools, high fever, polydipsia, scanty dark urine, purple tongue and less body fluid, Radix Pseudostellariae 9 g,Gypsum Fibrosum 15 g, ructus Mume 9g and Fructus Schisandrae 9 g should be added to clear away summer heat ,reduce fever,and supplement *Qi* and romote the production of body fluid.

4. Diarrhea due to Insufficiency of the Spleen

Main Symptoms and Signs: It is manifested by loose stools happening immediately after feeding,with little smell but whitish milk masses or undigested food in them, sallow complexion,halfclosed eyes when sleeping,listlessness,pale tongue with thin and white fur.

Therapeutic Method:To stop diarrhea by replenishing *Qi* and invigorating the spleen.

Recipe: *Shenling Baizhu San* (41),modified.

Ingredients:

Radix Codonopsis Pilosulae	9 g
fried Rhizoma Atractylodis Macrocephalae	9 g
Poria	9 g
fried Rhizoma Dioscoreae	12 g
Semen Coicis	12 g
Fried Semen Dol ichoris	12 g
Radix Platycodi	6 g
Radix Glycyrrhizae	3 g

(Direction:Decoct the above drugs for oral use.)

Modification: In case of prolonged diarrhea, Rhizoma seu Radix Notopterygii 9 g and Radix Ledebouriellae 9 g should be added. In case of diarrhea due to deficiency of the spleen and frightening,manifested by moss–like stool and sudden crying with fear in sleep,the therapeutic-method should be calming the liver and reinforcing the spleen, tranquilizing and allaying excitement the choice of recipes is modified *Yipi Zhenjing San* (42). The ingredients are: Radix Codonopsis Pilosulae 9 g, fried Rhizoma Diosoreae 9 g, Poria 9 g, Ramulus Umcariae cum Uncis 6 g, Cinnabar is 1 g (taken after being infused in the decoction) and Radix Glycyrrhizae 3 g . (Decoct them for oral use.)

If the diarrhea is protracted, even accompanied by proctoplosis, manifested by discharge of stools immediately after feeding, indigestion, cold limbs, intolerence of cold, maciation, pale tongue with thin and whitish fur, it is contributed to *Yang*–deficiency of both the spleen and the kidney. The therapeutic method for this kind of diarrhea should be reinforcing the spleen and the kidney, therefore, modified *Fuzi Lizhong Tang* (43) and *Sishen wan* (44) is preferable. The ingre-

dients are :Radix Aconiti Praeparata 3 g , baked ginger 3 g, Fructus Schisandrae 3 g, Radix Codonopsis Pilosulae 9 g, fried Rhizoma Dioscoreae 9 g. Fructus Psoraleae 9 g. Semen Myristicae 9 g, stewed Fructus Chebulae 9 g (Decoct them for oral use).

5. Deteriorated Cases

(1) Impairment of *Yin* (similar to moderate dehydrant acidosis.)

Main Symptoms and Signs: It is marked by frequent discharges of stools, oliguria, hollow orbit and fontanel, dry and shrivelled skin, crying without tears, listlessness or irritability, dying for drinking, dry teeth, red lips, dry purple tongue with prickles on it.

Therapeutic Method: Retaining *Yin* with drugs of sour and sweet flavour.

Recipe: *Lian Mei Tang* (45), modified.

Ingredients:

Rhizoma Coptidis	1.5 g
Radix Rehmanniae	9 g
Radix Ophiopogonis	9 g
Colla Corii Asini	9 g (melted)
Fructus Mume	6 g
Radix Paeoniae Alba	9 g
Radix Codonopsis Oilosulae	9 g

(Direction: Decoct them for oral use.)

(2) Impairment of *Yang* (similar to severe dehydrant acidosis complicated by shock)

Main Symptoms and Signs: It is marked by frequent spouting diarrhea, pale complexion, listlessness, indifferent expressions,

cold limbs, wet and cold skin, pale tongue with thin and whitish fur.

Therapeutic Method: Warming *Yang* to rescue the patient from danger.

Recipe: *Shenfu Longmu Tang* (46).

Ingredients:

Radix Ginseng	3 g
Radix Aconiti Praeparata	9 g
Os Draconis	9 g
Concha Ostreae	12 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of prolonged diarrhea, Rhizoma Zingiberis 6 g and Rhizoma Atractilodis Aecrocephalae 9 g should be added to warm the middle–*Jiao* and strengthen the spleen.

Other Therapies

1. Powdered Rhizoma Dioscoreae is taken 3–4 times a day, 3–9 grams a time. When taken, the powder should be blended with hot water into cheese–like material. This method is applicable to diarrhea due to hypofunction of the spleen.

2. Topical application of drugs on the navel. Powder of Fructus Enodiae 30 g, Flos Syzygii aromatici 2 g and 30 grains of peper are powdered and blended into paste with mature vineger or vegetable oil, hich is applied on the navel region and fixed with gauze, once a day, 1.5g a time. This method is applicable to diarrhea due to impairment by overeating, cold–dampness and deficiency of spleen.

3. Acupuncture and Moxibustion Therapy. The main acupoints for diarrhea are *Tianshu* (ST 25), *Zusanli* (ST 36), and

Changqiang (DU 1). *Neiguan* (PC 6) should be added if there is vomiting; *Gongsun* (SP 4) should be added in case of abdominal distention; *Quchi* (LI 11), in case of fever and moxibustion of the abdomen, in case of diarrhea mainly due to cold of insufficiency type. The above acupoint prescriptions may be applicable to various kinds of diarrhea.

4. Massage Therapy. The popularly used manipulations are pushing upwards along the radial side of the thumb, pushing upwards along the radial side of the index finger, ubbing the abdomen, pushing from the root of the little finger across the small transverse prints to the root of the thumb, and rubbing *Guiwei*. In case of diarrhea due to heat pathogens or diarrhea due to improper feeding, upward pushing of *Sanguan*, downward pushing of *Liufu*, pushing of *Tianheshui*, and pushing of *Fuyinyang* should be added, in case of diarrhea due to cold of insufficiency type, poking of the navel, and moxbustion of *Guiwei* should be added. It is applicable to various diarrhea to press the navel with hot palms.

Prevention and Treatment

1. Breast feeding should be advocated with rational supplementary food; and weaning in summer should be avoided.

2. Keep diet at regular time and avoid taking too much food at a time.

3. Keep the child's abdomen warm and prevent it from being exposed to cold.

4. Keep the child's buttock clean and dry, and diapers changed regularly in order to prevent diaper dermatitis.

2.8 Functional Abdominal Pain

Abdominal pain is a symptom occurring in the areas between the gastric cavity and the pubis or around the navel. It may be present in many internal and surgical diseases. This section chiefly discusses functional abdominal pain, which is commonly seen in children, and with no acute abdomen found.

The child is usually unable to complain of the location, character and severity of his abdominal pain preclsely. In abdition, because of changeable condition and also because he can not make himself understood, some cases have the possibility of further developing into acute abdomen. In examination and treatment, one should use the "four diagnostic methods" in an all-round way, making detailed inquiries about the child's case history, paying attention to the character of the pain, its symptoms accompanied and signs concerned. Special attention should be paid to exclusion of acute abdomen.

Etiology and Pathogenesis

As the spleen and the stomach of the child are weak and apt to be attacked by exopathogens, any fastors leading to disturbance of visceral function, disorder of the channels and stagnation of *Qi* may result in abdominal pain. Abdominal pains due to cold sthenia and dyspepsia are mostly seen in children.

1. Attacked by Cold

Invasion of cold-wind into the abdomen due to improper nursing, invasion of wind into the interior along with food, or over intake of raw and cold fruits may all lead to accumulation of cold in the intestine, disturbance of middle-*Jaio Yang*, *Qi* stasis due to cold and disorder of visceral function. As a result, pain due

to cold excess may occur.

2. Infantile Dyspepsia

Eating and drinking too much at one meal due to lack of self-control may cause stagnation of milk food in the stomach and the intestine, obstruction of the functional activities of *Qi*, thus forming abdominal pain, marked by mass at the right hypochondrium and abdominal distention.

3. Accumulation of Heat in the Stomach and the Intestines

If the heat transforming from prolonged retention of food or the pathogens resulting from summer heat accumulates in the intestines and stomach, obstruction of *Qi* in the *Fu*-organs develops and abdominal pain due to accumulation of heat occurs.

4. Cold of Insufficiency Type of the Viscera

Congenital *Yang*-deficiency or illness may lead to weakness of the spleen and the stomach, failure of middle-*Jaio Yang*, dysfunction of transporting and transforming nutrients, stagnation of cold-dampness and obstruction of the functional activities of *Qi*, thus occurs the abdominal pain, dull and continuous, due to cold of insufficiency type.

5. Stagnancy of *Qi* and Blood Stasis.

Injuries of the abdominal channels due to falling or operation are responsible for the incoordination of *Qi* and blood and the disorder of channels. The functional activities of the visceral-*Qi* cannot be activated. The *Qi* and blood is not free. thus occurs abdominal pain due to blood stasis.

Type and Treatment

In the treatment of the child's abdominal pain. the location. time, cold and heat. deficiency and excess should be first identified. Generally speaking, pain above the navel is often caused by

dyspepsia, around the navel, by enterositosis, and in the lower abdomen, by cold, hernia and blood stasis. Pain occurring during or after feeding is mostly caused by dyspepsia. Pain which is relieved after feeding is often due to enterositosis. Pain of sudden occurence and sudden disappearance is often due to accumulation of heat. Continuous pain neither getting worse nor better is often caused by cold. In a child of weak constitution, if the pain relieves by warming and pressing, it usually indicates deficiency syndrome; while abdominal constipation and tenderness often indicate excess syndrome. Because deficiency syndrome is mostly caused by cold, it is usually considered as one syndrome, except that cold excess syndrome is caused by direct attack of pathogenic cold on the abdomen. In the differentiation of abdominal pain, its accompanying symptoms should also be taken account. If stools are sticky and foul, it is often due to accumulation of heat in the intestines, sour and foul, due to dyspepsia, old loose stools, due to interior cold.

1. Cold Excess Syndrome

Main Symptoms and Signs: It is manifested by sudden onset of severe abdominal pain which is aggravated by cold or pressing and relieved by heat, copious and clear urine, or sometimes vomiting and diarrhea, white and smooth fur on the tongue.

Therapeutic Method: Warming the middle-*Jiao*, dispelling cold and alleviating pain.

Recipe: *Fuzi Lizhong Wan* (43), modified.

Ingredients:

Radix Codonopsis	9 g
fried Rhizoma Atractylodis Macrocephalae	9 g
Rhizoma Zingiberis Praeparatae	6 g

Radix Aconiti Praeparatae	6 g
Radix Linderae	9 g
Rhizoma Corydalis	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: If there exists a mass due to accumulation of cold with abdominal distention, Semen Arecae 9 g and Fructus Aurantii Immaturus 6 g should be added to remove stagnancy and alleviate pain.

2. Dyspepsia

Main Symptoms and Signs: Dyspepsia is manifested by abdominal distending pain which is aggravated when being pressed, eructations with sour and fetid or even fecal odor, stools with rotten-egg-odor, diarrhea immediately following an abdominal pain, relief of pain after defecation, restlessness in sleep, thick and greasy fur on the tongue.

Therapeutic Method: Promoting digestion and removing stagnated food; promoting circulation of *Qi* and relieving pain.

Recipe: *Muxiang Binglang Wan* (47), modified.

Ingredients:

Radix Aucklandiae	6 g
Semen Arecae	9 g
Pericarpium Citri Reticulatae	6 g
Fructus Forsythiae	9 g
scorched Fructus Crataegi	12 g
Radix et Rhizoma Rhei	3 g (put in later)

(Direction: Decoct the above drugs for oral use.)

Modification: If the milk food stagnated transforms into heat, marked by restlessness, thick, greasy and yellowish coating

on the tongue, Radix Scutellariae 6 g and fried Fructus Gardeniae 3 g should be added to remove the stagnated heat.

3. Retention of Heat

Main Symptoms and Signs: It is marked by abdominal distention, tenderness, fever, thirst, desire for cold drinks, constipation, dark urine, red tongue with yellowish and dry fur.

Therapeutic Method: Eliminating heat by purgation to relieve pain.

Recipe: *Tiaowei Chengqi Tang* (48), modified.

Ingredients:

Radix et Rhizoma Rhei	3 g (put in)
Natrii Sulfas	6 g
Semen Arecae	12 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: If there is impairment of the body fluid due to heat, marked by dry mouth, dry tongue and constipation, *Zengye Chengqi Tang* (49) hould be used to moisten the bowels and purge away heat so as to relieve pain.

4. Insufficiency of the Spleen—*Yang*

Main Symptoms and Signs: There is continuous dull pain in the abdomen, which is relieved by warming and pressing. The pain often occurs before meals and is relieved after feeding. The sick child always wants to sleep, pulling himself into a ball. The lips and tongue are pale.

Thereapeutic Method: Invigorating *Qi* and warming the middle—*Jiao* to relieve pain.

Recipe: *Huangqi Jianzhong Tang* (50), modified.

Ingredients:

Radix Astragali seu Hedysar	12 g	
Radix Paeoniae Alba	12 g	
Ramulus Cinnamomi	9 g	
Fried Rhizoma Atractylodis Macrocephala	9 g	
Rhizoma Zingiberis Praeparata	6 g	grains
Fructus Ziziphi Jujubae	5	
Radix Glycyrrhizae Praeparatae	9 g	

(Direction: Decoct the above drugs for oral use.)

Modification: If there is insufficiency of blood, Radix Angelicae Inensis 9 g should be added; in case of serious interior cold, Radix Aconili Praeparata 6 g should be added to warm he middle–*Jiao* and dispel cold; in case of vomiting, Flos Sysygi Aromatici 3 g and Fructus Euodiae 9 g should be added to warm the middle–*Jiao* to ease upset of the stomach and the spleen.

5. Stagnancy of *Qi* and Blood Stasis

Main Symptoms and Signs: It is manifested by abdominal pain, which has a fixed location and is marked by twinge, or a fixed palpable mass which is more painful when pressed, dark purple tongue or tongue with petechiae on it.

Therapeutic Method: Promoting blood circulation by removing blood stasis and promoting circulation of *Qi* to relieve pain.

Recipe: *Shaofu Zhuyu Tang* (51), modified.

Ingredients:

Radix Angelicae Sineusis	9 g
Radix Paeoniae Rubra	9 g
Pollen Typhae	6 g
Faeces Trogopterorun	6 g
Rhizoma Corydalis	6 g

Resina Commiphorae Myrrhae	3 g
Rhizoma Ligustici Chuanxiong	3 g
Rhizoma Cyperi	6 g

(Direction: Decoct the above drugs for oral use.)

Modification: If there is a marked mass in the abdomen, Rhizoma Sparganii 9 g, Rhizoma Zedoariae 9 g, Semen Persicae 9 g, Flos Cathami 9 g should be added in order to strengthen the effect of promoting blood circulation to remove blood stasis. If there is serious *Qi*–stagnation and abdominal distending pain, which may be relieved by wind from the bowels, Semen Arecae 9 g and Radix Aucklandiae 9 g should be added to promote the circulation of *Qi* to relieve pain.

Other Therapies

1. 500 grams of bran and 5–6 chopped roots of green onions (or chopped green onion stems) are mixed up, roasted in a pan, then wrapped in a cloth and applied over the abdomen. This method is applicable to abdominal pain of cold type.

2. Acupuncture and Moxibustion. The acupoints *Zhongwan*(RN 12), *Tianshu*(ST 25), *Qihai*(RN 6) and *Zusanli*(ST 36) should be chosen for both acupuncture and moxibustion. For cold syndrome, moxibustion on *Shenque*(RN 8) should be added with salt between.

Prevention and Nursing

1. Keep away from wind and cold, and keep the abdomen warm.

2. Pay attention to dietary regimen and avoid over–eating raw and cold fruit.

2.9 Infantile Dyspepsia

Infantile dyspepsia is a kind of gastrointestinal disease caused by stagnation of *Qi* due to improper milk–feeding and retention of undigested food in the middle part of gastric cavity. It is characterized by loss of appetite, indigestion, abdominal distention and irregular bowel movement.

Infantile dyspepsia is closely related to dyspepsia due to improper feeding or diet, and infantile malnutrition. Prolonged dyspepsia due to improper feeding may develop into abdominal mass. If delayed or not treated properly, it will affect the child's nutrition and thriving, leading to emaciation or even infantile malnutrition. The three diseases mentioned above have the same cause, they are only different in severity. Thus they should be consulted each other.

Etiology and Pathogenesis

1. Retention of Food and Incoordination Between the Spleen and the Stomach. The child is unable to control his own diet, often taking in too much milk food, or too much fatty, sweet, raw or cold food or food hard to digest. If so, he may hurt his spleen and stomach, leading to dysfunction of digestion, transportation and transformation. Retention of milk–food may occur. In a word, the impairment of the spleen and stomach due to the retention of milk–food is the main cause and mechanism of the disease.

2. Weakness and Dysfunction of the Spleen and Stomach. Usually the child has weak spleen and stomach. If diseases impair the *Qi* of the spleen and stomach or if the child has improper diet or eats too much, it is hard for the spleen and stomach to digest,

transport and transform food, thus forming dyspepsia, marked by deficiency complicated by excess. A long term over–taking of fatty, sweet, nutritious and greasy food may produce heat, forming dyspepsia of deficiency complicated by heat; and if the child eats too much raw and cold food, the cold impairs the middle–*Jiao Yang* and stagnates in it, forming dyspepsia of deficiency complicated by cold.

Type and Treatment

The diagnosis of infantile dyspepsia should be mainly established according to the abdominal manifestations. All dyspepsia that has food to stagnate in the stomach and spleen must be marked by abdominal distention. Though dyspepsia has two different types excess syndrome and deficiency complicated with excess, its basic therapeutic method is always removing food retention and promoting digestion; for deficiency syndrome, in addition to the above method, it is advised to reinforce the spleen and strengthen the body resistance.

1. Dyspepsia of Excess Syndrome

Main Symptoms and Signs: It is characterized by abdominal distentional pain, tenderness, restlessness, disturbed sleep, feverish sensation in the palms and soles, flushed cheeks at night, more sweating on the head, poor appetite, anorexia, constipation in most cases, frequent abdominal pain, defecation when pain occurs and relief after discharge, whitish or yellow thick and greasy fur on the tongue.

Therapeutic Method: Relieving dyspepsia.

Recipe: *Baohe Wan* (11), modified.

Ingrdients:

Scorched Fructus Crataegi 12 g

Semen Raphani Praeparatae	9 g
Semen Arecae	9 g
Fructus Forsythiae	6 g
Pericarpium Citri Reticulatae	6 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of severe abdominal distention, Cortex Magnoliae Officinalis 6 g and Fructus Aurantii Immaturus 6 g are added; in case of watery stools, Rhizoma Atractylodis Praeparatae 9 g and Semen Coicis 12 g are added; in case of crimson tongue, restlessness or low fever, Rhizoma Picrorhizae 6 g are added.

2. Dyspepsia of Deficiency Complicated with Excess

Symptoms and Signs: This type is manifested by bdominal distention which is relieved when pressed; restless sleep; dim complexion; listlessness; loss of appetite; water stools or with undigested food; pale tongue with whitish greasy fur.

Therapeutic Method: Promoting digestion and removing stagnated food; replenishing *Qi* and reinforcing the spleen.

Recipe: *Jianpi Wan* (52), modified.

Ingredients:

Scorched Fructus Crataegi	12 g
Semen Raphani Praeparatae	9 g
Cortex Magnoliae Officinalis	6 g
Fructus Hordei Germiatus	9 g
Radix Codonopsis Pilosulae	9 g
Rhizome Atractylodis Macrocephalae	9 g
Pericarpium Citri Reticulatae	6 g

(Direction: Decoct the above drugs for oral use.)

Modification: If companied with vomiting, Rhizoma Pinelliae 3 g

and three pieces of Rhizoma Zingiberis Recens should be added; if abdominal pain is marked, Radix Paeoniae Alba 9 g, Radix Aucklandiae 3 g and baked ginger 3 g should be added; if cold symptoms marked, *Fuzi Lizhong Wan* (43) should be added.

Other Therapies

1. Endothelium Corneum Gigeriae Galli 30 g is baked, powdered and then mixed with hot water for drinking, 1—2 g a day.

2.*Xiaoer Xiaoshi Pian*. It is to be taken three times a day, 1—2 tablets a time.

3. Chiropratic. See section 11.

Prevention and Treatment

1. Regular diet (at fixed time and in fixed amount) and breast—feeding should be encouraged, Weaning should be at the right time and the child should be given supplimentary food regularly.

2. As the child grows, the quality and quantity of his diet should be changed, digestable and nutritious food should be chosen, food preference should be avoided, and it is advisable to take more vegetables and fruit.

2.10 Anorexia

Anorexia is a common disease in children marked by prolonged poor appetite, even refusal of food. Though the sick child eats little, he is lively in spirit. There may also be symptoms such as dim complexion, emaciation, and they are different from those due to malnutrition such as listlessness and wizened body. It occurs more often in children between 1——6 years of age.

If treatment is given timely, anorexia usually does not affect the child's thriving. If lasting long, it may affect the growth and

development of the child.

To establish the diagnosis of anorexia, poor appetite due to various other diseases, drugs and constant diet without salt should be excluded.

Etiology and Pathogenesis

1. Anorexia due to Impairment of Gastric Fluid

The stomach functions to receive food and has the property of moisture. If the stomach is moistened by fluid, it functions well. Failure of impaired fluid to moisten the stomach may cause dysfunction of the stomach–*Qi*, and in future, cause disorder of receptive function, forming anorexia. This is often related to the consumption of body fluid due to sterile disease and impairment of body fluid due to heat transformed from stagnancy.

2. Anorexia due to Infantile Dyspepsia

Dyspepsia due to eating and drinking too much at one meal or overtaking of fat and sweet food will affect the ascending and descending functions of the spleen and the stomach, resulting in the failure of descending of the stomach–*Qi* and deficiency of the stomach–*Qi*, thus forming anorexia.

3. Anorexia Caused by Dysfunction of the Spleen due to Dampness

As the spleen of the child is usually insufficient, over taking of raw and cold fruit or attack on the abdomen by cold may both cause impairment of the middle–*Jiao Yang*. affecting the transportation of water to cause interior dampness–syndrome. Dampness invades the interior to cause disturbance of the spleen because of unbroken spell of wet weather or long time of dwelling in damp places. If the spleen–*Qi* fails to ascend, the stomach–*Qi* is not able to descend, anorexia will occur.

4. Anorexia due to Deficient *Qi* of the Spleen and Stomach

The spleen and the stomach are interior–exteriorly related; the deficiency of the spleen–*Qi* also results in the deficiency of the stomach–*Qi* .The disturbance in the ascending and descending due to deficient *Qi* of the stomach and spleen results in anorexia.

Type and Treatment

1. Anorexia due to Impairment of the Stomach–fluid

Main Symptoms and Signs: It is manifested by dry mouth, too much drinking, loss of appetite with no abdominal distention, constipation, red tongue with less or without fur.

Therapeutic Method: Nourishing the stomach to promote the production of body fluid.

Recipe: *Yeshi Yangwei Tang* (53), modified.

Ingredients:

Radix Asparagi	15 g
Radix Ophiopogonis	15 g
Rhizoma Polygonati Odorati	15 g
Radix Adenophorae Strictae	12 g
fried Rhizoma Dioscoreae	12 g
Herba Dendrobii	9 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of constipation, Radix Angelicae Sinensis 15 g should be added. In case of feverish sensation in the palms and soles, Herba Artemesiae *Chinghao* 12 g and Radix Cynanchi Atrati 9 g should be added.

2. Anorexia due to Infantile Dyspepsia

Main Symptoms and Signs: It is manifested by loss of appetite, abdominal flatulence. restlessness, constipation red tongue with thick and greasy fur.

Therapeutic Method: Promoting digestion and removing stagnated food; regulating the stomach and sending down the stomach–*Qi*.

Recipe: *Xiaoji Huazhi Tang* (proved prescription of the author)

Ingredients:

Scorched Fructus Crataegi	12 g
Semen Arecae	9 g
Fructus Aurantii Immaturus	6 g
fried Semen Raphani	9 g
Fructus Forsythiae	9 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of red tongue with thick, greasy and peeled–off fur, indicating impairment of the body fluid due to stagnated heat, Radix Asparagi 15 g, Radix Ophiopogonis 15 g and Rhizoma Polygonati Odorati 15 g should be added.

3. Anorexia caused by Dysfunction of the Spleen due to Dampness

Main Symptoms and Signs: It is characterized by chest tightness, nausea, fatigue, heavy sensation of the limbs, difficult discharge of stools, soft abdomen or mild distention, vomiting when fed by compelling, thick greasy fur on the tongue.

Therapeutic Method: Reinforcing the spleen and resolving dampness for those who have pale tongue; clearing away heat and removing dampness for those with red tongue.

Recipe: To reinforce the spleen and resolve dampness, modified *Shenling Baizhu San* (41) should be applied.

Ingredients:

Radix Codonopsis Pilosulae	9 g

Rhizoma Atractylodis Macrocephalae Praeparatae	9 g
Poria	9 g
Semen Coicis	12 g
Cortex Magnoliae Officinalis	9 g
Herba Agastachis	9 g

(Direction: Decoct the above drugs for oral use.)

To clear away heat and remove dampness, modified *Ganlu Xiaodu Dan* (33) should be applied.

Ingredients:

Herba Agastachis	9 g
Herba Artemisiae Scopariae	15 g
Poria	9 g
Fructus Forsythiae	9 g
Cortex Magnoliao Officinalis	9 g
Rhizoma Pinelliae	6 g
Rhizoma Acori Graminei	9 g
Semen Coicis	15 g
Talcum	12 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of difficult discharge of stools, Fructus Urantii Immaturus 9 g should be added. In case of pleendeficiency accompanied by *Yang*–deficiency and thick greasy and glossy fur on the tongue, Ramulus Cinnamomi 6 g should be added.

4. Anorexia due to Deficient *Qi* of the Spleen and Stomach

Main Symptoms and Signs: It is manifested by low spirit, sallow complexion, anorexia, discharge of stools immediately after feeding, loose stools accompanied by undigested food, easy perspiration, pale tongue with thin and white fur.

Therapeutic Method: Invigorating the spleen and replenishing *Qi*.

Recipe: *Xiangsha Liujunzi Tang* (54), modified.

Ingredients:

Radix Codonopsis Pilosulae	9 g
Rhizoma Atractylodis Macrocephalae Praeparatae	9 g
Poria	9 g
Rhizoma Pinelliae	6 g
Pericarpium Citri Reticulatae	9 g
Radix Aucklandiae	3 g
Fried Rhizoma Dioscoreae	12 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of loose stools, Semen Dolichoris Album Praeparata 15 g and Semen Coicis 15 g should be added. In case of abdominal distention and indigestion, fried Fructus Hordei Germinatus 9 g and fried Fructus Oryzae Germinatus 9 g should be added.

Other Therapies

1. Radix Asparagi 12 g, Radix Ophiopogonis 12 g, Rhizoma Polygonati Odorati 12 g and fried Fructus Hordei Germinatus 9 g are decocted in water for oral use, one dose a day. This decoction is applicable to anorexia due to deficient *Qi* of the stomach.

2. Endothelium Corneum Gigeriae 30 g and fried Rhizoma Discoreae 15 g are powdered and mixed with 250 grams of flour, made into 30 cakes and baked. The cakes are taken three times a day and one a time. This is appilicable to anorexia due to insufficiency of the spleen.

Prevention and Nursing

1. Milk-feeding should be controlled to avoid developing into food retention. Once infantile dyspepsia occurs, timely treatment should be given to avoid the stagnated heat impairing the stomach fluid.

2. Over taking of sugar should be prohibited.

3. Diet should be various and properly arranged. Food preference and choice should be prevented.

4. Prohibit forced taking of food and avoid depression.

2.11 Malnutrition

Malnutrition is a kind of hypoalimenation in children due to prolonged dysfunction of the spleen and the stomach. Clinically, it is manifested by emaciation with sallow complexion, withered skin and hair, listlessness, abdominal distention or sunken abdomen like a canoe. It is more often seen in children under the age of three.

In traditional Chinese medicine, malnutrition is termed "*Gan*" which implies double meanings. One means the cause, that malnutrition is caused by stagnation of food due to prolonged overtaking of fat and sweet food. The other means the pathogenesis and symptoms, that malnutrition is about the severe consumption of *Qi* and body fluid marked by emaciation.

Etiology and Pathogenesis

1. Improper Diet and Impairment of the Spleen and the Stomach

Over intake of milk food or indulgent eating of fat, sweet, raw or cold food may cause food stagnation in the middle-*Jiao*, thus impairing the spleen and the stomach and the digestive and transporting functions, and leading to dyspepsia. Long

stagnation of food in the stomach and the intestines makes it difficult for food essence to be transported and absorbed, and the *Qi*, blood and body fluid to be produced, so the internal organs could not be moistened and nourished, thus eventually developing into malnutrition marked by emaciation and consumptiom of the *Qi* and body fluid.

2. Improper Feeding and Nutritional Disorder

Insufficient breast milk, early weaning, failure to add supplimentary food timely and properly, or insufficient supply of necessary nutrients required from artificial feeding, may all cause dysfunction of the spleen and the stomach, and failure of the *Qi*, the blood and body fluid to be produced. So muscles and the visceral organs will not be nourished and moistened and malnutrition will occur some time later.

3. Malnutrition Developed from Other Diseases

Besides impairing the *Qi*, the blood and the body fluid, prolonged vomitting, diarrhea and other chronic diseases of the digestive tract or pulmonary system may directly affect the spleen and stomach, and make them out of order, leading to deficiency of *Qi* and blood, consumption of body fluid, and finally to malnutrition.

The spleen and the stomach provide the material basis of the acquired constitution and are the source for growth and development. So prolonged malnutrition may severely affect any other internal organs. There may appear various accompanying symptoms besides symptoms of the spleen and the stomach.

Diagnostic Essentials

1. The sick child often has a history of improper feeding and chronic diseases.

2. The patient presents with pale complexion, asthenia, anorexia and emaciation, accompanied by decrease of subculaneous fat, muscular relaxation, brittle hair, loss or no gain of body weight.

3. The patient may present with puffiness, pale complexion, muscular relaxation and hypotonia. This is related to the deficiency of protein due to constant feeding of starchtype food.

Type and Treatment.

1. Malnutrition due to Impairment of the Spleen Caused by Food Stagnation

Main Symptoms and Signs: It is manifested by sallowness, emaciation, sparse hair, listlessness, abdominal distention, feverish sensation of the palms and soles, irritability, disturbed sleep in the night, watery or dry stools, thick or greasy fur on the tongue.

Therapeutic Method: Removing food stagnancy and regulating the spleen.

Recipe: *Feier Wang* (55), modified.

Ingredients:

Massa Fermentata Medicinalis	7 g
Fried Fructus Hordei Germinatus	9 g
Scorched Fructus Crataegi	12 g
Semen Arecae	12 g
fried Semen Raphani	9 g
Radix Codonopsis Pilosulae	9 g
fried Rhizoma Atractylodis Macrocephalae	9 g
Poria	9 g
Fructus Forsythiae	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of abdominal distention and tenderness, Cortex Magnoliae Officinalis 9 g and Fructus Aurantii Immaturus 3 g should be added. In case of constipation, Radix et Rhizoma Rhei 3 g should be added. (be put in later).

2. Malnutrition due to Insufficient Spleen and *Qi*

Main Symptoms and Signs: This type is marked by dim complexion, listlessness, emaciation, twisted hair, loss of appetite, anorexia, abdominal distention, discharge of stools with undigested food, pale tongue with thin and white fur.

Therapeutic Method: Replenishing *Qi* to invigorate the spleen and removing food stagnancy.

Recipe: *Shenling Baizhu San* (41), modified.

Ingredients:

Radix Coconopsis Pilosulae	9 g
fried Rhizoma Atractylodis Macrocephalae	9 g
Poria	9 g
fried Semen Dolichoris	12 g
Semen Coicis	12 g
fried Rhizoma Dioscoreae	12 g
Seorehed Fructus Cartaegi	12 g
fried Fructus Oryzae Germinatus	9 g
fried Fructus Hordei	9 g
Fructus Amomi	3 g
Radix Glycyrrhizae Praeparatae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of spontaneus perspiration, Radix Astragali seu Hedysari 12 g should be added. In case of hepatosplenomegaly, Rhizoma Sparganii 3 g and Rhizoma Sedoariae 3 g can be added according to the individual condition.

In case of diarrhea, Semen Myristicae 6 g should be added.

3. Malnutrition due to Insufficiency of Both *Qi* and Blood

Main Symptoms and Signs: It is manifested by pallor, lassitude, yellow and dry hair, sunken or canoe–like abdomen, mere skeleton, watery stools, pale tongue with thin and white fur.

Therapeutic Method: Invigorating *Qi*, nourishing the blood and strengthening the spleen.

Recipe: *Renshen Yang rong Tang* (56), modified.

Ingredients:

Radix Codonopsis Pilosulae	9 g
fried Rhizoma Atractylodid Macrocephalae	9 g
Poria	9 g
Radix Astragali seu Hedysari	12 g
Radix Angelicae Sinensis	9 g
Radix Paeoniae Alba	9 g
Rhizoma Rehmanniae Praeparatae	9 g
Fructus Sohisandrae	3 g
Radix Polygalae	3 g
Herba Dendrobii	9 g
fried Rhizoma Dioscoreae	12 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of spontaneous perspiration, Os Draconis 12 g and Concha Ostreae 12 g should be added. In case of pigeon breast and valgus costal margin, Cornu Cervi Degelatinatum 6 g, Radix Morindae Officinalis 9 g, Fructus Psoraleae 9 g should be added, or Placenta Hominis 1.5 g should be taken orally at the same time.

4. Accompanying Symptoms

(1) Eye Nephelium. It is marked by conjunctival congestion,

epiphora induced by wind, driness and itching of the eyes, cloudiness on the cornea. In the ancient time, it was termed "malnutrient liver". Therapeutic method should be nourishing the liver and improving eyesight. The choice of recipes should be *Yanggan Wan*(57).

(2) Edema. Apart from Emaciation, there may be oliguria and edema in the ankle region which may even spread to the face and limbs in severe cases. The therapeutic method for edema should be warming *Yang* and inducing diuresis to allevate edema. The choice of recipes should be *Wuling San* (58) and *Wupi Yin* (59). Their ingredients are fried Rhizoma Atyractylodis Macrocephalae 9 g, Polyporus Umbellatus 9 g, Rhizoma Alismatis 9 g, Pericarpium Citri Reticulatae 9 g, Pericarpium Areceae 9 g, Cortex Mori Radicis 9 g, Exocarpium Zingiberis Recens 6 g and Ramulus Cinnamomi 6 g. (Decoct them in water for oral use.)

(3) Bleeding from Gum. It is manifested by blood oozing from the gum, or petechiae on the skin. Therapeutic method should be replenishing *Qi* and nourishing blood. The choice of recipes is modified *Guipi Tang* (60). The ingredients are: Radix Codonopsis Pilosulae 9 g, fried Rhizoma Atractylodis Macrocephalae 9 g, Poria 9 g, Radix Angelicae Sinensis 9 g, Radix Rehmanniae 9 g, Arrilus Longan 9 g, Radix Astragali seu Hedysari 15 g, Pericarpium Citri Reticulatae 6 g, Herba Agrimoniae 12 g and Radix Notoginseng 1 g (Decoct them in water for oral use.)

(4) Ulcerative Gingivitis. It is characterized by discharge of pus from the gum, foul breath, feverish sensation of five centers, ulcer of the gum, mouth or tongue, and scanty dark urine. The

therapeutic method should be nourishing *Yin* and clearin away heat and toxic material. The choice of recipes is modified *Daochi San* (61) and the ingredients are: Radix Rehmanniae 9 g, Herba Lophatheri 9 g, Caulis Akebiae 3 g, Radix Scrophulariae 12 g, Flos Lonicerae 12 g; Fructus Forsythiae 9 g, scorched Fructus Gardeniae 3 g and Radix Glycyrrhizae 3 g. (Decoct them in water for oral use.)

Other Therapies

1. Acupuncture of *SiFeng* (EX–UEIO). This acupoint is located at the center of the second transverse print of each finger at the palm side except the thumb. The method is to insert three–adged needles into the points about 1.5–3mm in depth and squize out yellowish mucus and mucus with blood in a light case. Acupuncture of this point is given once every other day, and should not be stopped until the disease is cured. Usually 3–4 times or 7–8 times are needed. This acupoint has the function of regulating the tri–*Jiao*, treating spleen disorders and promoting the production of body fluid.

2. Cheiopractic. The area of kneading is from *Changqiang* (DU1) to *Dazhui*(DU14). After the sick child has lain on his abdomen, the operator. using his index finger and the thumbs, holds the skin and kneads, alternating left and right hands from *Chang qiang*(DU1) upwards to *Dazhui*(DU14) for six times. When the third time is carried on, the skin should be lifted every three pinches. This process has the effect of regulating *Yin* and *Yang*, clearing and activating the channels and collaterals, and recovering the visceral functions.

Prevention and Nursing

1. Breast–feeding must be highly recommended.

2. Feeding must be at regular time and be in proper amount and good quality. Complementary food should follow the order, first little, fluid and vegitarian and then more, solid and meaty.

3. Weaning should be at proper time, afterwards, light and nutritional food should be given.

4. If loss or no gain of body weight, muscle relaxation and poor appetite are found, the causes should be timely searched for, examination and treatment should be given immediately the diagnosis is established.

2.12 Acute Nephritis

Acute nephritis is a common general disease in childhood, mainly manifested by pathological changes of nephrons. It is, clinically, characterized by edema, hypertension, hematuria, etc. It may occur at any time of the year and more commonly seen in children of 3–8 years. Prognosis is good. In a few cases, it may develop into persisting-type nephritis and chronic nephritis. It is often critical, or even fatal if complicated by heart failure, hypertensive cerebral disease and acute renal failure at acute stage.

Etiology and Pathogenesis

The metablism of water is closely related to the lung, the spleen and the kidney. The lung, the upper source of water, clears and regulates the water passage; the spleen, the hub of water, is responsible for food digestion and water transportation; the kidney, the lower source of water, controls the discharge of water. Kidney co-operates with tri-*Jiao*, bladder and other visceral organs to complete the regulation of fluid and the discharge of urine. When wind (wind-cold, wind-heat, as seen in acute

suppurative tonsilitis and scarlet fever), dampness (being caught in the rain, long dwelling at damp place or indulgent intake of greasy, raw and cold food) and sore toxins (as seen in eczema and running sore) attack an individual, they stagnate in the interior to affect the metablism of water and result in the disease within 1—3 weeks.

1. Caused by Wind. Stagnation of wind—cold or wind—heat in the lung and in the superficial muscles results in impairment of purifying and descending functions of the lung and failure of water metablism. When the wind meets with resistance from water, their fighting each other makes water flow onto the muscles and skin, developing into edema, or "wind edema".

2. Invasion of Sore Toxins and Damp—heat in the Interior. After the invasion, the virulent wind accumulates in the lung and the damp—heat, in the spleen, leading to failure of the lung in water metabolism, of the spleen in transportation and of the kidney in metabolizing the five kinds of fluid, disturbance of the urinary bladder in micturation and of the tri—*Jiao* in regulation of the body fluid, and uropenia, thus deveioping into edema. If damp—heat attacks the interior and accumulates in the bladder, hematuria may occur due to impairment of blood and channels by heat; if the virulent heat impairs the kidney, the kidney—*Qi* becomes unconsolidated and the essence is discharged from the urinary tract together with urine, turbid urine or proteinuria thus occurs.

Because of the overflow of fluid, the heart and lung may be attacked by the upwards retained fluid, the heart—*Yang* is impaired and the lung—*Qi* obstructed. So some severe cases show dyspnea, palpitation, chest tightness, restlessness, etc. If

damp–heat attacks the lucid–*Yang* upwards and *Jueyin* inwards, leading to hyperactivity of the liver–*Yang* and up–stiring of liver, *Jueyin*–syndrome may occur. marked by headache, dizziness, convulsion and coma. If dampness stagnates in tri–*Jiao*, which lead to disturbance of *Qi* in the ascending and descendingand retention of toxious fluid in the interior, symptoms such as oliguria, nuresis, dizziness nausea. vomiting or even coma may occur.

Diagnostic Essentials

Clinical manifestations of acute nephritis are various. The mild case often has no subjective symptoms except for changes of urination. There is also untypical case, of which the early symptom is deteriorated.

1. The sick child has a history of streptococcal infections 1–3 weeks before the onset, such as tonsilitis, scarlet fever and running sore.

2. Symptoms. The main clinical symptoms of acute nephritis are edema, oliguria, hematuria, proteinuria and hypertension, accompanied by fever, poor appetite, nausea vomiting, etc.

(1) Edema. Edema usually is mild and moderate, starting from the eyelid and gradually involving the whole body. There is no pitting when the skin is pressed. The amount of urine decreases when edema is obvious and increases when edema disappears.

(2) Hematuria. There are macroscopic and microscopic hematuria. The former appears dark brown in colour or like meat–washed water. The colour of urine becomes lighter as the amount of it increases. Hematuria usually disappears within 1–3 months, and in special cases it may last half a year or even longer. Proteinuria is usually mild and disappears before hematuria does.

(3) Hypertension. The blood pressure goes up in the first few days after onset, accompanied by dizziness, headache, dim eyesight, nausea, vomiting, etc. It becomes normal after the urine amount has increased.

3. Complications often seen are: heart failure due to attack of the heart and lung by retained fluid, hypertensive encephalopathy due to attack of *Jueyang* by pathogenic factors and acute renal failure due to retention of toxious water.

Type and Treatment

Acute nephritis has two stages: acute and recovering. In its acute stage, excess syndrome due to exuberant pathogens occurs more often and it is in turn sub-classified into ordinary and deteriorated cases. In the treatment of ordinary case, if edema is obvious, therapeutic method should be promoting the dispersing function of the lung, alleviating water retention, and invigorating the spleen to remove dampness; if hematuria is obvious, therapeutic method should be clearing away heat and eliminating dampness, removing heat from blood to stop bleeding. In the treatment of deteriorated case, method should be warming and recuperating the heart-*Yang*, calming the liver to stop wind and reducing fever, eliminating heat by purgation and purging turbid pathogenic factors. In the recovering stage, *Qi*-deficiency syndrome of the lung and spleen occurs more often, therapeutic method of replenishing *Qi* to invigorate the spleen should be adopted.

1. Acute Stage

Ordinary Cases:

(1) Wind Edema

Main Symptoms and Signs: Wind edema is manifested by

sudden onset, fever, intolerance of wind, headache, cough, dropsy of eyelids, oliguria with dark urine, pale tongue with thin and which fur, floating and tense or floating and rapid pulse.

Therapeutic Method: Dispelling wind and reducing fever; ventilating the lung and promoting diuresis.

Recipe: *Mahuang Lianqiao Chixiaodou Tang* (62), modified.

Ingrdients:

Herba Ephedae	6 g
Semen Armenicacae	3 g
Fructus Forsythiee	12 g
Semen Phaseoli	12 g
Rhizoma Atractylodis Macrocephalae	9 g
Gypsum Fibrosum	18 g
Rhizoma Zingiberis Recens	3 pieces
Radix Glycyrrizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of fever, sore throat or thirsty, Radix Isatidis 12 g, Rhizoma Phragmitis 12 g and Herba Lophatheri 6 g should be added to clear away heat and promote salivation and to relieve sore throat; in case of scanty dark urine, Herba Cephalanoploris 9 g, Herba Ecliptae 9 g and Rhizoma Imperatae 15 g should be added to remove heat from the blood to stop bleeding.

(2) Damp–heat Syndrome

Main Symptoms and Signs: it is manifested by fever or no fever, headache, heaviness sensation of the limbs, facial or general edema. oliguria with yellowish urine or even hematuria, red tongue with yellowish and greasy fur, rapid pulse.

Therapeutic Method: Clearing away heat and promoting

diuresis.

Recipe: *Sanmiao Wan* (63), modified.

Ingredients:

Rhizoma Atractylodis	9 g
Cortex Phellodendri	3 g
Herba Lophatheri	6 g
Radix Rehmanniae	9 g
Rhizoma Alismatis	9 g
Caulis Akebiae	3 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of dark urine due to over bundance of heat in the lower-*Jiao* or macroscopic hematuria, *Xiaoji Yinzi* (64) should be used. Its ingredients are: Herba Cephalanoploris 9 g, Radix Rehmanniae 9 g, Fructus Gardeniae 3 g, Herba Lophatheri 6 g, Caulis Akebiae 3 g, Folium Pyrrosiae 9 g and Radix Glycyrrhizae 3 g (decoct them in water for oral use). In case of sore toxins in the skin, Rhizoma Atractylodis should be subtracted, Flos Carthami 15 g, Herba Corydalis Bungeenae 9 g and Herba Taraxaci 9 g should be added to clear away heat and toxic material.

(3) Cold-dampness Syndrome

Main Symptoms and Signs: It is manifested by sallow complexiou, abdominal distention, lassitude, poor appetite, edema of the limbs or severe edema of the lower body, oliguria, pale tongue with whitish greasy fur, soft, floating or slow pulse.

Therapeutic Method: Excreting dampness, promoting diuresis and relieving swelling.

Recipe: *Wuling San* (58) and *Wupi Yin* (59), modified.

Ingredients:

Rhizoma Atractylodis Macrocephalae	9 g
Polyporus Umbellatus	9 g
Rhizoma Alismatis	9 g
Extra Poriae	15 g
Ramulus Cinnamomi	6 g
Radix Stephaniae Tetrandrae	9 g
Pericarpium Arecae	12 g
Cortex Magnoliae Officinalis	9 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of coughing with asthma and severe edema of the upper body, Herba Ephadrae 6 g, Semen Armeniacae Amarum 4.5 g and Folium Perillae 9 g should be added to ventilate the lung and relieve asthma.

Deteriorated Case

(1) Attack of the Heart and Lung by Retained Fluid to the Heart and Lung

Main Symptoms and Signs: It is manifested by obvious edema of the limbs, chest tightness, palpitation, restlessness, cyanotic lips, pale complexion, white or whitish greasy fur on the tongue, thready and rapid pulse.

Therapeutic Method: Warming and recuperating the heart—*Yang*, removing heat from the lung and eliminating retained water.

Recipe: *Dushen Tang* (65) and *Tingli Dazao Xiefei Tang* (23), modified.

Ingredients:

Radix Gingsen	1 g	(be decocted first)
Semen Lepiddii seu Descurainiae	9 g	

Radix et Rhizoma Rhei	6 g
Cortex Mori Radicis	12 g
Rhizoma Alismatis	9 g
Radix Angelicae Sinensis	9 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of pale complexion, cold limbs, profuse sweating and feeble and impalpable pulse; which are symptoms of insufficiency of heart-*Yang*, *Shenfu Tang* (26) or *Shenfu Longmu Jiuni Tang* (66) should be given immediately to recuperate depleted *Yang*, and stop collapse-syndrome, Gingsen injection or injection of *Shengmai San* is used at the same time in emergency cases.

(2) Attack of *Jueyin* by Pathogenic Factors to *Jueyin*

Main Symptoms and Signs: It is manifested by headache, dizziness, nausea, vomiting, convulsion, coma, scanty dark urine, red tongue with yellow and rough coating, wiry and rapid pulse.

Therapeutic Method: Calming the liver and purging pathogenic fire; eliminating dampness and heat.

Recipe: *Longdan Xiegan Tang* (67), modified.

Ingredients:

Radix Gentianae	6 g	
Radix Scutellariae	9 g	
Fructus Gardeniae	6 g	
Rhizoma Alismetis	9 g	
Caulis Akebiae	3 g	
Semen Plantaginis	9 g	(wrapped)
Ramulus Uncariae cum Uncis	9 g	
Radix Paeoniae Alba	9 g	
Rhizoma Acori Graminei	9 g	

Radix Bupleuri	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of constipation, Radix et Rhizoma Rhei 6 g should be added to purge away heat; in case of convulsion and coma, Cornu Antelopis 0.5 g or Cornu Bubali 9 g should be added to calm the liver to stop wind, induce resuscitation and relieve pathogenic heat from blood. *Niuhuang Qingxing Wan* (68) or *Angong Niuhuang Wan* (28) may also be used at the same time.

(3) Retention of Toxious Water in the Interior

Main Symptoms and Signs: It is marked by dizziness, headache, nausea, vomiting, general edema, oliguria with dark urine or even anuresis, drownsiness, coma, convulsion; pale fat tongue with greasy and yellow fur, slippery and rapid pulse.

Therapeutic Method: Expelling pathogenic dampness to save the patient from danger; eliminating pathogenic factors and toxins.

Recipe: *Wendan Tang* (69) and *Fuzi Xiexin Tang* (70), modified.

Ingredients:

Rhizoma Pinelliae	9 g
Arisaema cum Bile	6 g
Catelis Bambusae in Taeniam	6 g
Pericarpium Citri Reticulatae	9 g
Radix et Rhizoma Rhei	6 g
Radix Aconiti Praeparatae	3 g
Rhizoma Coptidis	6 g
Herba Plantaginis	9 g
Rhizoma Zingiberis	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of frequent vomiting, *Yushu Dan* (71) should be added to eliminate pathogenic factors and toxins; in case of convulsion, *Zixue Dan* (72) should be added to clear away heat (reduce fever), arrest convulsion and induce resuscitation.

2. Recovering Stage

(1) *Qi*–deficiency of the Lung and Spleen

Main Symptoms and Signs: It is manifested by slight or no edema, dim complexion, listlessness, sweating, poor appetite, pale tongue with thin and white fur, slow and weak pulse.

Therapeutic Method: Strengthening the spleen and replenishing *Qi*.

Recipe: *Shenling Baizhu San* (41) and *Yupingfeng San* (31), modified.

Ingredients:

Radix Astragali seu Hedysari	12 g
Radix Pseudostellariae	12 g
Poria	9 g
Rhizoma Atractylodis Macrocephalae	9 g
Radix Ledebouriellae	9 g
Rhizoma Dioscoreae	6 g
Semen Dolichoris Album	9 g
Fructus Amomi	1.5 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

(2) Insufficiency of Spleen–*Yin*

Main Symptoms and Signs: This condition is manifested by languishness, lassitude in loin and legs, dizziness, feverish sensation in the palms and soles, red tongue with less or no fur,

thready and rapid pulse.

Therapeutic Method: Replenishing and restoring the spleen–*Yin*.

Recipe: *Liuwei Dihuang Wan* (32)

Ingredients:

Rhizoma Rehmanniae Praeparatae	9 g
Fructus Corni	9 g
Rhizoma Dioscoreae	6 g
Rhizoma Alismatis	9 g
Cortex Moutan Radicis	9 g
Poria	9 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of obvious feverish sensation in the palms and soles, bitter taste in the mouth and dry throat, *Erzhi Wan* (73) should be added to tonify liver and spleen, enrich *Yin* and blood.

We should also pay attention to hematuria and proteinuria in addition to that mentioned in the section of Edema.

Hematuria:

(1) In case of impairment of the superficial venules by heat, which leads to disorder of blood flow, and of marked heat syndrome, therapeutic method should be removing pathogenic heat from blood to stop bleeding. Choice of recipes should be *Xiaoji Yinzi* (64) or modified *Xijiao Dihuang Tang* (74).

(2) In case of prolonged microscopic hematuria and insufficiency of the spleen and kidney, therapeutic method is promoting blood circulation by removing blood stasis. Choice of recipes is *Guipi Tang* (60) or *Buzhong Yiqi Tang* (75), or *Liuwei Dihuang Wan* (32), etc.

(3) In case of stagnancy of *Qi* and blood stasis, therapeutic method is promoting blood circulation by removing blood stasis. Choice of recipes is *Taohong Siwu Tang* (76), *Shao fu Zhuyu Tang* (51) or *Siwu Tang* (77), etc.

Proteinuria:

(1) The treatments are strengthening the spleen and replenishing *Qi*. The choice of recipes is *Buzhong Yiqi Tang* (75) or *Sijunzi Tang* (78) or *Shenling Baizhu San* (41), etc.

(2) Warming and invigorating the spleen and the kidney, the choice of recipes is *Jingui Shenqi Wan* (30), or *Jisheng Shenqi Wan* (79), or *Zhenwu Tang* (80) or *Shipi Yin* (81), etc.

(3)Tonifying the kidney to arrest spontaneous emission, the choice of recipes is *Shuilu Erxian Dan* (82), or *Yougui Wan* (83) or *Jinsuo Gujing Wan* (84),etc.

(4) Promoting blood circulation by removing blood stasis, see Hematuria.

Other Therapies

Simple and Proved Recipes:

1.Rhizoma Imperatae	30 g
Flos Lonicerae	15 g
Herba Plantaginis	15 g
Herba Lophatheri	9 g

(Direction: Decoct the above drugs for oral use, one dose a day.)

2. Folium Pyrrosiae 30 g is decocted in water for oral use, one dose a day.

3. Radix Scutellariae 50 g.

The decoction of Radix Scutellariae is drunk every day when feeling thirsty.

Prevemtion and Nursing

1. Keeping the skin clean. preventing and treating infective foci of various streptococci such as sore toxins of the skin and tonsilitis.

2. The sick–child should get enough rest. Within two weeks at least after the onset, he should not move about until his edema disappears and blood pressure becomes normal.

3. During the existence of edema, intake of salt and water should be limited strictly; low–salt food is only given after the blood pressure becomes normal. the amount of urine increases and edema disappears.

4. Drugs that may damage the kidney should be avoided.

2.13 Nephritic Syndrome

Nephritic syndrome is a common condition in children, whose morbidity in urinary disorders comes only after acute nephritis and is more often seen between the ages of three and eight. Clinically, it is characterized by serious general edema, proteinuria, hypoalbuminaemia and increased cholesterol levels. The onset of nephritic syndrome has no obvious seasonal variations. Because of various degrees of edema, it belongs to the category of *Yin*–edema.

Etiology and Pathogenesis

Congenital weakness, improper nursing after birth, attack by exterior cold–dampness or by endogenous dampnese may all cause dysfunction of the lung, spleen and kidney, disturbance of *Qi*–transformation, obstruction of the tri–*Jiao* and water passage, thus leading to the flowing of water to the muscular surface and forming edema.

The lung controls the *Qi* of the whole body. It is related to the skin and hair, clears and regulates water passage. Obstruction of the lung–*Qi* may lead to disorder of *Qi*, inability of clearing and regulating water passage and failure of water's flowing down to the bladder, thus forming edema. The spleen has the function to transport and transform nutrients; it supplies fluid to the stomach and conducts essence of food to all parts of the body. Edema occurs if cold–dampness attack the spleen, leading to dysfunction of transportation and transformation, and retention of water due to its insufficiency. The kidney controls water metablism, keeps *Yin*–fluid and *Yang*–*Qi*, has the function of steaming, regulating and transporting body fluid and eliminating urine. Retention of cold–dampness in it may cause impairment of kidney–*Yang*, decline of the fire from the gate of life, inability of *Qi*–transformation and water transportation and wild flowing of body fluid, thus forming edema.

Vital essence and energy is the foundation of growth and life activities. If the kidney–*Qi* is sufficient, vital essence and energy is well reserved in the interior. If the kidney–*Qi* is insufficient, unconsolidation of the kidney occurs, leading to loss of vital essence and energy. The kidney–*Qi* is replenished by refined nutritious substances from the spleen–*Qi*. If the kidney and the spleen are insufficient, the spleen is unable to transport nutrients upward, the kidney loses its reserving function, the kidney essence flows out and large amount of protein is lost in urine.

Yin and *Yang* are interdependent on each other. Prolonged illness may make impaired *Yang* affect *Yin*, leading to the failure of water to nourish wood, deficiency of liver–*Yin* and kidney–*Yin*, hyperactivity of *Yang* due to *Yin* deficiency, symp-

toms such as dizziness, headache, poor vision may be seen.

If the spleen and the kidney are insufficient, one is liable to be attacked by seasonal pathogens, leading to failure to keep the lung pure and descendant, interior retention of water and disfunction in *Qi*–transportation of the tri–*Jiao*, therefore edema becomes severe or is apt to reoccur, accompanied by dyspnea.

Diagnostic Essentials

1. Symptoms and Signs: The onset of nephritic syndrome is usually slow; edema starts from the face and legs and gradually spreads to the whole body. It is of pitting edema, simultaneously, hydrothorax, ascites and labioscrotal swelling can be seen. When edema is serious, the patient presents with oliguria, waxy pale complexion, dyspnea, anorexia and malnutrition. The blood pressure is usually normal. There is no continuous asotemia or renal insufficiency.

2. Laboratory Examination

(1) Routine Urine Examination: Examination of urine reveals urinay protein 3+——4+, white blood cells, hyaline casts, waxy casts, but few red blood cells.

(2) Blood Examination: In patient with hypoprotein, blood examination reveals that the total amount of plasma protein is less than 5gm%, the toal amoun of albumin may be less than 2.5gm%, the toal amount of albumin may be less than 2.5gm% or the ratio of albumin and globulin is inverted and cholesterol in blood increases obviously. sometimes as high as 600–800gm%.

Type and Treatment

Nephritis usually starts with marked general edema, which is of the category of "*Yin* edema", due to insufficiency of the spleen and kidney–*Yang* and retention of water. *Yang*–edema may also

occur because of the obstruction of lung–*Qi* and inability to clear and regulate water passage if the child is attacked by exopathogenic wind. Accoding to the clinical processes, nephrosis is mainly classified into three types——insufficiency of the spleen with overbandance of dampness, deficiency of both spleen–*Yang* and kidney–*Yang* and insufficiency of both liver–*Yin*and kidney–*Yin*. Among them, the first two types are more often seen. In treatment, regulating and tonifying the spleen and the kidney is considered as the main therapeutic method. Prolonged course may result in deficiency of liver–*Yin* and kidney–*Yin*. Therapeutic method is nourishing the liver and the kidney. In a word, the clinical manifestations of nephritis are that weakened body resistance is the main cause and affection by pathogens is the superficiality. The disease is of deficiency in origins and excess in superficiality.

1. Insufficiency of the Spleen with Overabandance of Dampness

Symptoms and Signs: It is manifested as sallow complexion, listlessness, cold limbs, pitting edema of the limbs, poor appetite, watery stools, oliguria, pale tongue with white moist and glossy coating and slow pulse.

Therapeutic Method: Replenishing *Qi* to invigorate the spleen and inducing diuresis to alleyate edema.

Recipe: *Shenling Baizhu San* (41) and *Wupi Yin* (59), modified.

Ingredients:

Radix Codonopsis Pilosulae	9 g
Rhizoma Atractylodis Macrocephalae	9 g
Pericarpium Citri Reticulatae	9 g

Extra Poria	15 g	
Pericarpium Arecae	12 g	
Rhizoma Alismatis	9 g	
Semen Plantagitis	9 g	(wrapped)
Cortex Magnoliae Officinalis	9 g	
Ramulus Cinnamomi	6 g	

(Direction: Decoct the above drugs for oral use.)

Modification: In case of cold limbs and watery–stools Pericarpium Arecae should be subtracted and Rhizoma Zingiberis 3 g should be added to warm the spleen and kidney–*Yang*. In case of severe edema in legs, Radix Slephaniae Fetrandrae 9 g should be added to promote the circulation of *Qi* to resolve dampness.

2. Insufficiency of the Spleen and the Kidney

Main Symptoms and Signs: It is manifested by pale complxion, emaciation, cold limbs, low spirit, marked edema accompanied by hydrothorax and ascites, poor appetite, watery stools, abdominal distention, pale and fat tongue with white and tender fur, deep and weak pulse.

Theapeutic Method: Warming *Yang* and promoting diuresis to alleviate edema.

Recipe: *Zhenwu Tang* (80), modified.

Ingredients:

Radix Aconiti	6 g
Rhizoma Zingiberis	3 pieces
Poria	9 g
Rhizoma Atractylodis Macrocephalae	9 g
Rabix Paeoniae Alba	9 g
Frutus Psoraleae	12 g

Radix Astragali seu Hedysar	12 g
Polyporus Umbellatus	9 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of listlessness, sleepiness, nausea, even smell of urine in the mouth, Rhizoma Pinelliae 9 g, Radix et Rhizoma Rhei 6 g and Rhizoma Coptidis 6 g should be added to remove toxic substances and lower the adverse flow of *Qi*. In case of being re-attacked by exopathogenic factors, recurrence or exacerbation of the disease, *Shegan Mahuang Tang* (85) and *Wu-ling San* (58) are applied to ventilate the lung, induce diuresis and expel wind and cold pathogens; if the patient has marked cough with dyspnea, Semen Lepidii seu Descurainiae 9 g and Semen Armeniacae Amarum 6 g should be added to send down the abnormal ascending-*Qi* and induce diuresis.

3. Insufficiency of Liver-*Yin* and Kidney-*Yin*

Main Symptoms and Signs: This type is manifested by edema, oliguria, headache, dizziness, vexation, sleeplessness, hot sensation in the palms and soles, hectic; red tongue with less coating, taut, thready and rapid pulse.

Therapeutic Method: Nourishing the liver and the kidney.

Recipe: *Qiju Dihuang Wan* (or *Tang*) (86), modified.

Ingredients:

Fructus Lycii	9 g
Flos Chrysanthemi	9 g
Rhizoma Rehmanniae Praeparatae	9 g
Fructus Corni	9 g
Rhizoma Dioscoreae	9 g
Rhizoma Alismatis	9 g
Cortes Moutan Radicis	9 g

Ramulus-Uncariae cum Uncis	6 g
Radix Paeoniae Alba	12 g

(Direction: Decoct the above drugs for oral use.)

Modification: Darkish complexion, squamous and dry skin, with petechiae and ecchymosis, violet red tongue with less fur, and taut pulse, this indicates invasion into the channels by pathogenic factors due to prolonged sickness and stagnancy of *Qi* and blood stasis. In such case, Herba Leonuri 12 g, Flos Carthami 3 g and Radix Paeoniae Ruba 9 g should be added to promote blood circulation and remove blood stasis. *Taohong Siwu Tang* (76) may also be used at the same time.

After nephrotic edema subsides, the key treatment is to control proteinuria. According to traditional Chinese medicine, the formation of proteinuria is mainly due to impairment of the viscera, insufficiency of *Qi* and blood, weakness of the lung, spleen and kidney, especailly the impairment of the spleen and kidney, which leads to the elimination of the essence due to the failure to store it. Clinically, usually adopted methods are strengthening the spleen and replenishing *Qi*, replenishing both *Qi* and blood, warming and invigorating the spleen and kidney, warming the kidney to nourish *Yin*, replenishing essence and reinforcing the kidney, invigorating both *Yin* and *Yang*, etc. Repeated appearance of proteinuria is also closely associated with infection. If heat–toxins make the kidney uncapable of essence storage, therapeutic methods should be dispelling wind and removing heat, clearing away heat and toxic material, clearing heat and promoting diuresis, or removing pathogenic heat from blood and toxic material from the body. Nephrosis is a kind of rather intractable chronic disease, it is liable to relapse. Persistent

nephrosis may affect the channels, leading to stagnancy of *Qi* and blood stasis. Thus invigorating *Qi* and promoting blood circulation by removing blood stasis is also an important therapy. In addition, drugs such as Periostracum Cicadae, Fructus Crataegi, Folium Pyrrosiae, Thallus Laminariae seu Eckloniae, Sargassum, Folium Perillae, Rhizoma Dioscoreae, Radix Astragali seu Hedysari, etc., have certain effects on proteinuria.

Other Therapies

Simple and Proved Recipes

1. Semen Phaseoli 30 g and Semen Sojae Nigrum 30 g are cooked in water. Both the soup and peas should be taken for a month. This recipe has the function of inducing diuresis to alleviate edema and treating proteinuria.

2. One carp weighing about 250 g and Semen Phaseoli 50 g are cooked for meal. This recipe has the effect of inducing diuresis and removing protein from urine.

3. Radix Astragali seu Hedysari 15–30 g is decocted in water, and the decoction is taken as daily drink. Persistent taking of it may help to treat proteinuria.

Prevention and Nursing

1. When edema is severe, the sick–child should lie in bed and be given a diet of low salt and high protein.

2. Various infections should be prevented. If the patient has infectional foci, positive treatment should be given.

2.14 Purpura

Purpura is a disease characterized by dusky red petechiae and echymosis in the skin and membrane. It does not fade when pressed and is accompanied by epistaxis, gingival hemorrhage,

even hematemesis, hematochezia and hematuria. It is mostly seen in preschool children and may also be seen in children of 1–2 years of age. The prognosis varies with the diseases which cause it, with the repetitive events or the severity of hemorrhage. In some cases, if lasting long, it may become fatal.

Etiology and Pathogenesis

Purpura is usually due to the attack of exopathogens which transform into heat and fire, forcing the blood out of the vessels; or due to dysfunction of the viscera which brings about disturbance of *Qi* and blood and escape of blood from vessels and channels, thus resulting in purpura.

1. Bleeding due to Blood–heat. If the child is infected by pathogenic wind–heat, it will struggle against *Qi* and blood, burning the blood vessels, forcing the blood out of the vessels and staying between the skin and the muscles, thus forming purpura. If the blood goes upwards with the fire to the seven orifices and stays there, haematemesis will occur; if the heat goes to the lower–*Jiao*, burning the channels of the intestine, hemafecia will occur; if the channels of the kidney and urinary bladder are burned, hematuria will be present.

2. Bleeding due to Deficiency of *Qi*. Both the heart and the spleen of the child may be impaired due to congenital deficiency, lack of proper care after birth, or protracted disease. Insufficiency of the spleen–*Qi* results in failure of the spleen to govern the blood and insufficiency of the heart–*Qi*, failure of the blood to circulate within the vessels, thus the blood flows out, extravasates and stays between the skin and the muscles, forming purpura. If deficiency of *Qi* involves the *Yang*, resulting in failure of asthenic *Yang* to control the blood and failure of the blood to keep itself

inside, the blood flows out in large amount and there may appear critical conditions owing to blood exhaustion such as pale complexion, profuse sweating, cold limbs, feeble pulse, etc.

3. Hyperactivity of Fire due to *Yin*–deficiency. Protracted disease without proper care may lead to deficiency of liver–*Yin* and kidney–*Yin* as well as internal production of fire of deficiency type. The fire of deficiency type seizes the chance to attack the body and makes the blood move along with it, resulting in escape of blood from the vessels and channels, forming purpura.

4. Accumulation of Blood Stasis. Dysfunction of the viscera, stagnation of *Qi* or inability of deficient *Qi* to force blood to circulate normally may lead to sluggishness of blood circulation, obstruction in vessels and channels, and failure of blood to circulate in the vessels. The blood, therefore, flows out of the vessels and stays between the skin and the muscles, forming purpura.

Diagnostic Essentials

The purpura has two types: thrombocytopenic and alergic.

1. Thrombocytopenic purpura is subdivided into two kinds: primary and secondary. The cause of the former is still unknown. The latter is often found in diseases that cause thrombocytopenia, such as aplastic anemia, leukocythemia, acute infection and drug reaction. The clinical manifestations are sudden onset, fever, extensive mucocutaneous hemorrhagic spots, varing in sizes and uneven distribution. In severe cases, there are critical conditions, such as hemorrhage (hematochezea, hematemesis, hematuria) and intracranial hemorrhage. Chronic thrombocytopenic purpura has a long course, remission and attack alternate, the fresh and the old purpura are present at the same time. Clinical manifestations show normally decreased platlet count, prolonged

bleeding coagulation time, positive result of capillary fragile test and normal myelogram meyalocaryocyte count.

2. Allergic purpura is an allergic disease of the capillaries. The allergic factors are baterial infection, parasites, food drugs, etc. It is clinically manifested as various sizes of papuloid hemorrhage spots or urticaria, angioneuro–edema or polymorphic erythema. In severe cases, purpura blend into patches. It is often seen at the plateral portion of the distal parts of the extremities and the buttocks. It appears in crops and in symmetrical distribution. It is accompanied by intestinal symptoms such as nausea, vomiting, abdominal pain and hematochesia, and pathological changes of the kidney such as swelling and pain of the joints in the knees, wrists and ankles, edema, hematuria, proteinuria. In addition, nasal hemorrhage and tooth bleeding may also be seen. Laboratory examionation show normal platlet count, normal bleeding time and normal blood coagulation time. Increased neutrophils and acidocytes may be seen in some cases.

Type and Treatment

The differential diagnosis of the disease should be made according to its progress, its course, severity of bleeding, its colour and its accompanying symptoms. The purpura which has a sudden onset in its early stage mostly belongs to excess–syndrome, mainly caused by bleeding due to blood heat. The treatment should be clearing away heat and toxic material and removing heat from the blood to stop bleeding. Chronic purpura which has a mild progress and a longer course belongs to deficiency–syndrome. The treatment, if mainly caused by inability of *Qi* to control the blood, should be invigorating *Qi*; if

by hyperactivity of fire due to *Yin*–deficiency, nourishing *Yin* to reduce pathogenic fire. And the treatment of purpura caused by blood stasis should be promoting blood circulation by removing blood stasis.

1. Bleeding due to Blood Heat

Main Symptoms and Signs: Sudden onset, skin purpura of bright colour, accompanied by nasal hemorrhage, tooth bleeding, hematemesis, hematochezia and hematuria, probably also by fever, vexation, thirst, constipation, dark urine and abdominal pain; red tongue with thin and greasy fur and floating and rapid pulse.

Therapeutic Method: Expelling wind and clearing away heat; removing heat from the blood to stop bleeding.

Recipe: *Xijiao Dihuang Tang* (74), modified.

Ingredients:

Cornu Rhinocerotis	1 g
Radix Rehmanniae	12 g
Radix Paeoniae Rubra	9 g
Cortex Moutan Radicis	9 g
Flos Lonicerae	12 g
Fructus Forsythiae	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of fever, headache and scratching sensation, Herba Schizonephetae 9 g, Lophatherum 6 g, Radix Arnebiae seu Lithosparimi 9 g and Herba Spirodelae 6 g should be added to dispel wind and clear away heat to stop bleeding; in case of dense purpura, charcoal of Nodus Nelumbinis Rhizomatis 9 g, charcoal of Radix Rubiae 9 g and powder of Radix

Nologinseng 1 g (being infused) should be added to remove heat from the blood to stop bleeding; if there is abdominal pain and hematochezia, charcoal of Radix Sanguisorbae 9 g, Radix Aucklandiae 3 g and Radix Sophorae Flavescentis 12 g should be added to stop bleeding by clearing heat from the bowels; in case of pain of the joints with swelling, Radix Styephaniae Tetrandrae 9 g, Radix Achyranthis Bidentatae 9 g, Radix Genlianae Macrophyllae 9 g, Resina Olibani Praeparatae 12 g and Resin Commiphorae Myrrhea 12 g should be added to remove dampness and smoothe the joints, and to activate collaterals to relieve pain. In case of hematuria, *Xiaoji Yinzi* (64) with 12 grams of Herba Ecliplae should be applied to remove heat from the blood to stop bleeding.

2. Bleeding due to Deficiency of *Qi*

Main Symptoms and Signs: Repeated occurrence of purpura with pale and gloomy colours, sallow complexion, lassitude, dizziness, palpitation, loss of appetite, pale lips, pale and fat tongue, sunken and thready pulse.

Therapeutic Method: Strengthening the spleen and replenishing *Qi*, nourishing the blood to stop bleeding.

Recipe: *Guipi Tang* (60), modified.

Ingredients:

Radix Astragali seu Hedysari	12 g
Radix Codonopsis Pilosulae	9 g
Rhizoma Atractylodis Macrocephalae	9 g
Radix Angelicae Sinensis	9 g
Radix Paeoniae Alba	9 g
Herba Eclipta	9 g
Colla Corri Asini	9 g

(melting by heat)

Rhizoma Rehmanniae Praeparatae	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: If the purpura lasts long with light colour, pale complexion, cold limbs, watery stools, pale and thick tongue, sunken and small pulse. Radix Aconiti Praeparata 6 g Rhizoma Zingiberis Praeparatae 3 g, Fructus Corni 9 g and Semen Causculae 12 g should be added to warm the kidney, dispel cold and stop bleeding. In case of profuse bleeding, there appears tendency of exhaustion of *Yang–Qi*, marked by pale complexion, cold limbs, excessive perspiration, feeble pulse, *Dushen Tang* (65)or *Shenfu Tang* (26) should be given to recuperate depleted *Yang*, supplement *Qi* in order to rescue the patient from collapse.

3. Hyperactivity of Fire due to *Yin* Deficiency.

Main Symptoms and Signs: There is much more purpura in the lower limbs with frequent incidence, low fever, night sweat, hot feeling in palms and soles, dizziness, dry throat, red tongue with less fluid, small and rapid pulse.

Therapeutic Method: Nourishing *Yin* to reduce pathogenic fire, removing heat from the blood to stop bleeding.

Recipe: *Zhibai Dihuang Tang* (35), modified.

Ingredients:

Radix Rehmanniae	9 g
Radix Rehmanniae Praeparata	9 g
Rhizoma Anemarrhenae	9 g
Cortex Phellodendri	6 g
Cortex Moutan Radicis	9 g
Herba Ecliptae	9 g

Fructus Ligustri Lucidi	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of serious hectic fever, Cortex Lycii Radix 12 g, Carapax Trionycis 9 g and Radix Stellariae 12 g should be added to reduce fever of deficiency-type.

4. Blood Stasis in the Vessels

Main Symptoms and Signs: The purpura is dark purple in colour, accompanied by hematoma, paroxysmal abdominal pain, nausea, vomiting or arthralgia with swelling, dark purple tongue with petechiae, and sunken and uneven pulse.

Therapeutic Method: Promoting blood circulation by removing blood stasis.

Recipe: *Taohong Siwu Tang* (76), modified.

Ingredients:

Semen Persicae	6 g
Flos Carthami	6 g
Radix Rehmanniae	9 g
Herba Swertiae	9 g
Colla Corri Asini	9 g (melting by heat)
Radix Salviae Miltiorrhizae	12 g
Percarpium Citri Reticulatae	6 g

(Direction: Decoct the above drugs for oral use.)

Modification: If the colour of the purpura is dark purple and the patient has serious hematoma, Radix Notoginseng 1 g (taken after being infused in boiling water) Pulvis Medicinalis Yunnan 1.5 g (taken after being infused in boiling water) should be added to remove blood stasis and stop bleeding; in case of severe abdomial pain, Resina Olibani Praeparatae 9 g, Resina

Commiphorae Myrrhea 9 g and Rhizoma Corydalis 9 g should be added to promote blood circulation to stop pain; in case of arthralgia with swelling, Radix Achyranthis Bidentatae 9 g and Fructus Chaenomelis 9 g should be added to remove obstruction in the channels to relieve pain.

Other Therapies

Simple and Proved Recipes

1. Fructus Ziziphi Jujubae 10 grains, Radix Arnebiae seu Lithosphemi 12 g and Radix Glycyrrhizae 3 g are decocted in water for oral use, one dose a day.

2. Testa Arachidis 15–30 g and Fructus Ziziphi Jujubae 10 grains are decocted for oral use, one dose a day for two months. This decoction can increase platelets.

Prevention and Nursing

1. The child should do physical exercise to build up his health, inhance resistance against diseases.

2. The various causes of purpura should be positively treated and prevented; food and drugs causing purpura should be avoided.

3. In its acute stage or in the time of profused bleeding, the patient should rest in bed, and given intense treatment. Blood transfusion should be given if necessary.

2.15 Enuresis

Enuresis, also called bedwetting, is a condition in children over 3, characterized by involuntary discharge of urine when sleeping at night. Under age 3, all children lack voluntary bladder control due to imperfect development, busying themselves playing or overfatigue.

Etiology and Pathogenesis

1. Cold of Insufficiency Type of *Xiayuan*. The kidney is responsible for storage of essence, controls the excretion of urine and feces, and shares a paired relationship with the bladder. Cold of insufficiency type of *Xiayuan* due to congenital weakness and deficiency of the kidney–*Qi* may lead to dysfunctions of the kidney in storage, of the bladder in controlling water passage, thus forming enuresis.

2. *Qi*–deficiency of the Spleen and the Lung. The spleen has the function of transporting body fluid and removing excessive water; the lung has the function of clearing and regulating water passage. Only when the spleen and the lung function well, can they keep normal transportation and excretion of body fluid. If the spleen and the lung are unable to control water due to *Qi*–deficiency of them, enuresis may occur.

3. Dampness and Heat of the Liver Channel. If dampness and heat stagnate in the liver channel and go down along the channel to attack the bladder, disorder of micturating function may occur, leading to enuresis.

Type and Treatment

1. Enuresis due to Cold of Insufficiency Type of *Xiayuan*.

Main Symptoms and Signs: It is manifested by involuntary discharge of urine in sleep, 1–2 times or more each night, frequent and copious clear urine, accompanied by pale complexion, lassitude in the loin and the knees, even cold limbs and intolerance of cold, pale tongue with thin and white coating.

Therapeutic Method: Warming and regulating the kidney–*Yang*, consolidating *Xiayuan*.

Recipe: *Sangpiaoxiao San*(87), modified.

Ingredients:

Oötheca Mantidis	9 g
Fructus Alpiniae Oxyphyllae	6 g
Fructus Psoraleae	6 g
Fructus Rubi	9 g
Radix Astragali seu Hedysari	12 g
Radix Codonopsis Pilosulae	9 g
Rhizoma Acori Graminei	9 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of stagnation of phlegm and dampness in the body, thick and greasy fur on the tongue, Cortex Magnoliae Officinalis 9 g and Rhizoma Atractylodis Preparatae 9 g should be added.

2. Enuresis due to *Qi*–deficiency of the Spleen and the Lung

Main Symptoms and Signs: This type of nocturnal enuresis is often secondary to other diseases, characterized by frequent oliguria, accompanied by pale complexion, listlessness, lassitude, spontaneous perspiration, watery stools, pale tongue with thin and white fur.

Therapeutic Method: Tonifying the lung and the spleen to arrest enuresis.

Recipe: *Buzhong Yiqi Tang* (75) and *Suoquan Wan* (88), modified.

Ingredients:

Radix Codonopsis Pilosulae	9 g
Rhizoma Atractylodis Macrocephalae	9 g
Radix Angelicae Sinensis	9 g
Radix Astragali seu Hedysary	15 g
fried Rhizoma Dioscoreae	12 g

Fructus Alpiniae Oxyphyllae	6 g
Rhizoma Cimicifugae	6 g
Fructus Schisandrae	6 g
Fructus Rosae Laevigatae	9 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of lethary, Rhizoma Acori Graminei 9 g should be added. In case of watery stools, baked ginger 6 g should be added.

3. Enuresis due to Dampness and Heat in the Liver Channel

Main Symptoms and Signs: It is manifested by small quantity of urine with strench and foul smell, irritability, somniloquence and grinding of teeth during, red lips and tongue.

Therapeutic Method: Purging the liver of pathogenic fire and reducing fever.

Recipe: *Longdan Xiegan Tang* (67), modified.

Ingredients:

Radix Gentianae	3 g
Fructus Gardeniae	6 g
Caulis Akebiae	3 g
Radix Bupleuri	6 g
Radix Rehmanniae	12 g
Rhizoma Alismatis	9 g
Semen Plantaginis	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of irritability and restlessness at night, Ramulas Uncariae cum Uncis 6 g, Os Draconis 12 g and Concha Ostreae 12 g should be added. If prolonged illness results in interior retention of dampness and heat, and consumption of

kidney—*Yin*, marked by red tongue with less fur, *Zhibo Dihuang Wan* is preferable.

Other Therapies

1. Acupuncture and Moxbustion

Choices of the acupoints should be *Guanyuan* (RN4), *Sanyinjiao* (SP 6) and *Yeniaodian* (at the center of the second transverse print of the little finger on the palm surface). The needles should be retained in the points for fifteen minutes, once a day or once every other day.

2. Otopuncture. Renal region and the suprarenal region are chosen to be pressed lightly with a mung bean, for 1—2 minutes a day.

3. Ootheca Mantidis 3 g is scorched and ground into powder. It is to be taken together with water and a little sugar, once every afternoon, 10 days a course.

Prevention and Nursing

1. The habit of regular micturation should be cultivated in infancy, and overfatigue be avoided in older children.

2. Less liquid food and water should be given to the children after supper and before sleep.

3. The child should evacuate his bladder before sleep and be wakened to urinate at regular time in order to form the habit of micturation gradually.

2.16 Toxic Encephalopathy

Toxic encephalopathy, characterized by hyperspasmia and disturbance of consciousness, belongs to "infantile convulsion" in traditional Chinese medicine. In acute stage, it belongs to acute infantile convulsion, manifested by sudden onset, quick progress

and high fever. In recovery stage, it belongs to slow infantile convulsion, marked by weakened pathogenic heat and damaged *Yin*–type body fluid. The symptoms of toxic encephalopathy look like those of encephalitis, mostly occur in the toxic progress of infectious diseases, such as pneumonia, bacillary dysentery, whooping cough and upper respiratory tract infection. It is usually considered as an allergy of human body to the toxin, due to edema degeneration caused by lacking oxygen in brain cells, not due to the invasion of pathogens directly to the central nervous system. It usually occur in the children between two and ten years old.

Etiology and Pathogenesis

Young children usually has more *Yang* and less *Yin*. The pathogens, after invading the child, usually change into heat. Excess heat will stir up liver–wind and fire the body fluid into phlegm which may stuff up the clear orifices. Therefore, the pathogenisis in the acute stage may be summarized as heat, phlegm, wind and convulsion. The pathological changes develop mainly in the heart and liver. In recovery stage, it is mostly caused by damaged *Yin* due to febrile diseases, insufficiency of kidney–*Yin*, unmoistened liver, and stirred wind due to deficient *Yin*, or by the damaged spleen and stomach. In short, the disease of this stage is related to the spleen, liver and kidney.

1. Invasion of Seasonal Pathogens

It may be caused by pathogens such as wind, coldness, summer–heat, dryness and fire, especially by the affection of wind pathogen in winter and spring, summer–heat pathogen in summer and autumn, and seasonal infectious pathogens.

(1) Invasion of Wind Pathogen

Wind pathogen, main etiqlogy for every disease, usually invades people together with cold and heat. Because of lack of *Yin* and surplus of *Yang* in young children, the invaded pathogens are easily transformed into heat and the excess heat into fire, then stir up wind. Wind and fire stir up each other, leading to convulsion. If the pathogenic heat fires the body fluid into phlegm, the orifices will be stuffed up with presenting unconsciousness. If the air passage is obstructed, short breath and flaring of nares will be seen. If the heat changes into fire and attacks *Jueyin* inwards, coma and convulsion will occur.

(2) Invasion of Summer Pathogen

The solid and hollow organs of young children are tender and weak. The vital *Yin* energy is not enough. They are apt to be affected by summer–heat in very hot weather which belongs to pathogenic *Yang* and can change into fire most quickly. When the pathogenic heat and fire invade *Jueyin,* attack pericardium adversely, coma and convulsion will be seen.

(3) Invasion of Epidemic Pathogens

If the young children with latent phlegm in the interior are attacked by epidemic pathogens, the pathogen wrestle with each other, firing the body fluid into phlegm, obstructing the air passage. As a result, the pathogenic heat stagnates in the interior and goes up to stuff the clear orifices, thus developing coma and convulsion.

2. Damp–heat Epidemic Pathogens

When food taken is unclean, the damp–heat epidemic pathogens enter the body through mouth, stagnate in the stamach and intestines and change rapidly into heat and fire and invade inwards *Jueyin,* developing coma and convulsion. If the

body resistance is vigorous while the pathogens are sthenia, there will occur the excess syndrome of stroke and heat, marked by sudden onset and persistent high fever, and frequent convulsion. If the pathogens are violently exuberant, the vital—*Qi* has been damaged interiorly and fails to prevail over pathogens, the excess syndrome of stroke will be seen clinically. It is probably combined with the external prostration syndrome due to exhausted *Yang*. There occurs a complex situation of unconsciousness and collapse, and of co—existence of cold and heat. Stagnation of *Qi* and blood due to accumulation of pathogens in the interior will develop. Such symptoms will occur as abdominal pain and tenesmus for stagnation of *Qi*, pus blood due to blood stasis.

Diagnostic Essentials

1. There is a history of infections, such as pneumonia, bacillary dysentery, upper respiratory tract infection, etc.

2. The characteristic features mostly occur at the peak of the infections, such as sudden high fever, headache, vomiting, irritability, delirium and convulsion, or, coma, dysphonia, paralysis, platycoria, slow reactivity to light, stiff neck and tendon hyperreflexia.

3. Cerebrospinal Fluid Examination: Clear appearance, hypertension, normal blood cell count, normal or slight higher albumen.

Type and Treatment

The primary disease should be treated before starting the treatment of the disease.

1. Invasion of Exogenous Wind Pathogens (Often seen at the early stage of the complicated toxic encephalopathy secondary to the upper respiratory tract infection or pneumonia)

Main Symptoms and Signs: Fever, headache, cough and running nose, sore throat, irritability or flaring of nares, sudden coma and convulsion, red tongue with yellow fur.

Therapeutic Method: Dispelling wind and heat to relieve the stagnated lung; inducing resuscitation and relieving convulsion.

Recipe: *Yinqiao San* (2) and *Ma Xing Shi Gan Tang* (9),modified.

Ingredients:

Flos Lonicerae	15 g
Herba Ephedrae Praepparatae	6 g
Semen Armeniacae Amarum Praeparata	3 g
Gypsum Fibrosum	24 g
Fructus Forsythiae	9 g
Flos Chrysanthemi	9 g
Ramulus Uncariae cum Uncis	9 g
Rhizoma Acori Graminei	9 g
Fructus Arctii	9 g
Bombyx Batryticatus	6 g
Caulis Bambusae in Taeniam	6 g
Radix Isatidis	12 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose)

Modification: In case of severe cold-syndrome of superficies, marked by stuffing nose and abvious flaring of nares, Herba Ephedrae 6 g should be used instead of Herba Ephedrae Praeparatae, and additional Herba Asari 3 g should be used to promote the powder of dispelling the pathogens from superficies. In case of dyspesia, fullness of the abdomen and thick greasy fur on the tongue, Fructus Cnataegi Praeparatae 12 g, Semen Arecae

12 g should be added to promote digestion and remove stagnated food. If the disease complicates whooping cough, Spica Prunellae 15 g, Lumbricus 9 g, Fructus Aurantii Immaturus 6 g, Radix Asteris 9 g and Fructus Trichosanthis 15 g should be added to relieve cough and resolve phlegm. If the disease occurs in hot summer, modified *Xiangru Yin* (3) (Decoction of Herba Elsholtziae seu Moslae) should be used instead.

2. Invasion of Damp–heat Epidemic Pathogens (Often seen at the early stage of toxic encephalopathy secondary to bacillary dysentery)

Main Symptoms and Signs: Sudden onset, persistent high fever, irritability and restlessness, thirst with desire of drinking, coma and delirium, frequent covulsion, probably followed by glutinous stinking stools with pus blood, crimson tongue with yellowish dry fur.

Therapeutic Method: Removing heat and dampness; calming the endopathic wind to induce resuscitation

Recipe: *Gegen Qinlian Tang* (40) and *Baitouwong Tang* ,modified.

Ingredients:

Radix Puerariae	12 g
Radix Scutellariae	12 g
Cortex Fraxini	9 g
Radix Sanguisorbae	9 g
Rhizoma Coptidis	6 g
Herb Portulacae	15 g
Fructus Crataegi Praeparata	12 g
Semen Arecae	12 g
Ramulus Uncariae cum Uncis	9 g

Rhizoma Acori Graminei	9 g
Radix Curcumae	9 g
Scorpio	6 g

(Direction: Decoct the above drugs for oral dose)

Modification: In case of productive sputum and saliva with pharyngeal rale, Succus Bambosae 10 ml and Arisaema cum Bile 6 g should be added to remove phlegm and to cause resuscitation.

3. Intense Heat in Both *Qi* and *Ying* Systems (Usually appears in encephaledema stage of toxic encephalopathy)

Main Symptoms and Signs: It often occurs in the progress of the primary disease, marked by sudden high fever, headache, vomiting, irritability, delirium or lethargy, stiff trunk and limbs, and frequent convulsion, upper sight eyes, lockjaw and coma, crimson yellowish fur on the tongue.

Therapeutic Method: Clearing the pathogenic heat from the *Qi* system and cold down the *Ying* system; calming the endopathic wind to induce resuscitation.

Recipe: *Qingwen Baidu Yin* (89),modified.

Ingredients:

Flos Lonicerae	18 g
Fructus Forsytiae	9 g
Rhizoma Coptidis	6 g
Gypsum Fibrosum	30 g
Rhizoma Anemarrhenae	9 g
Cortex Moutan Radicis	9 g
Radix Curcumae	9 g
Rhizoma Acori Graminei	9 g
powder of Cornu Rhinoceri	1 g

(taken after being infused in boiling water.)

powder of Cornu Antelopis 1 g
(taken after being infused in boiling water.)
Plumula Nelumbinis 3 g

(Direction: Decoct the above drugs for oral use.)

Modification:If it is caused by overabundant of pathogens marked by thick and greasy fur, medicine in cold nature should be used carefully. Medicine in aromatic nature is advocated to eliminate the damp pathogens, such as *Ganlu Xiaodu Dan* (33),modified *Huo Po Xia Liang Tang*(90).

4. Weakness in Both *Qi* and *Yin* Systems (See the recovery stage of the toxic encephlopathy)

Main Symptoms and Signs:Relieved convulsion, continuous lower fever, pale complexion, flushed cheeks, stiff trunk and limbs with paralysis or blindness, deafness, aphasia and emaciation, crimson tongue with little or no fur.

Therapeutic Method: Supplementing *Qi* and nourishing *Yin;* calming the endopathogenic wind to induce resuscitation.

Recipe: *Dadingfeng Zhu* (91) and *Sijunzi Tang* (78), modified.

Ingredients:

Radix Rehmanniae	9 g
Rhizoma Rehmanniae Praeparatae	9 g
Radix Paeoniae Alba	9 g
Radix Ophiopogonis	9 g
Radix Codonopsis Pilosula	9 g
Rhizoma Atractylodis Macrocephalae	9 g
Radix Angelicae Sinensis	9 g
Plastrum Testudinis	15 g
Carapax Trionycis	15 g
Radix Astragali seu Hedysari	15 g

Arisaema cum Bile	6 g
Rhizoma Acori Graminei	9 g

(Direction: Decoct the above drugs for oral dose.)

5. Deficiency of Liver–*Yin* and Kidney–*Yin* (Seen in the later period of the recovery stage.)

Main Symptoms and Signs: Stuff limbs or paralysis, or obstruction of factors. disorder of consciousness, aphasia or unclear speaking, blindness, deafness, or sometimes accompanied by epileptic paroxysmal convulsion, red tongue with little fur.

Therapeutic Method: Nourishing the liver and kidney; promoting blood circulation to remove obstruction in the channels.

Recipe: *Qiwei Duqi Wan* (92) and *Buyang HuanwuTang* (93), modified.

Ingredients:

Rhizoma Rehmanniae Praeparatae	9 g
Fructus Corni	9 g
Fructus Gardeniae	9 g
Radix Angelicae Sinensis	9 g
Poria	9 g
Lumbricus	9 g
Rhizoma Acori Graminei	9 g
Rhizoma Ligustici Chuanxiong	6 g
Flos Carthami	6 g

(Direction: Decocted the above drugs for oral dose)

Modification: If the children have stiff or paralytic limbs Scorpio 3 g, Bombyx Batryticatus 6 g and Zaocys 6 g should be added. In case of weak or paralytic limbs and myophagism, Radix Astragali seu Hedysari 15 g, Radix Codonopsis Pilsulae 15 g, Rhizoma Atractylodis Macrocephalae Praeparatae 9 g and

Fructus Chaenomelis 9 g should be added. In case of deafness, Fructus Ligustri Lucidi 9 g, Herba Dendrobii 9 g and Fructus Liquidambaris 9 g may be added. In case of obstruction of consciousness, Fructus Alpiniae Oxypoglaucae 9 g, Semen Ziziphi Jujubae Praeparatae 12 g and Radix Polygalae 3 g should be added.

6. Stagnation of Phlegm in Collaterals (Seen in the later period of the recovery stage of the toxic encephalopathy)

Main Symptoms and Signs: Dull appearance, or dementia, aphasia and deafness, irritability, hyperspasmia or stiffness of the trunk and limbs, unstable standing and walking, thin and white or greasy fur.

Therapeutic Method: Expelling wind pathogens and disolving phlegm; promoting blood circulation to remove obstruction in the channels and to induce resuscitation.

Recipe: *Qianzheng San* (94) and *Wendan Tang* (69), modified.

Ingredients:

Rhizoma Typhonii	9 g
Pericarpium Citri Reticulatae	9 g
Bombyx Batryticatus	6 g
Scorpio	6 g
Rhizoma Pinelliae	6 g
Arisaema cum Bile	6 g
Fructus Aurantii Immaturus	6 g
Os Costaziae	12 g
Rádix Curcumae	9 g
Rhizoma Acori Graminei	9 g

(Direction: Decoct the above drugs for oral dose)

Other Therapies

1. Acupuncture Therapy

Acupuncture produces a temporary effect on inducing consciousness and stopping spasm. In case of convulsion, *Renzhong (shuigou)* (DU 26), *Hegu* (LI 4), *Neiguan* (PO 6), *Taichong* (LR 3), *Yongquan* (KI 1), *Baihui* (DU 20) and *Yintang* (EX–HN 3) should be chosen. In case of high fever, *Quchi* (LI 11), *Dazhui* (DU 14) and *Shixuan* (EX–UE11) should be chosen, *Fenglong* (ST 40) is for rale. *Xiaguan* (ST 7) and *Jiache* (ST 6) are chosen for trismus (lockjaw). Strong or medium stimulation may be given in all cases.

2. External Treatment

Rub their teeth with a black berry when the children suffer from trismus. *Chubi San* (95) or *Tongguan San* (96) may be blown into the nose to cause sneeze in order to stop convulsion and induce resuscitation.

Prevention and Nursing

1. Improve constitution to avoid being attacked by external pathogens. Take clean food and drink, keep the surrounding sanitation to avoid the invasion of damp–heat pathogens.

2. Cure the pirmary diseases promptly, such as upper respiratory tract infection, pneumonia, bacillary dysentery.

3. Stop spasm and be ready to draw out sputum, saliva, guttural secretions to avoid suffocation.

4. Keep the sick child lying on his back, turn his head aside, loosen his collars and put the bandaged spatula between upper and lower teeth in order not to bite the tongue.

5. Keep the surroundings quiet, reduce stimulation, pay close attention to the change of body temperature, pulse, breath,

pupilla, complexion, etc.

2.17 Epilepsy

Epilepsy is a paraxysmal disturbance of consciousness, characterized by a loud crying and a sudden fall, loss of consciousness, frothing at the mouth, fixation of the eyes, shocklike contraction of the limbs, etc. The attack may be followed by drowsiness, sleep, or a period of confusion. When the epileptic child comes to after a seizure, he may looks quite normal. Epilepsy due to brain injury is considered symptomatic and that due to unknown reasons idiopathic.

Etiology and Pathogenesis

Epilepsy may have many causes, It is often associated with phlegm. As the saying goes: " No epilepsy develops without phlegm."

1. Congenital Factors. Disturbance of *Qi* and blood of a mother caused by great terror may affect her fetus who may develop epilepsy after birth. Besides, congenital insufficiency of liver—*Yin* and kindney—*Yin*, imbalance of water and fire, impairment of heart and liver are all responsible for disturbance of liver—*Qi*, for mental derangement, convulsion and loss of consciousness. The acquired epilepsy of infants due to frightening is also associated with congenital factors. All that are induced by terror are called convulsive diseases.

2. Blockage of Phlegm in Orifices. There is usually excessive phlegm in infants due to retention of dampness caused by hypofunction of the spleen. Besides, retention of wind and phlegm may still stay in the body after chronic or acute infantile convulsion. It is the accumulation of phlegm in the interior when

precipitated by wind, cold or terror, that attacks the upper orifices, therefore inducing epilepsy.

3. Retention of Food in the Middle–*Jiao*. Improper feeding, or excessive greasy and sweet foods may all be responsible for the impairment of the spleen and stomach the disorder of receiptive and digestive functions, thus developing infantile dyspepsia. A prolonged retention may transform pathogenic heat, consuming body fluid to form phlegm. Stagnation of phlegm in the middle–*Jiao* makes spleen–*Qi* fails to ascend and stomach–*Qi* to descend.

4. Blood Stasis in the Heart. Accumulation of blood stasis in the heart may be caused by events of birth injury, terror, trauma, or head injury, which may lead mental confusion or develop into epilepsy.

Type and Treatment

Epilepsy can be related to a specific provocation, these include terror, improper diet, accumulation of phlegm and blood stasis. Generally, the syndrome of sathenia accompanied by sthenia is often seen in the infantile convulsion. By sthenia we usually mean phlegm, improper diet and blood stasis. The severity of the disease, the duration of the seizure, the length of the interval are closely related to the depth of the retention of phlegm and the resistance of the body. Initially, retention of phlegm is not deep owing to the exuberance of the vital–*Qi*. The fit is short–lived and the interval is long. With a prolonged process of illness, the vital–*Qi* will be impaired, the retention of phlegm will be deeper, and the seizure will become longer and the interval shorter. If vital–*Qi* fails to prevail pathogenic factors, phlegm will be able to invade the heart, there will appear serious symptoms

such as prolonged unconsciousness or coma, or convulsion.

1. Epilepsy due to Terror

Main Symptoms and Signs: Apart from the common clinical features, this type of infantile epilepsy is also manifested by restlessness, frightening, always hiding himself into his mother's arms, sudden crying, screaming with wagging tongue, now flushed and then pale complexion, greenish and viscid stools, pale tongue with thin and whitish fur, etc.

Therapeutic Method: Relieving convulsion and calming the mind.

Recipe: *Dingpo Wan* (97), modified.

Ingredients:

Radix Codonopsis Pilosulae	9 g
Radix Aspargai	9 g
Poria	6 g
Rhizoma Gastrodiae	6 g
Rhizoma Acrori Graminei	6 g
Radix Polygalae	3 g
Semen Ziziphi Jujubae	12 g
Scorpio	3 g
Bombyx Batryticatus	3 g
Cinnabaris	1 g
(Taken together with decoction.)	
Succinum	1 g
(Taken together with decoction.)	
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of palpitation and insomnia, *Wendan Tang* (69) may also be prescribed. In case of deficiency of heart

blood due to prolonged duration and frequent attacks. *Yangxin Tang* (98) should be added. If there exists deficiency of vital–*Qi* marked by lassitude and fatigue, *Da Buyuan Jian* (99) may be added.

2. Epilepsy due to Improper Diet

Main Symptoms and Signs: This type of epilepsy is characterized, among others, by abdominal flatulence, acid vomitus foul–smelling stools, and thick greasy fur on the tongue.

Therapeutic Method. Relieving dyspepsia and resolving phlegm; calming endopathogenic wind.

Recipe: *Baohe Wan* (11), modified

Ingredients:

Fructus Crataegi Praeparata	12 g
Massa Fermentata Medicinalis	9 g
Semen Arecae	9 g
Fructus Forsythiae	9 g
Flos Chrysanthemi	9 g
Ramulus Uncariae cum Unics	9 g
Rhizoma Pinelliae	6 g
Fructus Aurantii Immaturus	6 g

(Direction: Decoct the above drugs for oral dose.)

Modification. Constipation can be combated by adding Radix et Rhizoma Rhei (Decocted later.)

3. Epilepsy due to Phlegm

Main Symptoms and Signs: Besides the common symptoms and signs epilepsy presents with. this type of epilepsy is also marked by, when fitting, laryngeal rales, frothy salivation, thick and greasy fur on the tongue.

Therapeutic Method: Removing phlegm to induce resuscita-

tion.

Recipe: *Dingxian Wan* (100) combined with *Ditan Tang* (101), modified.

Ingredients:

Rhizoma Gastradiae	6 g
Rhizoma Arisaematis	6 g
Rhizoma Pinelliae	6 g
Pericarpium Citri Reticulatae	9 g
Poria	9 g
Rhizoma Acori Graminei	9 g
Bombyx Batryticatus	6 g
Scorpio	6 g
Canlis Rambusae in Taeniam	6 g
Furctus Aurantii Immaturus	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose).

4. Epilepsy due to Blood Stasis

Main Symptoms and Signs: This type of epilepsy often occurs in the child with previous trauma or birth injury. The epileptic child usually has a headache in a fixed position and vomiting in severe case. The tongue proper is deep purplish with ecchymosis on it.

Therapeutic Method: Promoting blood circulation by removing blood stasis.

Recipe: *Tongqiao Huoxue Tang* (102), modified.

Ingredients:

Rhizoma Ligustici	6 g
Radix Paeoniae Rubra	9 g
Semen Persicae	9 g

Flos Carthami	9 g
Allium Fistulosum	(Three segments)
Radix Salvae Miltiorrhizae	12 g
Fructus Ziziphi Fujubae	(Five in number)
Moschus	0.15 g

(Powdered and mixed with the decoction)

(Direction: Decoct the above drugs for oral dose.)

Modification. Deficiency of liver—*Yin* and kidney—*Yin* due to prolonged and recurrent epilepsy can be combated by using modified *Zuogui Wan* (103) to replenish essence and tonify the kidney. Deficiency of *Qi* and blood in the heart and spleen can be treated by using *Guipi Wan* (60) modified to invigorate the heart and spleen.

Other Therapies

Recipe: Modified *Baijin Wan*

Ingredients:

Fructus Canarii	30 g
Alumen	3 g
Magnetitum	18 g
Radix Polygalae	9 g
Radix Curcumae	9 g
Rhizoma Acori Graminei	9 g
Radix Ophiopegonis	9 g
Cinnabaris	3 g

Direction: All the ingredients above are mixed and powdered, 1.5 g is taken each time, three times daily. This method is claimed to be effective against epilepsy due to terror or phlegm.

Prevention and Nursing

1. The pregnant woman should keep physically or mentally

healthy. Birth injuries should be avoided.

2. Infants with a history of febrile seizures should be given antipyretic and anticonvulsant.
3. Infantile dyspepsia can be combated by regular feeding.
4. The epileptic child should not be allowed to move about himself, During the onset of fits, the respiratory tract should be kept unobstructed to avoid asphyxia. And emergent treatment should be taken at once.

2.18 Rheumatoid Arthritis

Rheumatoid arthritis is classified as an arthralgia–syndrome in traditional Chinese medicine. It is mainly characterized by long–term irregular fever, arthroncus and arthralgia, which is especially severe in phalangeal joints and interphalangeal articulations of hands. In young children general symptoms are more significant than joint symptoms. So it is called rheumatic disease which is known as arthritis of heat type or rheumatism involving the bone in Chinese medicine.

Etiology and Pathogenesis

1. Attacked by wind–cold–dampness. The young child is deficient in physique and function and loose in striae of skin, muscles and viscera (connecting tissues). He will suffer from the disease because of poor nursing care, profuse sweat, fatigue, being attacked by wind–evil while sleeping, caught in the rain and wind, or sleeping in damp place. Any of these cases may lead to the invasion of the wind–cold–dampness into the body.

When a child is attacked by wind–cold–dampness, the disease may present as either cold syndrome or heat syndrome. If the child is generally weak and deficient in *Yang–Qi*, or though he is

strong, yet due to the overtaking of drugs of cold nature after the attack of pathogenic factors, the vital energy is injured. The disease may be manifested as cold-syndrome. But in children rheumatoid arthritis mostly presents as heat-syndrome, especially at the early stage of the disease. The pathogenesis: (1) Children usually have the physiological characteristic of *Yin*-deficiency, which tends to bring about the interior heat-syndrome. The wind-cold-dampness is likely to transform into heat after invading into the body, which is manifested as arthritis of heat type. (2) The insufficiency of the spleen in a child is liable to develop food stagnation, which will exist for a long time, and transform into heat-syndrome. Besides, the dysfunction of transportation due to the weakened spleen is apt to develop endogenous dampness. The accumulation of dampness and the heat blocks the channels and collaterals, resulting in arthralgia-syndrome. (3) Retention of wind-cold-dampness will bring about heat-syndrome, manifested as damp-heat excess syndrome in strong children and complicated syndrome of deficiency and heat in weak children.

2. Blood stasis due to the stagnation of phlegm flowing into channels and collaterals of joints. If the disease fails to be cured through a long period, the exogenous pathogenic factors will further invade the body from the superficies into the interior, from the shallow part into the deep one, from the channels into the muscules and joints even the viscera. Retention of water-dampness within the body results in stagnation of phlegm, while phlegm-dampness blocks the vessels, causing blood stasis. When the retention of phlegm and the blood stasis flow into the channels and collaterals of joints, the disease may occur, marked by

enlarged joints, joint deformity and movement restrict, etc. This is commonly believed to be the chronic stagnation–syndrome of *Qi* and blood, also known as rheumatism involving the bone.

Essentials of Diagnosis

1. Common Symptoms. Remittent fever with general malaise, rashes or lympadenectasis and hepatosplenomegaly.

2. Symptoms of Joints. All joints may be involved but small joints are more commonly affected. Local swelling, heat and pain may be seen, and movements is restricted. After a long time the involved joints may become stiff and deformed.

3. Laboratory Test. X–ray examination reveals osteoporosis and swelling of soft tissue. Blood sedimentatiion is rapid, antistreptolysin D (ASO) may be normal. Rheumatoid factors are mostly positive.

Type and Treatment

Rheumatoid arthritis is manifested by fixed pain. According to the differential diagnosis, it is believed to be syndromes of dampness, phlegm or blood stasis rather than wind. At the early stage of the disease, it mostly presents as heat syndrome or excess syndrome. But because children are ususally weak in constitution, their *Qi* and blood are liable to be injured after the invasion of pathogenic factor. Deficiency of both *Qi* and blood are more likely seen in children who have been ill for a long time. Emphasis should be put on the treatment of deficiency syndrome.

1. Heat–type. It is manifested by an increasing higher temperature with local reddness, swelling and pain in the joints. The pain is too severe to be touched and may involve one or several joints. Movement becomes restricted. Its symptoms may be more serious when heated and relieved when cooled. Clinically this type

may further classified as interior heat–syndrome due to the deficiency of *Yin* and that due to excess dampness–heat.

(1)Interior heat–syndrome due to the deficiency of *Yin*

Symptoms and Signs: It is marked by afternoon hectic fever, spontaneous perspiration, night sweat, muscular athrophy, thirst with the intention of drinking, red tongue with less fur on it.

Therapeutic Method: Nourishing *Yin* and clearing away heat, and removing obstruction in the channels to relieve pain.

Recipe: *Ding's Qingluo Yin* (104), modified.

Ingredients:

Caulis Lonicerae	21 g
Cortexlycii Radicis	9 g
Radix Rehmanniae	15 g
Herba Dendrobii	9 g
Radix Cynanchi Atrati	15 g
Cortex Moutan Radicis	9 g
Radix Gentianaemacrophyllae	9 g
Radix Clematidis	9 g
Lumbrious	9 g

(Direction: Decoct the above drugs for oral dose.)

Modification: if there is obvious low fever, Herba Artemissiae Chinghao 12 g should be added.

(2)Interior heat–syndrome due to Excess Dampness–heat

Symptoms and Signs: Fever, nausea with repeated intention of vomiting, loss of appetite, loose stool and red tongue with thick and greasy fur are commonly seen.

Therapeutic Method: Clearing away heat and promoting diuresis

Recipe: *Ermiao San* (105), modified.

Ingredients:

Rhizoma Atracty Lodis	9 g
Cortex Phellodendri	6 g
Semen Coicis	12 g
Fructus Forsythiae	9 g
Talcum	12 g
Caulis Lonicerae	21 g
Excrementum Bombycis	9 g
Radix Gentianaemacrophyllae	9 g
Fructus Chaenomelis	6 g
Herba Artemisiae Capillaris	15 g
Poria	9 g

(Direction: Decoct the above drugs for oral dose.)

Modification: If heat is more serious than dampness, manifested by thirst and profuse perspiration with no intention of drinking, Gypsum Fibrosum 21 g and Rhizoma Anemarrhenae 9 g should be added to clear away the heat of *Qifen*. If associated with constipation, Radix et Rhizoma Rhei 3 g (put in later) should be added to relax the bowels by purging away the heat.

2. Cold-type

Symptoms and Signs: This kind of the disease presents with cold look and cold limbs, and aversion to wind. The sick child is likely to catch a cold. Painful and restricted joints are commonly seen but they are neither red nor hot. When heated the pain will be relieved while cooled it will go worse. The tongue appears red with thin and whitish fur on it.

Therapeutic Method: Expelling wind and cold, removing dampness.

Recipe: *Shujin Chubi Tang* (106), modified.

Ingredients:

Radix Astragali seu Hedysari	15 g
Rhizoma Zingiberis	6 g
Radix Aconiti Praeparata	6 g
Radix Angelicae Sinensis	9 g
Radix Paeoniae Kubra	6 g
Rhizoma seu Radix Notopterygii	6 g
Rhizoma Ligustici Chuanxiong	6 g
Resina Boswelliae Carterii Praeparata	6 g
Resina Commiphorae Myrrhae Praeparata	6 g
Poria	9 g
Semen Coicis	12 g

(Direction: Decoct the above drugs in for oral dose.)

Modification: If caused by cold–dampness with frequent attacks and signs of evil stagnation transforming into heat, manifested by painful and enlarged joints all over the body associated with hot feeling in the local areas but with no general fever, modified *Guizhi Shaoyiao Zhimu Tang* (107) should be used. Including drugs of both cold and heat tastes the recipe may be used to remove the dampness by warming the channels and alleviate the pain by clearing away heat.

3. Deficiency of both *Qi* and blood

Symptoms and Signs: It is marked by palor or chlorosis, hyperhidrosis, listlessness with no inclination to talk, loss appetite, irregular stool, swelling and deformed joints, and pale tongue with thin whitish fur.

Therapeutic Method: Nourishing the blood by invigorating *Qi* and resolving dampness to remove obstruction in the channels.

Recipe: *Bazhen Tang* (108), modified.

Ingredients:

Radix Codonopsis Pilosulae	9 g
Parched Rhizoma Atractylodis Macrocephalae	9 g
Poria	9 g
Radix Angelicae Sinensis	9 g
Radix Paeoniae Rubra	9 g
Rhizoma Ligustici Chuanxiong	6 g
Rhizoma Rehmanniae Praeparatae	9 g
Radix Astragali seu Hedysari	21 g
Herba Cistanchis	12 g
Semen Sinapis Albae	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Other Therapies

1. Hot compress.

Folium Artemisiae Argyi	15 g
Fadix Aconiti	9 g
Rhizoma seu Radix Notopterygii	9 g

Direction: All the above herbs should be made into fine powder and divided into two portions, each of them put into one cloth bag. Conceal the bags and boil them in water together with 4–5 fresh green Chinese onions and a lump of fresh ginger (both are pounded) and with a glass of wine. After boiling for 20 minutes, take one bag out and put it on the involved area while it is hot. The two bags are used alternatively, each time the treatment lasting for 15–20 minutes, twice a day. One dose can be used for 2–3 days. The treated area must be kept away from wind during the treatment, and kept dry and warm after finishing the treatment. The remedy is suitable for cold syndrome.

2. *Laoguancao Jiufang:*

Herba Erodii seu Geranii	30 g
Radix Aconiti	9 g
Radix Aconiti Kusnesoffi	9 g
Flos Carthami	9 g
Radix Achyranthis Bidentatae	9 g
Radix Angelicae Sinesis	9 g
White Spirit	500 ml

Direction: All the herbs are soacked in spirit for 7 days, then drink the spirit twice a day, 3–5ml. a time.

Prevention and Nursing

1. The sick child should avoid infection, for it is one of the possible causes of rheumatoid arthritis. It is an important preventive meassure to avoid infection.

2. If there exists joint deformity or movement restrictioin of limbs, apart from the drug treatment, dirigation is of great importance in promoting the recovery of the body function.

2.19 Hyperkinetic Syndrome of Childhood

Hyperkinetic syndrome of childhood, also called minimal brain dysfunction syndrome, is an illness commonly seen in school–age children. It is clinically characterized by a divided attention, hyperactivity, incoordination, difficulty in learning but normal mental ability in most cases. The incidence is 5% to 10%, more often found in boys than in girls. It affects the children's study and life, school education and family spirit. Recently paediatricians, neuropathists, psychiatrists and psychologists at home and abroad have paid great attention to the treatment and education of the sick children.

Etiology and Pathogenesis

1. Congenital Factor. A fetus originates from the reproductive essence of the parents. In case of deficiency of the essence, the fetus will not be well nourished; in case of consanguineous marriage, *Yin* and *Yang* of the fetus will be both deficient. *Furen Liangfang Daquan* points out, "Balanced *Yin* and *Yang* make the body perfect." Unbalanced *Yin* and *Yang* make *Zang* and *Fu* fail to be well nourished, causing dysfunction of, especially, the heart, spleen, liver and kidney. The growth and development of the fetus are affected, resulting in hyperkinetic syndrome.

The balance of *Yin* and *Yang* is essential for keeping health and mental activities. *Yinyang Yingxiang Dalun* says, "*Yin* exhibits its serenity and tranquility while *Yang* exhibits impetuousness and restlessness." And also, "*Yin* exhibiting the inside is the material basis of *Yang* while *Yang* exhibiting the outside is the manifestation of the function of *Yin*. They are relate to each other. Alternate activity and inertia are based on the balance of *Yin* and *Yang*. The hyperkinetic children mainly present with deficiency syndrome, characterized by *Yin*–deficiency due to excess of *Yang* activity and *Yang* floating in the exterior due to failure of *Yin* to control *Yang*.

The dysfunctioin of *Zang* and *Fu* organs mainly means the dysfunction of the heart, spleen, liver and kidney. The heart governs blood circulation and spirit. The sound of the heart is speech. *Pu Ji Fang* says, "Heart, the home of spirit, the source of intelligence, should always stay quiet." It means that all mental activities originate from the heart. The mind will work well after the heart is well nourished. Heart belongs to fire, or *Yang*. The excessive activities of the heart would casue diseases. In

childhood, *Yang* is usually excessive and heart–fire is apt to be hyperactive. If heart–*Yin* is deficient, the heart will not be well nourished by blood supply, the spirit is out of order, and the mental abillity will be poorly developed. It is manifested by hyperactivity, a short attention span, language difficulty and inability to learn. Spleen is an organ in charge of *Yin*. Dysfunction of the spleen is often seen is childhood. Poor nursing, improper diet, indigestion will cause insufficiency of the spleen and that will result in thinking and emotional problems, changeable interests, speaking without due consideration. The liver, one of *Zang* organs is firm and active in character. It is in charge of the tendons and soul–storing. It is related with rage and temperament. In children liver–*Qi* is often overabundant. In case of deficiency of liver–*Yin* and hyperactivity of liver–*Yang*, irritability, impulsivity and stubbornness, shouting and hyperactivity may be found in the suffers. Being the origin of congenital constitution, kidney stores vital essence with the ears as its window, which nourishes the brain and the marrow. If kidney can not dominate the bones and forms marrow because of the deficiency of kidney–*Yin*, the brain and marrow will be insufficient, showing clumsy and awkward, incoordination, poor power of recognition and listening, and enuresis. Besides, liver–*Yang* is liable to be hyperactive because of deficiency of the kidney–*Yin* and heart fire is excessive because kidney water not be able to control fire. Deficiency of spleen–*Qi* will give rise to accumulation of dampness and phlegm which attack the heart and mind, resulting in mental retardation.

2. Acquired Factor. Difficult delivery, anoxia, asphyxia, head injury (hemorrhage, trauma), cerebral diseases (cerebritis,

meningitis) can all cause the injury of channels, leading to outflow or stagnation of blood and *Qi*, obstruction of orifices or channels, disturbance of the spirit. Thus appear restlessness, activeness and irritabillity.

In addition, the development of the disease has something related to the family, environment, education and diet.

Essentials of Diagnosis

1. Historical Data. Perhaps it is related to heradity, difficult delivery, anoxia, asphyxia, head injury (hemorrhage, trauma), infection (cerebritis, meningitis), family enviroment and education, ect.

2. Main Symptoms and Signs

(1) dyskinesia. Overactive behavior is evident and purposeless and shifts from moment to moment. The sick child fails to keep prolonged attention on a given task, characterized by distraction, hand-shaking, tongue-extending, eye-making, difficulty to sit quiet, clumsy and incoordination.

(2) Behaviour Disorder. Impulsivity, uncontrollable rage, temper and tantrum may be seen in the patient. He may be against the rules, tell lies, fight with others, fail to control themselves.

(3) Learning Problems. The child shows distraction with unsteady studying marks.

3. Neurologic Examination. There are not any evident positive signs. The mental ability may be normal. There is minimal brain dysfunction such as clumsyness, mild ataxia, slow finger-to-finger test and turning hand-test.

4. Electroencephalography (EEG). EEG is without any specificity. It may be normal. There will be a slight diffuse

dysrythmia.

Type and Treatment

Besides giving medicines, the doctor, cooperated by the teachers and parents, should patiently educate and direct the sick child for his abnormal psychologic and behavior problems. First correct abnormal behavior that is not very serious, encourage him to have confidence and to set up new behavior gradually.

1. Deficiency of *Yin* leads to hyperactivity of *Yang* due to deficiency of liver–*Yin* and kidney–*Yin*

Main Symptoms: Emaciation, flushed face, dysphoria with feverish sensation in chest, palms and soles, distraction, hypelogia and hyperactivity, restlessness and irritability, sometimes enresis; red and dry tongue with thin fur, wiry, small and rapid pulse.

Therapeutic Method: Nourishing *Yin* and suppressing the excessive *Yang*, relieving mental stress.

Recipe: *Zuogui Wan* (103), modified.

Ingredients:

Rhizoma Rehmanniae praeparatae	9 g
Rhizoma Diascoreae	9 g
Cortex Moutan Radicis	9 g
Plastrum Testudinis	9 g
Radix Paeoniae Alba	9 g
Os Draconis	15 g
Concha Ostreae	15 g
Radix Polygalae	9 g
Rhizoma Acori Graminei	12 g
Fructus Schisandrae	6 g
Fructus Alpinae Oxyphyllae	12 g
Fructus Lycii	12 g

Radix Glycyrrhizae 3 g

(Direction: Decoct the above drugs for oral use.)

It can also be made into water–paste pill or honey–paste pill or mixture. It is to be taken for 2 to 3 month.)

Modification. Additional Semen Cuscuta 12g. Ootheca Mantidis 9 g, Fructus Rosae Laevigatae 9 g should be given in case of enuresis. In case of epilepsy–like fit, refer to infantile epilepsy..

2. Floating *Yang* acts recklessly due to *Qi* deficiency of the heart and spleen.

Main Symptoms and Signs. Pale complexion, restlessness, changeable interests, divided attention, amnesia, dreaminess, stutter or problems in formation of phrases and sentences, redness on both sides and the tip of the longue with whitish coating, thready and feeble pulse or thread and rapid pulse.

Therapeutic Method. Nourishing the heart to calm the mind, restoring *Qi* to add wisdom.

Recipe: *Guipi Tang* (60) and *Gan Mai Dazao Tang* (109), modified.

Ingredients:

Radix Pseudostellariae	12 g
Poria	9 g
Rhizoma Atractylodis Macrocephalae	9 g
Radix Angelicae Sinensis	9 g
Radix Astragalisau Hedysari	12 g
Radix Polygalae	9 g
Semen Ziziphi Spinosae	9 g
Rhizoma Acori Graminei	9 g
Fructus Schisandrae	6 g

Fructus Ziziphi Jujubae	10 grains
Fructus Trici Levis	15 g
Radix Glycyrrhizae	6 g

(Direction: Decoct the above drugs for oral use.)

Modification. Rumulus Uncariae cum Uncis 9 g, Dens Draconis 12 g, Concha Margaritifera usta 15 g should be added in case of dreaminess or sleep–walking. Radix Polygalae 9 g, Os Draconis Fossilia 12 g, Rhizoma Acori Graminei 12 g should be added for those who have amnesia.

3. Retention of Damp Heat in the Interior; Disturbance of the Interior by Phlegm and Heat

Main Symptoms and Signs: Chest tightness, loss of appetite, thirst, red lip and foul breath, abundant expectoration and bitter taste, constipation and yellow urine, hyperlogia and hyperactivity, spiritual laxity, changeable emotion, greasy and yellowish fur, smooth and rapid pulse.

Therapeutic Method: Cleaning away phlegm, quenching the pathogenic fire and calming the mind.

Recipe: *Huanglian Wendan Tang* (110), modified.

Ingredients:

Rhizoma Pinelliae Praeparatae	9 g
Pericarpium citri Reticulatae	9 g
Potia	12 g
Cortex Magnoliae Officinalis	9 g
Radix Curcumae	9 g
Rhizoma Acori Graminei	12 g
Talcum	9 g
Fructus Aurantii	9 g
Fructus Forsythiae	12 g

Rhizoma Coptidis	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

4. Un-nourished Orifices due to the Obstruction of Channels by Blood Stasis

Main Symptoms and Signs: Besides hyperkinetic symptoms, the children have a history of birth injury and intracranical hemmorrhage, dark and gloomy complexion, rage for nothing, dark red tongue and uneven pulse.

Therapeutic Method: Promoting blood circulation by removing blood stasis; relieving mental stress and inducing resuscitation.

Recipe: In addition to the above-mentioned ingredients, Radix Paeoniae Rubra 9 g, Radix Salvia Miltiorrhizae 12 g, Flos Carthami 6 g are added.

Other Therapies

1. Acupuncture Therapy. Choose points according to the rules of relieving mental stress, calming the liver and supressing Yang, strenthening the mind and calming the mind, regulating the flow of *Qi* and relieving depression.

Main Points: *Neiguan* (PC6), *Taichong* (LR3), *Dazhui* (DU14), *Quchi* (LI11)

Ajunct acupuncture points: *Baihui* (DU20), *Sishencong* (EX-HN1), *Daling* (PC7) for the absent-minded. *Anshen* (EX), *Anmian* (EX), *Xinshu* (BL15) for overactivity. *Shenting* (DU24), *shanzhong* (RN17), *Zhaohai* (KI6) for restlessness.

Manipulation: Quick and deep inserting. After insertion, tap *Jiaji* (EX-B2), Uninary bladder Channel, *Du* Channel with plum-blossom needle to the extent the skin becomes red, once

every two days. In older children, electric stimulator can be used.

2. Auricular Plaster Therapy

Points: Sensitive point, brain stem point, subcortical point and kidney point.

Method. Semen Vaccariae or Semen Ziziphus Spinosae are applied tightly to the particular points and renew them twice a week, press them three times a day, half to one minute a time. Two ears are in shifts. Fifteen shifts form a course of treatment, with a 14–day–interval between courses, for three courses.

Efficiency. It can promote cortices to excite, regulating balance of supressing and stimulation.

Prevention and Nursery

1. Please pay attention to perinatal care. Prevent difficult labour and the baby's head injury.

2. Teachers and parents should not blame, beat and discriminate against the sick children, patiently help them, and make them encouraged to corret their wrong behaviours gradually. Their minor improvement should be praised and encouraged.

3. Infectious Diseases

3.1 Measles

Measles is an acute eruptive infectious disease caused by measles pathogens (measles virus). It is characterized by fever, cough, conjunctivitis and runny nose, enathem and generalized red maculopapular eruptions about the size of a sesame's seed. The disease may occur in any season, but most commonly seen in winter and spring months. It mainly affects children between the ages of 1–3 years. The incidence was gradually reduced in the children over five. It is a highly contagious disease. Before the founding of the People's Republic of China in 1949. it was one of the four main diseases of children. There was almost a major epidemic every second or third year. It was a great danger of the children's health and life at that time. After liberation, with the widespread use of live attenuated measles virus vaccine, the incidence has been greatly reduced. Epidemic has been well controlled. A single attack usually confers a lifelong immunity with only a few exception.

Etiology and Pathogenesis

The pathogens invade the body through the mouth and nose, first attacking the lung and spleen channels. The lung is responsible for the skin and hair, while the spleen, the muscles. With the lung being attacked, the initial symptoms are marked by fever, cough and coryza. Then the skin rash comes out from the muscles beneath the skin, spreading from the trunk to the four

extremities. The spleen and stomach may be involved, marked by high fever, thirst, poor appetite, etc. Because measles belongs to *Yang*–pathogens and is apt to injure *Yin* fluid, so at the advanced stage, impairment of Lung–*Yin* and stomach–*Yin* develop, marked by reddish tongue and dry cough. All described above is an ordinary course of measles, called favorable case.

There is still more severe case which is complicated by pneumonia or pharyngitis, or even by invasion of the pathogens in the heart and liver. These complications may occur in any stage. When complications occur, the condition worsens and further develops into deteriorated case.

Type and Treatment

To differentiate the types of measles, we should first make sure of the difference between favorable and deteriorating cases. By a favorable case we mean that rash appears in a normal order, with mild symptoms and good prognosis. Therapeutically, "The choice of treatment is to promote eruption. Our forefathers said, "Toxic material will be removed together with the complete appearance of the rash." so, measures should be taken to open the pores of the skin to induce perspiration and rash. Promoting the skin eruption is the key to curing measles. The more complete appearance of the rash, the more clearance of the toxic material. At the preeruption stage, the pathogenic factors invade *Weifen*. The treatment should be mainly to let out superficial pathogens with acrid and cool–natured drugs. At the eruption stage, because of the overabundance of pathogenic factors in the interior, The best way to treat it is mainly to promote skin eruption by reducing pathogenic heat. At the stage of subsidence, nourishing *Yin* is suitable with drugs of sweet taste and cold nature.

Diaphoretic therapy should be carefully used, because drugs in acrid taste and warm nature are apt to promote *Yang* pathogens and consume body fluid. Heat-clearing therapy may be used, but drugs in very cold nature should not be used lest the excessive cold should accumulate in the body. Nourishing *Yin* is necessary, but retention of greasy material in the stomach should be avoided. In deteriorating case, clearing away pathogenic heat and toxic material should be emphasized, but the promotion of eruption should be also taken into account. In case of insufficiency of heart-*Yang*, method of recuperating the depleted *Yang* and rescuing the patient from collapse, or combined with invigorating and dispersing method should be used to let out toxic material and to restore *Qi* and *Yang*.

1.Favorable Case of Measles

(1) Pre-eruption Stage

Main Symptoms and Signs: fever, cough, running nose, conjunctivitis, photophobia, tearing, insomnia and poor appetite. Two to three days after the onset of fever, enanthems appear on the buccal mucosa opposite the lower molars. Initially, they are small and white dots surrounded by areolae. Then the number is increased with confluent areas. finally, they spread to the labial mucosa. It is also manifested by liguria with red urine, watery stools, thin whitish or yellowish fur on the tongue, floating and rapid pulse, etc.

Therapeutic Method: Relieving the exterior syndrome with drugs pungent in flavor and cool in property.

Recipe: *Xuandu Fabiao Tang*, (111) modified.

Ingredients:

Radix Puerariae 12 g

Rhizoma Cimicifugae	3 g
Flos Lonicerae	9 g
Herba Menthae	6 g
Herba Schizonepetae	6 g
Fructus Forsythiae	9 g
Herba Lophatheri	6 g
Radix Platycodi	9 g
Fructus Arctii	6 g
Rádix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In cold winter, the disease mainly marked by exterior cold syndrome. If the patient has an extra cold, there will occur disturbance of opening and closing functions of pores in the skin, which, in turn, affect the letting–out of the rash. The clinical manifestations are aversion to cold, absence of perspiration, cold limbs, white fur on the tongue, etc. This case can be combated by adding Folium Perillae 9 g, Herba Ephedrae 6 g, Herba Asari 3 g. Symptoms such as weakness, pale complexion, cold limbs and retarded appearance of eruptions may be treated by Radix Astragali seu Headysari 12 g, Radix Codonopsis Pilosulae 12 g, Rhizoma Polygonati 9 g.

(2) Eruption Stage

Main Symptoms and Signs: High fever, thirst, conjunctival congestion, severe cough, irritability and drowsiness, red tongue with yellowish fur and rapid pulse. The rashes appear in sequence, spreading to the palms and soles at last. Initially, they are small, discrete and florid. Gradually, they become bigger, denser, dark red and palpable.

Therapeutic Method: Promoting eruption by clearing away

pathogenic heat and toxic material.

Recipe: *Qingjie Toubiao Tang*, (112) modified.

Ingredients:

Folium Mori	6 g
Flos Chrysantheni	6 g
Fructus Forsythiae	9 g
Flos Lonicerae	12 g
Radix Puerariae	12 g
Periostracum Cicadae	9 g
Radix Arnebiae seu Lithospermi	9 g
Cacumen Tamaricis	9 g
Rhizoma Cimicifugae	3 g

Modification: In case of confluent areas of rash with purple colour, add Radix Rehmanniae 9 g Cortex Moutan Radicis 9 g and Radix Paeoniae Rubra 9 g. In case of severe cough with laryngeal rale, add Radix Platycodi 9 g, Semen Armeniacae Amarum 4.5 g and Cortex Mori Radicis 9 g to remove heat–phlegm. In case of high fever, flushed 30 g, Radix Pittospori 6 g and Rhizoma Anemarrhenae 9 g to remove pathogenic heat and fire.

If rash refuses to appear, external treatment can be given simultaneously to promote eruption. The decoction of the drugs (Herba Genknia 15 g, Cacumen Tamaricis 30 g, Herba Spirodelae 15g, Folium Perillae 15 g) is commonly used to towel all over the body.

(3) Stage of Subsidence

Main Symptoms and Signs: After rash has covered the whole body, the exanthem fades slowly in the same order of progression as its initial appearance, followed by desquamation and brown

discoloration to the skin, defervescence, good appetite, dry cough with little sputum, yellowish urine, red tongue with little fur, small and rapid pulse.

Therapeutic Method: Nourishing *Yin* with drugs sweet in taste and cold in nature.

Recipe: *Shashen Maidong Tang* (20),modified.

Ingredients:

Radix Adenophorae Strictae	12 g
Radix Ophiopogonis	9 g
Rhizoma Polygonati Odorati	9 g
Radix Trichosanthis	12 g
Fructus Crataegi Praeparata	12 g
Semen Dolichoris Album	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of deficient *Qi* marked by tiredness, Radix Codonopsis Pilosulae 12 g should be added. In case of persistent fever, add Cortex Lycii Radicis 12 g, Radix Stellariae 12 g. In case of constipation, add Fructus Trichosanthis 12 g, Fructus Cannabis 9 g.

2.Deterioratrd Case

It may occur in any stage, mostly occurring in eruption stage. It is caused by overabundance of pathogens, constitutional weakness and improper treatment.

(1) Pneumonia

Main Symptoms and Signs: Persistent fever, severe cough, short breath, nares flaring, irritability, incompletion of rash, thick and dark-purple eruption, oliguria with red urine, red tongue with yellowish fur, rapid pulse.

Therapeutic Method: Clearing away pathogenic heat and toxic material; relieving cough and reducing sputum.

Recipe: *Ma Xing Shi Gan Tang* (9), modified.

Ingredients:

Herba Ephedrae	6 g
Semen Armeniacae Amarum	4.5 g
Gypsum Fibrosum	30 g
Herba Houttuyniae	9 g
Radix Scutellariae	9 g
Radix Arnebiae seu Lithospermi	9 g
Radix Glycyrrhizae	3 g
Flos Lonicerae	15 g
Fructus Forsythiae	12 g
Semen Lepiddii seu Descurainiae	6 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of overabundance of phlegm and heat with pharyngeal rale, add Radix Platycodi 9 g, Succus Bambusae 2 ml, Fructus Trichosanthes 9 g. In case of deep-purple rash, cyanosis and cold limbs, add Radix Angelicae Sinensis 9 g, Radix Paeoniae Rubra 9 g, Flos Carthami 6 g. In case of constipation, persistent, fever, short breath, or abdominal distension, add Radix et Rhizoma Rhei 6 g. (put later). Fructus Aurantii Immaturus 9 g.

(2) Pharyngitis

Main Symptoms and Singns: Sore throat, difficulty in swallowing, short breath, hoarse voice, barking-like cough and irritability, red tongue with tellowish, and dry fur, rapid pulse.

Therapeutic Method: Clearing away pathogenic heat and toxic material, relieving sore throat and reducing edema.

Recipe: *Shegan Xiaodu Yin* (113), modified.

Ingredients:

Rhizoma Belam	9 g
Fructus Arctii	6 g
Radix Platycodi	9 g
Fructus Forsythiae	12 g
Radix Scutellariae	9 g
Radix Paeoniae Rubra	9 g
Radix Isatidis	15 g
Periostracum Cicadae	6 g
Radix Scrophulariae	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use. *Liushen Wan* is recommended at the same time, 3–5 pills a time.)

Modification: In case of constipation, abdominal distension, add Radix et Rhizoma Rhei 6 g, (put later), Natrii Sulfas Exsiccatus 9 g. In severe cases, marked by dyspnea, pallor. asphyxia, etc, combined treatment should be taken. Tracheotomy be performed if necessary.

(3) Invasion of Measles Pathogens in the Heart and Liver

Main Symptoms and Signs: Deep–purple and thick rash with confluent areas, continuous fever, irritability, delibrium, or even coma or convulsion; crimson tongue with yellowish fur, rapid pulse.

Therapeutic Method: Removing heat from Ying–system to restore consciousness

Recipe: *Lingjiao Gouteng Tang* (27) modified.

Ingredients:

Towder of cornu Antelopis 0.5 g (taken af-

ter being infused in decoction)

Ramulus Uncariae cum Uncis	9 g
Flos Chrysanthemi	9 g
Radix Rehmanniae	12 g
Radix Paeoniae Alba	12 g
Herba Lophatheri	6 g
Cortex Moutan Radicis	9 g
Lignum Pini Poriaferum	3 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral use.)

Modification: High fever and deep coma can be combated by additional use of *Zixue Dan* (72) or *Angong Niuhuan Wan* (28) or *Niuhuang Qingxin Wan* (68). In case of high fever, loss of consciousness, convulsion, pallor, cold limbs, impalpable pulse, give *Shenfu Tang* (26), or *Zhibao Dan* (114) of *Shenfu Longmu Jiuni Tang* (66) to recuperate the depleted Yang and rescuing the patient from collapse.

Other Therapies

Simple and Proved Recipes:

1. Ingredients: Cacumen Tamaricis 120 g, Coriandrum Satiwum 30 g, Certain amount of millet wine.

Direction: Cook the above drugs into a decoction of 500 ml, rub the skin with it when it is warm.

2. Ingredients: Fresh Rhizoma Phragmitis 60 g or Fresh Rhizoma Imperatae (qs).

Direction: Its decoction is to be taken as tea.

Prevention and Nursing

1. Prevention

(1) The children with measles should be isolated and he is not

free until the fifth day after the appearance of rash.

(2) During the epidemic period, the susceptible child should not be allowed to go to the public places or places with crowded children. If exposed to measles, the child should be under close observation. Once found to have the disease, he should be isolated and treated promptly.

(3) Attenuated measles virus vaccines should be given to enhance the child's resistance. In epidemic, human Placental globulin or gamma globulin should be given intramuscularly. Either *Zicao Sandou Yin* (a decoction made up of Radix Arnebiae seu Lithospermi, Semen Phaseoli Radiatus, Semen Sojae Nigrum, Semen Phasedi) or simple decoction of Radix Arnebiae seu Lithospermi can relieve symptoms and prodnce preventive effect against measles.

2. Nursing

(1) Bed rest is advisable

(2) Ventilate the room. The sick child should be kept from being exposed directly to wind, cold and intense light.

(3) The diet should not be greasy and irritable but easy to digest. Adequate water should be provided.

(4) Keep clean the skin, eyes, nose and oral cavity of the sick child.

3.2 Rubella

Rubella is a moderately contagious exanthematous disease, clinically manifested as fever, cough, a discrete pink maculopapular eruption spreading on the whole body, and enlarged lymph nodes noticeably in postauricula, suboccipital and

posterior cervical lymph nodes. The disease mostly attacks the children below the age of five and usually occurs in winter and spring. It may become epidemic in nurseries. The prognosis is good. The child can get life-long immunity after and attack. When rubella occurs in early pregnacy, it often impairs the fetus' development.

Etiology and Pathogensis

Rubella is caused by wind-heat and seasonal pathogenic factors (rubella vrius). They invade the body through the mouth and nose, stagnating in *Wei* system of the lung, retaining in the muscular striae and fighting with *Qi* and blood, and finally coming to the skin to cause the disease. Because of the moderate pathogenic evils, it usually only damages lung-*Wei* system, characterized by wind--heat exterior syndrome, such as fever, cough and running nose. Still, because the lung is in charge of the skin and hair, the pathogenic factors come out from the skin. Therefore, fever subsides after the complete appearance of the rash. In several cases, the pathogenic factors are overaboundant and invade *Qi* and Ying system, and come out of the superficial venules to the skin, which is known as *Qi-Ying* syndrome, manifested as high fever, fidgety thirst, bright red or dark purple eruption growing close together.

Dignostic Essentials

1. At the early stage, the manifestations are similar to those of common cold, such as fever, cough, running nose.

2. The rash appears one or two days after the onset. The earliest lesions appear on the face and areas behind the ears, then spread to the whole body, which are confluent on the trunk and limbs, discrete on the face and the far ends of the extremities, and

often clear on palms and soles. The rash is pink in colour and fine–sand–like in size, mostly with itching sensation. The rash subsides within two or three days, with no desquamation or pigmentation left.

3. During the attack, the enlarged postauricular, suboccipital, and posterior cervical lymph nodes with tenderness nay be found, which may be restored to normal after the rash.

Type and Treatment

Rubella is classified into two types, stagnation of pathogenic factors in lung–*Wei* syatem and excess of the pathogenic heat. Generally, it is mild and the prognosis is good. The treatment usually is dispelling wind and heat from the body and clearing away heat and toxic material in order to dispel the pathogenic factors.

1. Stagnation of Pathogenic Factors in Lung–*Wei*

Main Symptoms and Signs: The manifestations usually are fever, aversion to wind, cough, running nose, lassitude and poor appetite. The rash is pink in colour and itchingin sensation firstly appears on the face and areas behind ears, then spreads all over the body with even distribution. The postauricule, suboccipital, and posterior cervical lymph nodes are enlarged with tenderness. The tongue is red with thin and whitish fur on it. The pulse is floating and rapid.

Therapeutic Method: Dispelling wind and heat from the body

Recipe: *Yinqiao San* (2), modified.

Ingredients:

Flos Lonicerae	12 g
Fructus Arctic	9 g

Fructus Forsythiae	9 g
Radix Puerariae	9 g
Herba Schizonepatae	9 g
Periostracus Cicadae	6 g
Herba Menthae	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral does)

2. Excess of the Pathogenic Heat

Main Symptoms and Signs: The manifestations are high fever, thirst, irritability, dry lips, red face, oliguria with reddish urine, crimson and confluent exanthem, red tongue with yellowish fur, floating and rapid pulse.

Therapeutic Method: Clearing away the pathogenic heat and toxic material

Recipe: *Touzhen Liangjie Tang* (115), modified.

Ingredients:

Flos Lonicerae	15 g
Folium MOri	6 g
Radix Paeoniae Rubra	9 g
Cortex Moutan Radicis	9 g
Radix Arnebiae seu Lithoapermi	9 g
Lophatherum	6 g
Fructus Forsythiae	9 g
Herba Violae	9 g
Herba Menthae	6 g
Flos Chrysanthemi Indici	6 g
Periostracum Cicadae	6 g
Fructus Arctii	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of severe thirst, Radix Trichosanthis 9 g, Rhizoma Phramitis 12 g should be added to clear away the pathogenic heat and promote the production of the body fluid. In case of constipation, Radix et Rhizoma Rhei 4.5 g wrapped up in a bag and decocted later, and fructus Trichosanthis 9 g should be added to purge the pathogenic heat and relieve constipation.

Prevention and Nursing

1. Prevention

(1) Isloate the patients until 5 days later after the rash appears.

(2) In epidemics, the children susceptible to be infected should not be taken to the public gatherings, and should be kept away from the children suffering from the disease.

(3) Protect the pregnant women from contacting the patient, espercially in the early pregnancy (the first three or four months). If contacting, she should be given injection of gamma globulin within five days to prevent the fetus from being affected.

2. Nursing

(1)The sick child should be kept in bed to avoid the wind'—cold pathogens, and take nutritious, light and easily digested food. Acrid, chili, greasy and fried foods are not allowed.

(2)Prevent infection from the damaged skin caused by scrubbing the eruption.

3.3 Exanthema Subitum

Exanthema subitum is an acute infectious exathematous disease of children. The clinical manifestations are characterized by fever and the appearance of maculopapular rash following

defervescence. The disease can occur at any time of year, especially in winter and spring. It is very common among lactated infants. So it is also known as acute infantile rash or pseudorash. Prognosis is good and lasting immunity is acquired after an attack.

Etiology and Pathogensis

Seasonal pathogens (virus) of wind–heat type attacks the lung and spleen channels and stagnates in lung–*Wei* system, which can lead to the wind–heat exterior syndrome caused by the struggle between the vital energy and the pathogenic factors. If the pathogenic factors are weak while the vital energy is strong, the patient may be in good spirits, although he may have a high fever. If the pathogenic heat invades the lung and the spleen, and injures *Qi* and blood, the manifestations will be anorexia, vomiting and diarrhea. Sufficent vital energy may fight off the pathogenic heat and dispel the evils to the superficial muscles. That is why the eruption comes up as the fever subsides.

Diagnostic Essentials

1. The disease usually starts suddenly, marked by high fever, annoying, anorexia, vomiting, diarrhea, or even convulsion in the severe case.

2. Three or four days after fever, the rose–pink macules appear on the whole body in or after defervescence, much more on the trunk, waist and buttock. They disappear within one to two days without desquamation.

Type and Treatment

The disease has two types: hot stage and eruptive stage. The treatment is dispelling pathogenic wind and heat, and clearing the toxic material from the body.

1. Pyretogenic Stage

Main Symptoms and Signs: Sudden high fever, congestion of throat with mild cough, anorexia, or vomiting and diarrhea, annoying, thin and yellowish fur on the tongue, and purpulish superficial venule of index finger. When fever is lower, the children are restored to normal emotion.

Therapeutic Method: Dispelling wind and heat from the body

Recipe: *Yinqiao San* (2), modified.

Ingredients:

Flos Lonicerae	9 g
Radix Puerariae	9 g
Herba Lophatheria	4.5 g
Fructus Forsythiae	6 g
Periostracum Cicadae	6 g
Herba Menthae	3 g
Radix Platycodi	6 g
Radix Glycyrrhizae	1.5 g

(Direction: Decoct the above drugs for oral dose)

2. Eruptive Stage

Main Symptoms and Signs: Fever subsides after three or four days. Rose–pink discrete macules appear on the entire body with no itching sensation. The tongue is red with yellowish fur. The superficial venule of the index finger is purpulish red.

Therapeutic Method: Clearing away pathogenic heat and toxic material

Recipe: *Huaban Jiedu Tang* (116), modified.

Ingredients:

Radix Rehmanniae	6 g

Radix Paeoniae Rubra	6 g
Cortex Moutan Radicis	6 g
Berba Lophatheri	4.5 g
Fructus Forsythiae	9 g
Rhizoma Anemarrhenae	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose)

Prevention and Nursing

1. Prevention

(1) Isolate the sick children. The infants who have contact history should be observed for 7–10 days.

(2) In epidemic, infants should not be taken to the public places.

2. Nursing

(1) In case of wind–cold pathogens, the patient should take a rest, be on a bland nutritional light diet, and drink more boiled water.

(2) Prevent convulsion caused by high fever. When the temperature is high, physical and medical treatment are given to relieve fever and tranquilize the patient.

3.4 Varicella

Varicella (chicken pox) is an acute, contagious, eruptive disease which is very common in young children. It is clinically characterized by fever and appearance of the rash which progresses in crops from macule to paple to vesicle and to crusts. The disease may occur at any time of the year especialy in the winter and spring months. The highest incidence is among children 1–6 years old. It is highly communicable and apt to become epidemic. The

systemic symptoms are usually mild with a favourable prognosis and a life long immunity.

Etiology and Pathogenesis

The epidemic pathogenic factors (Varicella–Zoster Virus) enter the lung–*Wei* system through the nose and mouth. The lungs which are closely related to the skin and hair are responsible for purity and descendance. The attack of the exopathogenic factors to the lungs will bring about the deficiency of the defensive function and disorder of the activity of *Qi*.

The deficiency of the defensive fuction is a kind of exterior syndrome of the lungs, marked by fever, nasal discharge and coughing. The disorder of the activity of *Qi* results in dampness due to the retention of body fluids. The heat produced by the epidemic pathogens comes out to the superficial muscles, thus forming varicella. The disease is usually a mild wind–heat syndrome caused by the retention of pathogens in *Wei*–energy.However in severe cases, some children may have a high fever leading to the appearance of dense reddish of dark purple rashes due to the invasion of the pathogens to *Qi* and *Ying* system.

Essentials of Diagnosis

1. The patient is previously exposed to the disease.

2. Symptoms of upper respiratory tract appear such as slight fever, nasal discharge and coughing. The rash appears on the first or second day when the patient's temperature rises.

3. The rash turns up in crops. First it is just a red papule but a few hours later it will develop into a vesicle with a thin wall a clear fluid inside and surroundings erythma. After 1–2 days the centre of the vesicle begins to dry and scab. It is eggshaped and varies in size, ranging from a small one like a grain of millet to the

bigger one like a broad ben. The distribution of the lesions is centripetal, with greater concentration of lesions being on the trunk rather than on the scap, face and extremities.Macules, papules, vesicles and crusts can be found in close proximity. The rash has a process of 3–5 days and the dried crust falls off in about 1–2 weeks leaving a temporary pigmentation, but no evidence of scar formation. Vesicles that develop on the mucous membranes of the mouth, eyes, ears or vulva appear in the forms of blister, erythema and ulceration and tend to be selflimited.

Type and Treatnient

The disease is various in severity. The mild cases are often manifested as a few scattered lesions with slight surrounding erythema and thin walls. It can be treated by eliminating wind and clearing away the heat–factor and toxic materials. The severe cases, characterized by the dense lesions with distinct surrounding erythema, thicker walls and turbid liquid inside, can be treated by removing the heat–factor at *Yingfen* and toxic materials from the body. Bland drugs in proper amount are used in both types so as to induce diuresis.

1. Mild cases. It is most commonly seen in clinic.

Symptoms and Signs: It has a normal or slight fever. After 1–2 days the rash appears nasal discharge, cough, first seen on the scalp, face and trunk. It is red in color with clear liquid inside, the rash usually is sparse with little itching. Thin whitish or yellowish fur on the tongue and floating and rapid pulse.

Therapeutic Method: Eliminating wind, clearing away the heat factor, and removing dampness by diuresis.

Pecipe: *Yinqiao San* (2), modified

Ingredients:

Flos Lonicerae	12 g
Fructus Forsythiae	9 g
Radix Isalidis	12 g
Herba Lophatheri	6 g
Periostracum Cicadae	6 g
Herba Schizonepetae	9 g
Herba Menthae (Decocted later)	6 g
Radix Platycodi	9 g
Talcum	9 g
Poria	12 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of high fever with flushed cheeks, and yellowish fur on the tongue, raw Cypsum Fibrosum 18 g and Rhizoma Anemarrhenae 9 g should be added. In case of itching sansation, Bombyx Patryticatus 6 g and Fructus Tribuli 9 g should be added.

2. Severe Case

Symptoms and Signs: Persistent high fever, irritability, flushed cheeks thirst, aphthae, constipation, deep-colorured urine, dense distribution of vesicles with distinct surrounding erythema and turbid liquid in it, dark purple rash red or crimson tongue with yellowish thick or dried fur and full pulse.

Therapeutic Method: Clearing away the heat-factor from the *Ying* system, cooling blood and removing toxic material.

Recipe: *Qingying Tang* (117). modified.

Ingredients:

Cypsum Fibrosum	30 g

(decocted first)	
Flos Lonicerae	15 g
Radix Serophulariae	9 g
Cortex Moutan Radicis	9 g
Rhizoma Anemarrhenae	9 g
Radix Arnebiae Seu Lithospermi	9 g
Fructus Forsythiae	9 g
Radix Paeonine Rubra	9 g
Talcum	9 g
Radix Glycvrrhizae	3 g
Caulis Akebiae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of dried mouth or lips, consumption of the body fluid, Radix Ophiopgonis 9 g and Rhizoma Phragmitis 12 g can be added to nourish *Yin* and promote the production of the body fluid. In case of aphtha, constipation, reddish tongue with yellowish and thick coating, Radix et Rhizoma Rhei 6 g (decocted later) and Fructus Auxantil Immaturas 9 g should be added to purge intense heat.

Other Therapies

1. If the rash oozes due to scrathing or infection, *Qingdai San* (118) and *Cha qing San* (119) can be used for the external application in order to relieve inflammation, remove toxic materials, eliminate dampness and promote crusts. If the rash is not ruptured, gentian violet is a good choice for the external application.

2. In a mild case, Flos Lonicerae 12 g, Rhizoma Phragmitis 12 g and Chrysanthemi Indici 9 g can be decocted in water for an oral dose within two or three successive days.

Prevention and Nursing

1. Prevention

(1) Isolate the patient until crusts are all formed.

(2) During the epidemic period, the rooms of nurseries or kindgardens should be given a regular airstrilization. The articles of children such as bedclothes can be sterilized by means of sunshine or boiling.

2. Nursing

(1) Keep the patient's skin clean to avoid secondary infection. Bathing is not recommeded.

(2) In the process of the disease, attention must be paid to the patient's sanitation of mouth and eyes.

(3) Take light diet rather than that of acrid in flavor or hot in nature. The soup of mung bean is helpul for clearing away heat–toxic materials.

3.5 Epidemic Mumps

Epidemic mumps is an acute infectious disease due to the windwarm pathogens. It is clinically characterized by a fever and enlargement of the salivary glands, particularly the parotid glands. Mumps is sporadic as well as epidemic and can occur at any time of the year but more frequently in the winter and spring months. The highest incidence is among school–age children, it is uncommon in infants under six months. The attack of the disease is fairly mild and the prognosis is good. In the older children it may be complicated by orchitis, or even meningocephalitis in some cases. An attack may be followed by a lifetime immunity.

Etiology and Pathogenesis

Entering by nose and mouth, the wind–warm pathogens, (epidemic mumps virus) blocks the *Shaoyang* Channels and

stagnates in the parotid space to obstruct the circulation of *Qi* and blood. Because the Gall Bladder Channel of Foot–*Shaoyang* passes by the ears, the swelling and pain start in the areas below the ears.Still *Shaoyang* and *Jueyin* are exterior–interiorly related. The Channel of *Jueyin* goes around the external genitals to the lower abdomen. When the pathogens invade the Liver Channel of *Jueyin* and accumulate there, older children and adults may develop orchitis when affected. If the pathogens are so overabundant as to force its way into the *Ying* blood and attack the pericardium, such sympotoms as high fever, headache, neck rigidity, even coma and convulsion can be noticed.

Essentials of Diagnosis

1. Having a history of exposure to mumps.

2. In most patients, mumps begins with swelling and pain, which are referred to the posterior part of the jaw just below the ears, with no apparent premonitory symptoms. In some cases, the constitutional symptoms are fever, sore throat, and anorrexia, etc. The swelling may begin simultaneously in both parotids, but more frequently one side is involved 1–3 days in advance of the other. Characteristically, the center of the swelling is the earlobe, with blurred borders and normal skin color. There is a sensation of tenderness and elasticity when the swelling is pressed. The pain will be aggravated when chewing. The swelling may be found near the opening of the parotid duet. A distending pain occurs due to the intake of acidic diet. The submarillary gland, sublingual gland and the cervical lymph node may also be involved. The enlarged parotid may be present for 4–5 days and then gradually subsides. The whole process of the disease lasts about 1–2 weeks.

3. Complications

(1) Orchitis: Orchitis is commonly seen in the older children and adults. Local swelling with heavy sensation appears about one week after the development of enlarged parotids and disappears about 10 days later. In a severe case testicular atrophy may occur, and lose fertility in very rare cases.

(2) Meningocephalitis: Meningocephalitis occurs before 7 to 14 days after the onset of mumps. After proper treatment, most patients can recover from the illness in about 10 days with a favourable prognosis.

Type and Treatment

Mumps varies in severity. The existence of warm-pathogens in the exterior is a mild syndrome which is treated by dispelling wind, clearing away heat, resolving masses and promoting the subsidence of swelling. The accumulation of warm-pathogens is a severe syndrome which can be treated by clearing away heat and toxic materials as well as softening and resolving hard masses. Besides, external treatment can be also used to help reduce the local pain and swelling.

1. Warm-pathogens in the Exterior

Symptoms and Signs: Slight fever, enlargement of one or both parotids, difficulty in chewing, redness of the pharynx, red tongue with thin and whitish fur, floating and rapid pulse.

Therapeutic Method: Dispelling wind and removing heat, promoting the subsidence of swelling and resolving masses.

Recipe: *Yinqiao San*(2), modified

Ingredients:

Flos Lonicerae	12 g
Radix Isatidis	12 g

Radix Platycodi	9 g
Spica Prunellae	9 g
Herba Menthae	6 g
Fructus Arctii	6 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for orat dose)

Modification: Rhizoma Phragmitis 12 g, Lasiophaera Seu Calvatia 6 g can be added to help remove heat and relieve the sore–throat.

2. Stagnation of Pathogenic Heat

Symptoms and Signs: High fever, restlessness, headache, thirst, loss of appetite, fatigue, vomiting, distending pain parotids, tenderness, difficulty in opening the mouth, chewing and swallowing food, sore throat, constipation, oliguria with reddish urine, red tongue with yellowish and smooth rapid pulse.

Therapeutic Method: Clearing away heat and toxic materials, resolving the hard lumps.

Recipe: *Puji Xiaodu Yin*(120), modified.

Ingredients:

Radix Scutellariae	9 g
Radix Isatidis	12 g
Rhizoma Coptidis	3 g
Fructus Forsythiae	9 g
Bombyx Batryticatus	9 g
Radix Scophulariae	9 g
Herba Menthae	6 g
Spica Prunellae	12 g
Herba Taraxaci	9 g
Fructus Arctil	9 g

(Direction:Decoct the above drugs for oral dose.)

Modification: In case of a high fever, Gypsum Fibrosum 30g Folium Isatidis 9 g, Flos Chrysanthemi Indici 9 g and Cortex Moutan Radicis 9 g can be added in order to clear away heat and toxic materials. In case of marked swelling which is hard and painful, Concha Ostreae 15 g, Thallus Iaminariae sen Eckloniae 9 g and Sargassum 9 g should be added so as to remove lumps and promote the subsidence of swelling. In case of overabundance of heat and constipation, Radix et Rhizoma Rhei 6 g and Natril Sulfas Exsiccatus 9 g can be added to clear away heat and purge fire.

External Treatment. The following external applications are available to both of cases mentioned above. In the mild cases, the external applications can be used alone.

1. *Ruyi Jinhuang San* (121)

It can be applied on the parotids after mixed in warm water.

2. *Zi Jinding*(Yushu Dan)(71) or powder of Indigo Naturalis. It can be applied on the swelling after mixed with vinegar, once or twice a day.

3. Fresh Herba Taraxaci or fresh Herba Portulacae or fresh Flos (or Folium) Hibisci.

Any one of them can be chosen to put on the affected parts after pounded once a day.

In severe cases, the deteriorated case may develop. Invasion of pathogenic factors to *Jueyin* Liver Channel. It is often characterized by fever, vomiting, swelling and pain of either or both testes, pain in the lower abdomen, reddish tongue and rapid pulse. Therapeutic method is clearing away liver–fire, removing heat and lumps and relieving pain. Modified *Lungdan Xie gan*

Tang (67) may be sued. Its ingredients are:

Radix Gentianae	9 g
Radix Pittospori	6 g
Radix Scutellariae	9 g
Radix Bapleuri	12 g
Cadis Akebiae	3 g
Radix Paeoniae Rubra	9 g
Rhizoma Corydalis	9 g
Fructus Aurantii	9 g
Semen Persicae	6 g

(Direction: Decoct the above drugs for oral dose)

Invasion of Pathogenic Factors into the Heart and Liver.It is characterized by high fever, headache, neck rigidity, even drowsiness, coma and convulsion, deep red tongue and rapid pulse. The therapeutic method is clearing away heat and toxic materials, relieving convusion and calming wind–syndrome. *Puji Xiaodu Yin* (120) may be used. Its ingredients are: Bombyx Batryticatus 9 g, Lumbricus 9 g, Ramulus Uncariae Cum Uncis 9g, Rhizoma Acori Graminei 9 g, Besides, *Zixue Dan* (72) or *Zhibao Dan* (114) (proprietary medicine) may be prescribed for claming wind syndrome and waking up the patient from unconsciousness.

Other Therapies

1. Simple and Proved Recipes

(1) Spica Prunellae 15 g and Radix Isalidis 15 g are decocted in water for oral dose, one dose a day, for 2 to 4 days.

(2) Seven Scorpions are to be taken as a dose after being fried with sesame oil and ground into fine powder, once a day, for three days.

2. Acupuncture and Moxibustion

The needles should be inserted into the selected acupuncture points of (*Yifeng*, *Jiache* and *Hegu*) with intense stimulation. In case of a high fever, the point of *Quchi* can also be inserted. In case of involvement of testitis, two other points, *Sanyinjiao*(Sp 6) and *Xuehai*(Sp 1) should be needled once a day.

3. Cupping

The obvious swollen parotids should be cupped locally once a day. The recovery may take place after 1 to 2 cuppings.

Prevention and Nursing

1. Children with mumps should be isolated until the swelling subsides.

2. Patients must be kept in bed when they have a fever. It is better for the patients to drink more boiled water and to take a liquid or half liquid diet, avoid pungent and acidic food and keep their mouth clean, for example, gargling with warm boiled water.

3. Chidren exposed to mumps are susceptible to the disease and should take Radix Isalidis 15 g to 30 g for prevention, which is decocted in water for oral dose once a day for three days.

3.6 Scarlet Fever

Scarlet fever is an acute eruptive infection. It is clinically characterized by high fever, sore throat or existence of generalized diffused scarlet rashes and desquamation after the rashes fade. Scarlet fever usually occurs in the winter and spring months. People of all ages can be affected. The highest incidence is among children from 2 to 8 years of age. Most patients can acquire a lifelong immunity. Prognosis is good and only a few patients may suffer from complications of the heart and kidneg due to their poor health or delayed treatment.

Etiology and Pathogenesis

The epidemic pathogens (Beta hemolytic streptococci) are responsible for the disease. Entering the body through the nose and mouth, they stagnate in the lungs and stomach and rapidly spread, transforming into first–syndrome and heat–syndrome. The throat, as the gateway to the lungs and stomach, will show redness and enlargement or even ulcerative membranes due to the rising of overabundant pathogenic heat to the throat. The lungs are in charge of the skin while the stomach controls the muscles. The epidemic pathogens attack the blood vessels in the interior and release themselves to the surface of the body, resulting in reddish, millet shaped rashes. The epidemic pathogens can also transform into fire which easily influences the heart. The tongue, as the window to the heart, is coated with reddened papilae which is swollen and give the tongue strawberry appearance. With the overabundance of the pathogens, the heart and liver will be affected, resulting in the symptoms of dilirum, coma and convultion. If the pathogenic heat burns *Yin* blood, the erythematous eruptions or petechiae can be seen. In the later stage of the disease, some symptoms of deficiency of the lungs and stomach can be noticed, such as peeling of the skin, flushed cheeks, poor appetite, dried mouth and lips, fatigue and constipation. This is due to the disorder of *Yin* and consumption of the body fluid caused by pathogenic heat.

During the process of the illness or in the period of recovery, some children' s condition may be deteriorated. Symptoms are marked by palpitation and slow and irregular pulse due to the impairment of heat *Ying* caused by pathegenic heat; arthralgia syndrome due to the attack of the retained pathogenic heat in

Xue fen to the joints; edema caused by invasion of the retained pathogenic heat to the lungs, spleen and kidney, their dysfunction.

Essentials of Diagnosis

1. It is characterized by sudden onset, abrupt fever, headache, sore throat or ulceration of the tonsils.

2. The rash usually appears within 12 to 36 hours after the onset of the symptoms. The sequence of the spread is from the neck to the trunk and finally to the extremities. Other symptoms such as circumoral pallor, linear eruptions and strawberry tongue can also be frequently seen. The temperature gradually falls to normal after the rash is fully formed. The rash clears up by the end of the first week. The peeling skin is often seen to come off in large or small flakes. About 2 weeks later, the process of desquamation may be complete.

3. Accessory Examination:

There are increased white blood count and a high neutrophil percentage.

Type and Treatment

The severity of scarlet fever varies greatly with individuals. In mild cases, the symptoms are not obvious, only showing slight fever and few rashes. The diagnosis of the disease is not established until the peeling of skin or the complication of acute nephritis appears. In severe cases, it is manifested by persistent high fever, vomiting, convulsion, dark red rashes or hemorrhagic spots, or local abscess. It is lethal if not treated in time.

The treatment should be in accordance with the progression of the disease. In the early stage, as the pathogenic factors stay in the lungs and stomach, it is suitable to relieve fever with drugs

pungent in flavor and cool in nature to drive the pathogenic factors out of the body together with sweat. When rashes almost fully erupt, indicating the hyperactivity of pathogenic heat, the heat–clearing method with dramatic prescription should be used in order to purge intense heat and detoxicate and clear away the heat at *Qifen* and *Yingfen*. After rashes subside, the treatment should be based on nourishing *Ying* with drugs in sweet taste and cool nature and regulating the spleen and stomach.

1. Pathogenic Factors in the Lungs and Stomach

Symptoms and Signs: Abrupt onset, high fever, thirst, headache, vomiting, sore throat, or membranous ulcerative tonsillitis, flushed face and skin, indistinct rashes; red tongue with yellowish fur and floating rapid pulse.

Therapeutic Method: Removing heat using drugs of acrid taste and cool nature; dispelling toxic materials to relieve sore throat.

Recipe: *Yinqiao Mabe Shegan Tang* (122), modified.

Ingredients:

Flos Lonicerae	15 g
Rhizoma Belamcandae	9 g
Fructus Forsythiae	9 g
Radix Platycodi	9 g
Folium Isatidis	12 g
Radix Paeonias Rubra	9 g
Herb Menthae	6 g
Periostracum Cicadae	6 g
Caulis Bambusae in Taeniam	6 g
Radix Glycyrrhizae	3 g

(Direction:Decoct the above drugs for oral use.)

Modification:In case of high fever, irritability and thirst, Gypsum 30 g,Rhizoma Anemarrhenae 9g can be added.

2. Invision of Pathogenic Factors to *Qiying*

Symptoms and Signs: High fever, flushed cheeks, thirst, restlessness, sore throat, tonsillar exudation, diffused scarlet rash, constipation, yellowish urine and rapid pulse.

Therapeutic Method: Clearing *Qi* both in *Qifen* and *Yingfen*, purging intense heat and dispelling toxic materials.

Recipe: *Qingwen Baidu Yen* (89),modified.

Ingredients:

Radix Rehmanniae	9 g
Cortex Moutan Radicis	9 g
Radix Paeoniae Rubra	9 g
Fructus Forsythiae	12 g
Radix Scutellariae	9 g
Gypsum Fibrosum	30 g
Folium Bambusae	6 g
Herba Lophatheri	6 g
Fructus Gardeniae	4.5 g
Radix Scophulariae	9 g
Rhizoma Phragmitis	12 g
Cornu Rhinoceri Powder	15 g

(taken after being infused in boiling waler)

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of incomplete eruption and a high fever with no sweating, Herba Spirodelae 6 g and Herba Nenthae 9g decocted later should take the place of Gypsum Fibrosum for the purpose of expelling superficial pathogens and promoting eruption.

When there are symptoms such as delirium, irritability, crimson tongue with dried and yellowish fur due to the inward sinking of pathogenic–heat to the heart–nutriment, *Qingying Tang* (117), *Zixue Dan* (72) and *Angong Niuhuang Wan* (28) can be taken together in order to dispell pathogenic heat from the *Ying* system and wake up the patient from unconsciousness.

When the patient shows ulceration of the throat with a peculiar odor, constipation, yellowish and rough coating on the tongue, Radix et Rhizoma Rhei 6 g and Natrii Sulfas Exsiccatus 9 g can be added to discharge heat by catharsis.

3. Deficiency of Pulmonary Yin and Stomach Yin

Symptoms and Signs: The desquamation of skin begins as the rash fades. The temperature comes to normal and the pain of the throat is relieved. Usually the patient feels fatigue and has a poor appetite and dried lips, red tongue with less liquid on it small and rapid pulse.

Therapeutic Method: Nourishing *Yin* and regulating the stomach

Recipe: *Shashen Maidong Tang* (20), modified.

Ingredients:

Radix Adenophorse Strictae	12 g
Radix Ophiopogonis	9 g
Radix Pseudostellariae	9 g
Radix Trichosanthis	9 g
Radix Rehmanniae	9 g
Semen Dolichoris Album	6 g
Radix Paeohiae Alba	9 g
Rhizoma Anemarrhenae	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: Fructus Connabis 9 g and Fructus Trichosanthis 9 g can be added to lubricate the stool. Bulbus Fritillariae Cirhosae 3 g and Semen Armeniacae Amarum 3 g can be added to moisten the lungs and relieve cough.

The impairment of *Qi* and *Yin* fluid due to the long retention of the pathogenic factors lead to palpitation and knotted pulse.If the remainding pathogens attack joints and tendons, the patient's joints will become red, swollen, and painful. If the pathogenic factors do not completely come out, the remainder will invades the tri–*Jiao* causing disorder of *Qi* and of fluid metabolism leading to syndromes like generalized edema. The treatment of palpitation, swollen joints and edema can be found in correspondent sections.

Other Therapies

1. Simple Recipe:

Flos Lonicorae	18 g
Radix Isatidis	15 g
Fructus Forsythiae	12 g
Radix Scutellariae	9 g
Fructus Arctii	9 g
Radix Platycodi	9 g
Radix Paeoniae Rubra	9 g
Bombyx Batrytivcatus	9 g
Gypsum Fibrosum	30 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose, one dose a day, for 5 days.

2. Insufflation of Medicinal Powder

Bingpeng San (123)

Xilei San (124)

(Direction: Blow the fine drug–powder onto the throat, 3 to 4 times a day.)

Prevention and Nursing

1. Prevention

(1)Isolate the patient until he has been given one week proper treatment.

(2)In epidemic period, susceptible children should be kept away from public places.

(3)Preventive medicine should be given to children who have been exposed to the disease. Flos Lonicorae 15 g, Radix Isatidis 12 g and Fructus Forsythiae 12 g are decocted for oral dose, taken for 3 days.

2. Nursing

(1) The patient should have a good rest, sufficient water and nutrition. His mouth and skin should be kept clean.

(2) In order to avoid complications, examinations of urine and the heart should be given within 2 to 3 weeks after the patient recovers from his illness.

3.7 Whooping Cough

Whooping–cough, also called cormorant cough or epidemic cough, clinically characterized by paroxysmal and spasmodic cough with an inspiratory wheezing sound, may occur in any season, especially in winter and spring months. It is sporadic or epidemic and mostly attacks the children under the age of five. The younger, the more severe. Lasting immunity is acquired after an attack.

The incidence has decreased markedly as a result of the in-

troduction of vaccines in recent years.

Etiology and Pathogenesis

The attack of whooping–cough is related to the phlegm retained in the body and the secondary pathogenic infection of lung–*Wei*. Accumulation resulted from the wrestling of wind pathogens with latent phlegm is transformed into heat syndrome which decocts the body fluid into phlegm, and which in turn obstructs the air passage and clogs the lung–*Qi*, making the lung–*Qi* rise adversely to develop paroxysmal cough. After tenacious mucous is brought up by a severe paroxysm, breath is easy and spasmodic cough suspends. When spasmodic cough attacks, visceral activity is disturbed, and blood circulates unevenly, characterized by flushed face and ears, markedly distended jugular vein, and even incontinence of stool and urine. If the pathogenic heat lingers in the lung, paroxymal cough lasts long, the lung–collateral may be impaired, resulting in hemoptysis and epistaxis. It is easy for the sick child under the age of two to develop dyspnea or phlegm–heat stiring up the seven orifices, manifested by the deteriorated case of coma, twitch and so on.

If the sick child is weak with lower body resistance and deficiency of middle–*Jiao Yang*, the cold–type phlegm often stagnates in the interior. If they are followed by affection of wind–cold pathogens, the cold–syndrome may occur marked by clear thin sputum and saliva, watery or semiliquid stools, and pale tongue with white fur.

Diagnostic Essentials

1. It will be helpful to the diagnosis to know whether the sick child is exposed to whooping–cough 1—3 weeks prior to the attack.

2. The disease can be established by typical spasmodic cough with wheezing sound. In early stage, whooping–cough should be carefully differentiated from common cold. If cough is getting more severe, especially at night, while the symptoms of common cold subside after treatment, and there are no other positive signs in the lung, whooping–cough may be suspended.

3. Laboratory Examination: At the end of the initial stage, the total leucocyte count rises to about 15,000 / mm^3. In some cases, it can get to 30,000—50,000 / mm^3. The lymphocytes account for above 60%. In paroxysmal stage, cough plate culture for Bord pertusis become positive.

Type and Treatment

At the beginning, whooping cough is mostly manifested by cough, running nose or slight chilly fever. After two or three days, the fever subsides and the cough becomes more severe, especially at night. Then the disease may be suspected if there is no positive sign in chest examination. Little difficulty is encountered in the recognition of the typical case.

1. The Initial Stage. It is from the first day of onset to the time spasmodic cough appears, usually lasting for 7—10 days. It is the most infectious in this stage.

Main Symptoms and Signs: cough, sneezing, running nose or slight chills and fever. The cough, worse at night, becomes more and more severe by days with tenacious or watery sputum. There is thin and whitish fur.

Therapeutic Method: Stopping cough by relieving exterior syndrome and releasing stagnated lung–energy.

Recipe: *Jinfocao San* (125), modified.

Ingredients:

Flos Inulae	9 g
Radix Peucedani	6 g
Semen Sinapis Albae	6 g
Herba Asar	3 g
Radix Stemonae Praeparata	9 g
Bulbus Fritillarae Cirrhosae	3 g
Rhizoma Pinellia	6 g

(Direction: Decoct the above drugs for oral dose)

Modification: In case of deep and heavy sounds of cough with the evident superficial syndrome of wind, and intolerance of cold with no sweating, Herba Ephedrae 3 g, Semen Armeniance Amarum Praeparatae 3 g should be added. In case of apparent superficial syndrome of wind–heat with frequent cough and red throat, Folium Mori 9 g, Flos Chrysanthemi 9 g and Fructus Forsythiae 9 g should be added.

2. The Paroxysmal Stage. It usually begins two weeks after the onset when the spasmodic cough occurs. lasting for four to eight weeks.

Main Symptoms and Signs: There is a series of rapid and paroxysmal cough followed by the whoop, especially at night. When severe, the sick child may have slight edema of the face, epistaxis, hematophthalmia and hematopidesis, or even incontinence of urine and stool, and proctoptosis..

Therapeutic Method: Reducing sputum and relieving cough.

Recipe: *Suting Guntan Wan* (126), modified.

Ingredients:

Fructus perillae Praeparata	9 g
Semen Lepiddii seu Descurainiae Praeparata	9 g
Fructus Schisandrae	6 g

Lapis Chloriti	6 g
Radix Platycodi	9 g
Fructus Aurantii Immaturas	6 g
Fructus Trickosanthis	12 g
Fructus Ziziphi Jujubae	5 pieces

(Direction: Decoct the above drugs for oral dose.)

Modification: If the spasmodic cough is frequent and violent, Bombyx Batryticatus 6 g, Lumbricus 6 g should be added to ease the cough. If there is little phlegm, and the tongue is red with a little fur, Radix Adenophorae Strictae 12 g, Radix Asparsgi 12 g and Radix Ophiopogonis 12 g should be added to moisten lung-*Qi*. For hemoptysis and hemorrhage, Rhizoma Imperatae 15 g, Cacumen Biotae 6 g should be added to cool down blood and stop bleeding.

3. The Stage of Decline. This stage usually continues for two to three weeks. The severity of paroxysms gradually abates, the whoop ceases.

(1) Syndrome of Deficiency of Vital *Qi*

Main Symptoms and Signs: Physical and constitutional weakness, low coughing sound, lassitude, pale complexion, spontaneous perspiration, anorexia and watery stool, pale tongue with thin and whitish fur.

Therapeutic Method: Invigorating the spleen to benefit the lung

Recipe: *Renshen Wuweizi Tang* (25)

Ingredients:

Radix Codinopsis Pilosulae	9 g
Poria	9 g

Rhizoma Atracty lodis Macrocephalae	9 g
Radix Ophiopogonis	12 g
Fructus Schisandrae	6 g
Radix Glycyrrhizae	3 g
Rhizoma Zingiberia Recens	3 pieces
Fructus Ziziphi Jujubae	5 pieces

(Direction: Decoct the above drugs for oral dose)

(2) Syndrome of *Yin*–deficiency

Main Symptoms and Signs: Dry cough with little strength, flushed cheeks and lip, feverish sensation over palms and soles, lassitude with night sweat, red tongue with little or no fur.

Therapeutic Method: Nourishing *Yin* and moistenind the lung

Recipe: *Qingzao Jiufei Tang* (127), modified.

Ingredients:

Radix Adenophrae Strictae	9 g
Folium Musae Praeparata	9 g
Semen Armeniacae Amarum Praeparatae	9 g
Radix Opiopogonis	9 g
Radix Asparagi	9 g
Radix Platycodi	9 g
Semen Sesamum	12 g
Colla Corii Asini Praeparatae	9 g
Fructus Ziziphi Jujubae	5 pieces

(Direction: Decoct the above drugs for oral dose.)

Other Therapeutic Methods

1. Bile Therapy: Mix fresh bile and suger properly to make paste. Steam it for oral doses. The bile of a pig or an ox or a sheep is all suitable for the sick children under the age of one to

be finished taking in three days. It is necessary for the children above one to take one piece of bile in a day. Bile powder may be taken instead, 0.3—0.5 g a time, twice a day. Otherwise, *Bai Ke Ling* (market bile medicine) may be used, one tablet a time for the sick children of one year old, three times a day.

2. Garlic Therapy. Make 50% syrup from the purple skin garlic, 10ml or 20ml a time three times a day. Above the age of five, 20ml once, seven days for a treatment course.

3. Equal weight of powdered Scolopendra and Radix Glycyrrhizae, 1—2 g a time, mixed with honey and water when taken, three times a day, for a week.

Prevention and Nursing

1. Isolate the sick children for forty days from the onset, or thirty days from the beginning of the paroxysms. Their quarters need ventilating and enough sunlight. Prevent them from various cough stimulation.

2. It should be in time to vaccinate trivalent vaccine of pertussis for the susceptible children, three times a course are needed for the children to be immunized. Booster injections should be given after the original course of vaccine.

3. The sick children under the age of six months need special nursing to avoid the vomitus inhalement and sudden asphyxia, when paroxysms is frequent.

3.8 Encephalitis B

Epidemic encephalitis B, EB for short, belongs to summer–heat warm syndrome in Chinese medicine. It is an acute epidemic disease caused by summer–heat pathogens, mainly manifested as high fever, lethargy, headache, convulsion and coma,

and transmitted by mosquitoes. It occurs, from July to September in China, earlier in the south than in the north. It mostly attacks the children under the age of ten, but rarely under the age of one. One attack confers lifelong immunity to the disease; the immunization may at least last for many years.

Etiology and Pathogensis

Encephalitis B is caused by summer–heat pathogens, it has the same transformable rules as epidemic febrile diseases in clinical manifestation. The summer–heat pathogens, a kind of *Yang*–heat pathogenic factors with violent fire–transmission and quick transformation, invade human body from the exterior to the interior, from defensive energy (*Wei–Qi*) to *Ying* and blood systems. It is very difficult to identify *Wei*, *Qi*, *Ying* or blood systems. clinically characterizaed by a syndrome of both *Weifen* and *Qifen* systems or of intense heat in both *Qi* and *Ying* systems, and or by invasion of the pathogenic heat. Because of violent onset, the pathogens may produce fatal syndrome by directly attacking the *Ying* and blood systems, even the pericardium.

1. Invasion of *Wei* and *Qi* Systems by Pathogens:

The summer–heat pathogens firstly attack the surface of *Wei* system, then invade the interior quickly. The internal heat is overabundant, marked by high fever, thirst, and absence of chills. Pathogenic heat combine with stagnation in the interior, retaining in *Yangming*, firing the thin and clean body fluid, consuming *Yin*, and finally, leading to the interior excess syndrome. If the summer heat and dampness pathogens both invade middle–*Jiao*, summer fever will occur, marked by the feeling of oppression over the chest, nausea, thirst without desire for drinking.

2. Invasion of Pathogens in *Qi* and *Ying* Systems:

The excess heat in *Qi–fen* may invade *Ying* immediataly, damage the *Yin*–energy of *Ying* and disturb the mental activities, marked by sometimes consciousness, and sometimes unconsciousness. Overabundant heat may change into fire, stiring up liver–wind and leading to convulsion.

3. Invasion of *Ying* and Blood Systems by Pathogens:

The excess of warm pathogens consume the vital *Qi*, and attack *Ying* system and the blood in the interior. Overabundance of heat may be changed into fire stiring up wind–evil. firing the body fluid into sputum, obstructing the seven orifices, with the result of excess syndrome of stroke, marked by coma, convulsion. The damaged vital–*Qi* due to the hyperactirity of pathogens may result in critical conditions, such as sthenia of pathogens and declining of vetal–*Qi*, loss of consciousness and collapse.

In the stage of decline, because the pathogenic heat resumes *Yin* energy of *Qi* and body fluid, even *Yin* energy in the liver and kidney, deficiency of *Yin* and hyperacticity of *Yang* will develop, asthenia–wind may stir up in the interior. In case of mental disorder due to the stagnated phlegm, dementia and ophasia may occur.

Diagnostic Essentials

1. The onset of EB is obviously seasonal, generally at the end of summer and the beginning of autumn.

2. The Acute Stage. Fever appears in the first two days after onset. and becomes higher two or three days later. The meningeal irritation syndrome is latent in mild type, but evident in general type. Symptoms may appear, such as lethargy, semicoma and mild convulsion. In severe type, fever is above 40℃, with lethargy or coma, severe headache, mania, frequent convulsion and ab-

sence of shallow and tendon reflex. Anterior fortanelle bulges in infants. In fulminant type, fever can suddenly surpass 41℃, with prompt coma, incessant convulsion and respiratory failure with severe encephaledema and cerebral herria.

3. The Stage of Decline. In some severe cases, it may develop tetanic paralysis, aphasia, dementis, tremos and mental disturbances, which are called sequelae if they do not disappear after six months.

4. Laboratory Findings. Leukocyte count is from 10,000 to 30,000 / mm, with the majority being neutrophils. On the third or fourth day after onset, the spinal fluid cells are increased to 50—500, even to 1,000 in some cases, mostly lymphocyte cells. Protein may be somewhat elevated. CSF will return to normal after 2—3 weeks. Complement fixing text helps to confirm the diagnosis, if the posotive criteria is four times more than that in the early stage in one month later after the onset.

Type and Treatment

EB is characterized by sudden onset and quick transformation. It is mainly marked by fever, coma and convulsion. When summer is changing into autumn, it may be suspected, if there are fever, headache, neckstiffness, vomiting, high fever and thirst, lethargy and irritability, or in severe cases, fever and vomiting accompanied by convulsion and coma, or even more fatal conditions changing from stroke to collapse, marked by sudden rale, irregular breath, cold limbs, small and feable pulse.

1. Acute Stage

(1)Syndrome of *Wei* and *Qi* Systems

Main Symptoms: Sudden fever without aversion to cold, headache, light lethargy, thirst, little and red urine, thin and

whitish or light yellowish fur.

Therapeutic Method: Expelling pathogenic factors from the exterior and relieving summer-heat; clearing away heat and toxic materials.

Recipe: *Xiangru Yin* (3)and *Baihu Tang* (128), modified.

Ingredients:

Flos Lonicerae	15 g
Fructus Forsythiae	9 g
Herba Elsholtziae seu Moslae	6 g
Cortex Magnoliae Officinalis	9 g
Flos Doclichoris	9 g
Gypsum Fibrosum	30 g
Rhizoma Anemarrhenae	6 g

(Direction: Decoct the above drugs for oral dose.)

Modification:Radix et Rhizoma Rhei 6 g (put in at last) and Natrii Sulfas 6 g should be added for those with dry fur and constipation. In case of severe damp, thick and greasy fur, Agastachis 9 g and Eupatorium 9 g should be added. For those with lethargy, Rhizoma Acori Graminei 9 g should be added.

(2)Syndrome of *Qi* and *Ying* Systems

Main Symptoms:Sthenic fever, delirium, thirst, hot skin, headache, irritability or lethargy, straight stiffness of frequent convulsion, crimson tongue with thick or yellowish dry fur.

Therapeutic Method: Clearing away the heat pathogens, colding down the heat at *Ying;* supplementing *Ying* and stopping the wind syndrome.

Recipe: *Baihu Tang*(128) and *Qingying Tang*(117),modified.

Ingredients:

Gypsum Fibrosum	30 g

Rhizoma Anemarrhenae	12 g
Radix Rehmanniae	15 g
Radix Scrophulariae	15 g
Radix Ophiopogonis	15 g
Rhinoceros Hourn (powder,infused in boiling water)	2 g
Radix Glycyrrhizae	6 g

(Direction: Decoct the above drugs for oral dose)

Modification: For the sick children with high fever and frequent convulsion, *Zixue Dan*72 1—2 g, or *Angong Niuhuang Wan*(28)(1 / 2—1 bolus once, dissolving in water)should be also given, twice a day. For those with coma and rale, Radix Curcumme 9 g, Rhizoma Acori Graminei 9 g, Concretio Silicea Bambusae 9 g, Suecus Bambasae Recens (10—15 ml / once) should be added and taken totally at one time. If the pathogenic heat is energetic, the method of clearing away pathogenic heat should be used as early as possible. That means, Radix Rhizoma Rhei 9 g (put in at last) and Natrii Sulfas 9 g are added.

(3) Syndrome of *Ying* and Blood Systems

Main Symptoms:High fever with skin burning hot, deep coma, frequent convulsion or even stiffness of body opisthotomus, rale, dry lips, dry and crimson tongue with thin fur.

Therapeutic Method: Colding down the blood and detoxigating;removing heat from the heart to restore to consciousness

Recipe: *Shenxi Dan*(129), modified.

Ingredients:

Powder of Cornu Rhinoceri (infused in boiling water)	2 g

Rhizoma Acori Graminei	9 g
Radix Scutellariae	9 g
Radix Rehmanniae	15 g
Radix Scrophulariae	15 g
Radix Arnebiae seu Lithospermi	15 g
Radix Isatidis	18 g
Caiculcus Bovis	0.1 g
(infused in boiling water)	
Radix Glycyrrhizae	6 g

(Direction: Decoct the above drugs for oral dose)

Modification: In case of severe coma and convulsion, *Angong Niuhuang Wan*(28) should be added, 1 / 2—1 bolus once. In case of consumption of blood, disturbance of blood and bleeding from the nose, Radix et Rhizoma Rhei 6 g,(put in at last) should be added to weaken fire and stop bleeding.

2. The Stage of Decline

(1) Deficiency of *Qi* and *Yin*

Main Symptoms: Low fever, tiredness, lethargy or irritability, anorexia, spontaneous perspiration and night sweat, red tongue with little or no fur.

Therapeutic Method: Supplementing *Qi* and nourishing *Yin;* dispelling the pathogenic heat and irritability.

Recipe: *Renshen Wuweizi Tang* (25),modified.

Ingredients:

Radix Pseudostellariae	15 g
Radix Astragali seu Hedysari	15 g
Rhizoma Atractylodis Macrocephalae	9 g
Fructus Schisandrae	9 g
Rhizoma Polygonati	9 g

Radix Ophiopogonis	9 g
Dolichoris Preaparata	12 g
Rhizoma Dioscoreae Preaparata	12 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

(2)Syndrome of Clogged Collaterals and Stuffed Orifices due to Wind–phlegm Pathogens

Main Symptoms: Dull expression, slow and unclear speaking,contracting limbs, difficult swallowing , red tongue with pale and greasy fur.

Therapeutic Method:Clearing away the heart–fire and phlegm; activating channels and relaxing muscles and tendons

Recipe: *Ditan Tang* (101) and *Buyang Huanwu Tang*(93),modified.

Ingredients:

Rhizoma Pinelliae Preaparata	6 g
Arisaemacum Bile	6 g
Fructus Aurantii Immaturns	6 g
Caulis Bambusae in Taeniam	6 g
Rhizoma Acori Graminei	6 g
Semen Persicae	9 g
Flos Carthami	9 g
Lumbricus	9 g
Radix Astragali seu Hedysari	15 g
Radix Angelicae Sinensis	9 g.
Radix Paenoiae Rubra	9 g

(Direction: Decoct the above drugs for oral dose.)

(3)Stirring up of Endopathic Wind of Deficiency Type due to Deficiency of Liver *Yin* and Kidney *Yin*

Main Symptoms: Dull expression, stiff limbs, trembling hands and feet ,or clonic convulsion and grinding teeth, crimson tongue with no fur.

Therapeutic Method: Nourishing *Yin* and suppressing the excessive *Yang*

Recipe:*Dadingfeng Zhu* (91), modified.

Ingredients:

Radix Rehmanniae	15 g
Radix Paeoniae Alba	15 g
Radix Ophiopogonis	15 g
Fructus Cannobis	15 g
Plastrum Testudinis	12 g
Carapax Trionycis	12 g
Concha Ostreae	12 g
Fructus Schisandrae	9 g
Colla Corii Asini (melted)	9 g

(Direction: Decoct the above drugs for oral dose.)

Other Therapies

1. Folium Isatidis 30 g, Radix Isalidis 30 g and Radix Arnebiae seu Lithospermi 15 g are decocted in water for oral use for two weeks. Another method is that Radix Isalidis 60 g is decocted in water for oral use for two weeks.

2. *Shuiniujiao Tang*. Decoct the powder or pieces of Corum Bubali (*Shuiniujiao*) for three hours, for oral or nasal use. It should be used untill fever subsides.

3. Stopping Convulsion. The acupuncture treatment could be used at *Renzhong* (DU26) and *Hegu* (LI4), or added with *Taichong* (LR3) and *Houxi* (SI3)

Prevention and Nursing

1. Prevention

(1)Preventing from being bit by mosquitoes and killing them.

(2)Control infection from person to person by early diagnosis, early isolation and early treatment.

(3)Encephalitis B vaccine should be injected to prevent the disease developing.

(4)Herba Origani 30—50 g is decocted in water and to be taken for twenty days, once a day. Another way is that Folium Isalidis 15 g and Radix Isalidis 15 g are decocted and taken for seven days, once a day.

2. Nursing

(1)Pay special attention to the change of body temperature, spirit, breath and pulse.

(2)Body position of children in coma should be frequently changed, and their skin cleaned to avoid bed pressure sore.

(3)Promptly cool down the fever to stop convulsion.

(4)It is better for the sick children to take bland nutritional, light and liquid food. Give nasal feeding if necessary.

3.9 Infantile Paralysis

Infantile paralysis, called poliomyelitis in modren medicine, belongs to epidemic febrile disease. It is also called "flaccid paralysis in leg muscles". In the preparalytic stage, the manifestations are fever, cough, congestion of throat, vomiting, diarrhea and muscular pain (limbache), and then limb weakness and muscle relaxation. In the postparalytic stage, muscular atrophy and skeleton deformity are the first evident in clinical features.

Infantile paralysis tends to occur in summer and autumn, mostly attacking the young children of 1—5 years of age. In mild

cases the patient could recover his health thoroughly, but in the severe cases, the patient may develop severe paralysis called sequels. The patient may acquire life long immunity after an attack.

Etiology and Pathogenesis

Seasonal epidemic pathogens of wind, dampness and heat invade the lung and stomach channels through mouth and nose. Thus, at the beginning of the disease, it is mostly manifested by the syndrome of the invasion of pathogens in the lung and stomach, such as fever, cough, congestion of throat, or vomiting and diarrhea. Then the pathogens flow into the channels and collaterals, and derange *Qi* and blood systems, thus manifestations such as muscular pain will appear.

The lung controls *Qi* and converges all the vessels of the body. The stomach is the sea of water and food, and the source of transformation of *Qi* and blood, nourishing the urogenital region of the body, promoting muscles and tendons, and relieving rigidity of joints. If the lung and stomach are steamed by the dampness and heat, the transformed fire will consume the body fluid, resulting in lack of fluid in the lung and kidney. So the liver wood is not nourished. In later stage, the syndrome of flaccidity of muscles and bones would occur.

Diagnostic Essentials

1. The disease occurs mostly in summer and autumn months.

2. The manifestations are fever, headache, sore throat, nausea and muscular pain of the whole body. The fever may be double peaked. After the second fever, the muscle pain, tenderness and paralysis would occur. Actually, the fever also could be single peaked, or the paralysis could directly occur.

3. The paralysis is characterized by flaccidity and asymmetry.Paralysis of lower limbs is more frequent than that of the upper ones. Paralysis of proximal muscles is more severe than that of distal muscles. Tendon reflex disappears, with abdominal muscles, intercostal muscles and diaphragms involved. Sensation may be nonspecific.

4. The laboratory examination usually reveals elevation of the cells of CSE, but seldom above the number of 500, among which the lymphocytes constitute the most of the number of cells. When cells reduce after 2—3 weeks, on the contrary, the protein may gradually elevate, marked by cell–protein dissociation.

Type and Treatment

1. Stagnation of Pathogenic Factors in the Lung and Stomach (Prodromal Stage)

Main Symptoms and Signs: Fever, sweating, cough, running nose, congestion of throat and sore–throat, accompanied by vomiting, diarrhea or abdominal pain, lethargy or irritability; red tongue with greasy fur.

Therapeutic Method: Dispelling wind and relieving exterior syndrome; clearing away heat and promoting diuresis

Recipe: *Gegen Qinlian Tang* (40) and *Ganlu Xiaodu Dan* (33),modified.

Ingredients:

Radix Puerariae	9 g
Radix Scutellariae	6 g
Herba Agastachis	9 g
Herba Artemisiae Scopariae	18 g
Poria	9 g
Fructus Forsythiae	9 g

Rhizoma Acori Graminei	9 g
Radix Isatidis	12 g
Radix Platycodi	6 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of severe damp pathogens, greasy fur, Semen Coieis 12 g, Cortex Magnoliae Officinalis 9 g and Rhizoma Pinelliae 6 g should be added. In case of constipation, Fructus Trichosanthis (12 g) should be added.

2. Invasion of Pathogenic Factors Into Channels and Collaterals (Preparalytic Stage)

Main Symptoms and Signs: Second fever, muscle pain, difficulty in turnning over, refusal to be touched or held in arms, irritability or lethargy, and then development of paralysis; red tongue with greasy fur.

Therapeutic Method: Dispelling heat and resolving dampment of paralysis; red tongue with greasy fur.

Therapentic Method: Dispelling heat and resolving dampness; relieving rigidity of muscles and activating collaterals.

Recipe: *Sanmiao Wan* (63) and *Qingluo Yin* (130),modified.

Ingredients:

Rhizoma Atractylodis Praeparatae	9 g
Radix Achyranthis Bidentatae	9 g
Radix Gentianae Macrophyllae	9 g
Radix Puerariae	9 g
Semen Coieis	12 g
Caulis Trachelospermi	12 g
Cortex Phellodendri	6 g
Radix Paeoniae Rubra	9 g
Radix Angelicae Sinensis	9 g

Radix Salviae Miltiorrhizae	9 g
Flos Lonicerae Vine	30 g

(Direction: Decoct the above drugs for oral dose)

Modification: For the patient with facial hemiparalysis due to abundant wind and phlegm pathogens, Rhizoma Typhonii 9 g, Bombyx Batryticatus 9 g, and Scorpio 6 g Should be added. For the patient with severe dampness, Herba Artemisiae Scopariae 15g should be added.

3. *Qi* Deficiency and Blood Stasis (Paralysis Phase Restoration Stage)

Main Symptoms and Sigms: Following fever, paralysis and extreme weakness, or squint of mouth and eyes would occur. The fur on the tongue is pale and thin.

Therapeutic Method: Nourishing the blood by invigorating *Qi*; promoting blood circulation to remove obstruction in the channels.

Recipe: *Buyang Huanwu Tang* (93), modified.

Ingredients:

Radix Astragali seu Hedysanri	15 g
Caulis Spatholobi	15 g
Radix Angelicae Sinensis	9 g
Rhizoma Ligustici Chuanxiong	6 g
Semen Persicae	6 g
Lumbricus	6 g
Radix Paeoniae Rubra	9 g
Ramulus Mori	9 g
Fructus Liquidambaris	9 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of paralysis of upper limbs, Ramulus Cinnamomi 9 g should be added. In case of paralysis of lower limbs, Cortex Eucommiae 9 g, Radix Achyranthis Bidentatae 9 g Ramulus Loranthi 9 g should be added. In case of thirst and red tongue, Rhizoma Anemarrhenae 9 g, Radix Ophiopogonis 9 g should be added.

4. Deficiency of Liver–*Yin* and Kidney–*Yin* (Sequel Stage)

Main Symptoms and Signs: Long time of paralysis, muscle atrophy and low skin temperature, failure of the extremetries to move back to the original deformed limbs, pale tongue without fur.

Therapentic Method: Tonifying the liver and kidney, promoting the flow of *Qi* by warming the channels.

Recipe: *Yougui Wan* (83), modified.

Ingredients:

Rhizoma Rehmanniae Praeparatae	12 g
Rhizoma Dioscoreae	12 g
Fructus Corni	12 g
Semen CXuscutae	12 g
Cortex Eucommiae	9 g
Fructus Lycii	9 g
Colla Cornus Cervi	9 g
Radix Angelicae Sinensis	9 g
Lumbricus	9 g
Radix Aconiti	6 g
Cortex Cinnamoni	6 g
Caulis Spatholobi	15 g

(Direction: Decoct the above drugs for oral dose.)

Modification: In case of smooth and red tongue without fur,

hectic fever, Radix Aconiti and Cortex Cinnamoni should be replaced by Rhizoma Anemarrhenae 6 g and Radix Ophiopogonis 15 g. Additional *Huqian Wan* (131) may be taken, 3—6 g a time, 2—3 times a day.

Other Therapies

1. Cooked spinal cord of a pig or an ox and some soybean, suitable in paralysis and squel stage

2. Acupuncture: The acupoints for paralysis of upper extremities should be *Jianyu, Jianzhen, Quchi, Waiguan* and *Heku*. For paralysis of lower extremities, the acupoints should be *Huantiao, Fengshi, Zusanli, Futu, Yanglingquan, Zuanzhong, Kunlun, Taixi, Shenshu* and *Dachangshu*. Media acupoint is suitable for the talipes valgus, Internal acupoint is for the talipes varus.

Prevention and Nursing

1. In the epidemic period, avoid overworking and catching cold. Postpone receiving vaccines and undergoing unnecessary operations, in order to prevent development from abortive type to paralysis type.

2. The ill children should be isolated for 40 days from the day of onset. Stools should be disinfected, clothes exposed in the sun.

3. The young children of 2—7 months should take OPV (oral poliovirus vaccine). The immunization is reliable without general side effect or local side effect such as the adverse reaction seen in the stomach and intestines.

4. The sick children should be kept in bed. The wet hot compress is used for releasing the muscle pain. If paralysis occurs, the limbs should be put in the functional positions to prevent from deformed descendent limbs.

3.10 Toxic Bacillary Dysentery

Toxic bacillary dysentery, also called fulminant dysentery, is a special type of dysentery. It is a severe acute infectious disease occuring in childhood, characterized by sudden onset with fever, coma and cramps. And it can rapidly develop into a critical condition of unconciousness and collapse. At beginning, it often has no symptoms of tenesmus and bloody stools.

This disease is highly infective. It is known as fulminant dysentery in ancient Chinese medical documents. The aim of the treatment is mainly to clear away intestinal heat and toxic material. In case of convulsion, it should be treated as the excess heat syndrome. If it is accompanied by collapse, additional method of recuperating depleted *Yang* and rescuing the patient from collapse should be also used. When critical conditions disappear, it is managed as the common dysentery.

Etiology and Pathogenesis

Unclean diet is the pathogenic factor that invades the body, accumulates in the stomach and intestines and struggles with the vital–*Qi*. If both the pathogenic factor and vital–*Qi* are vigorous, they are transformed into fire and heat which attack *Yingfen*. If the heat invades pericardium, it causes the upstirring of the liver, leading to sthenia type of coma. If the pathogenic factor is overabundant and dominates the vital–*Qi*, there will occur extra prostration syndrome due to weak vital energy. Loss of consciousness, collapse, deficiency complicated with excess, and cold accompanied by heat are all present at the same time.

The pathogenic factor of damp–heat that struggles with *Qi*

and blood in the intestines causes stagnancy of *Qi* and blood there.*Qi* stagnancy will result in abdominal pain and tenesmus. Blood stasis causes pus and blood, marked by pus and blood stools. If severe heat pathogens and toxity accumulate in the intestines, they will invade *Ying* blood and attack pericardium. Then a series of critical conditions, such as loss of consciousness and prostration syndrome will occur. In this case; no pus and blood stools can be found.

Essentials of Diagnosis

1. This disease should be suspected when the child has a sudden high fever and cramps in summer and autumn months. Intake of unclean diet and exposure to bacillary dysentery are helpful for the establishment of the disease.

2. Fever is around 40℃ . The child may lose consciousness and have convulsion with grey face, cold extremities, rapid pulse and normal or a little lower blood pressure. In severe cases, symptoms such as circulatory collapse or respiratory failure may occur marked by coma, frequent convulsion, decreased blood pressure and wrinkled skin. Besides, the symptoms of cerebral edema can be seen, such as anisocoria, platycoria and absence of photoreaction.

3. Laboratory Findings

(1)Under the microscope, piles of pus cell or RBC, WBC and phagocytes may be seen. If there are more than 10 WBC in one high power field, the disease may be established with the aid of clinical features. If toxic bacillary dysentery is suspected, but there is no evidence of diarrhea, sample can be obtained by saline emema or soapsuds emema.

(2)Positive stool culture rate is about 50–60%.

(3)Increased WBC count and neutrophils.

Type and Treatment

This disease varies in severity. In mild cases, the patient is conscious, only has a high fever, short and slight convulsion. In sever cases, the patient may have deep coma with persistent cramps. Differentiation of sthenia type of coma from prostration syndrome is important. The former belongs to excess syndrome due to toxic heat which stays in the body and attacks *Jueyin*, manifested by high fever,loss of consciousness, and convulsion. If pus and blood stools are found, that shows the pathogenic factors are being expelled out of the body. The latter is developed because of failure of vital–*Qi* to combat pathogenic factors. The *Yang–Qi* collapses suddenly manifested by cold sweat, cold limbs, feeble breathing and pulse.

As for the treatment, methods, like opening, expelling and clearing are available for sthenia type of coma. In case of prostration syndrome, controlling prostration and rescuing the patient from collapse are helpful. Not until now can dysentery itself be treated.

1. Attack of Pathogenic Factor to the Interior

Main Symptoms and Signs: Sudden high fever, restlessness and delirium, repeated convulsions,loss of consciousness, scanty dark urine, pus and blood stools, or only by digital examination or clystering can pus and blood be found, red tongue with dried yellowish fur.

Therapeutic Method: Clearing away heat and toxic material, purging intense heat and inducing resuscitation.

Recipe: *Sanhuang Zhi Po Wan* (132), modified.

Ingredients:

Rhizoma Coptidis	3 g
Radix Scutellariae	9 g
Cortex Phellodendri	6 g
Radix et Rhizoma Rhei	3 g (decocted later)
Fructus Aurantii Iammaturus	6 g
Cortex Magnoliae Officinalis	9 g
Semen Arecae	9 g
Fructus Forsythiae	9 g
Radix Curcumae	9 g
Rhizoma Acori Graminei	9 g

(Direction: Decoct the above drugs for oral use.)

Modification: In case of loss of consciousness and convulsion, absence of dysentery, additional Mirabilitum Depuratum 3g is added to clear away the pathogenic factor. In case of deep coma, repeated cramps, additional Cornu Rhinoceri 1 g, Cornu Antelopis 1 g (infused in the boiling water), or combined with half of a *Angong Niuhuang Wan* (28), two times a day.

2. Loss of Consciousness and Collapse

Main Symptoms and Signs: Sudden pale or blue face, cold limbs, sometimes cold sweat, feeble and short breath, dull eyes, unconsciousness, purpura on the limb skin, faint small and rapid pulse.

Therapeutic Method: Recuperating depleted *Yang* and control prostration syndrome, supplementing *Qi* and rescuing the patient from collapse.

Recipe: *Shenfu Longmu Jiuni Tang* (66)

Ingredients:

Radix Ginseng	3 g
Radix Aconiti Praeparata	9 g

Ds Draconis	12 g.
Concha Ostreae	12 g
Radix Paeoniae Alba	12 g
Radix Glycyrrhizae Praeparata	9 g

(Direction: Decoct the above drugs in water for oral use).

Modification: In case of uneven shallow rapid breathing due to disfunction of kidney–*Qi*, Fructus Schisandrae 15 g, Fructus Corni 30 g are given to vigorate kidney–*Qi*. Only after recuperating depleted *Yang* and regaining consciousness, can dysentery be considered and treated.

Other Therapies

Acupuncture and moxibustion therapy can be used as an auxiliary emergency treatment.

1. For High Fever and Convulsions

First *Renzhong* (DU 26), *Baihui* (DU 20), then *Neiguan* (PC 6), *Fengchi* (GB 20) are punctured, with moderate or intense stimulation.

2. For Prostration syndrome

Insert the needle into *Renzhong* (DU 26), *Zhongchong* (PC 9), twirl the acupuncture needle every four or five minutes. That is so called the method of intermittent stimulus. Moxibustion at *Qihai* (RN 6), *Baihui* (DU 20) is also used at the same time.

3. For Irregular Respiration

Puncture *Huiyin* (RN 1) at rapid frequency.

Prevention and Nursing

1. Pay attention to hygiene of diet, avoid being exposed to patients with dysentery, the wards should be isolated and sterilized.

2. The patient in coma and cramps should be nursed in the

same way as those with infantile convulsion. Medicine is advised to be given by nasal feeding.

4. Diseases of the Newborn

4.1 Jaundice of the Newborn

Jaundice of the newborn is a disease characterized by yellow appearance of the skin, the mucous membranens and sclera. It is usually associated with events happening during the pregnancy. In this section we shall only discuss the jaundice appearing too early, lasting too long or becoming increasingly deep-coloured, and accompanied by other symptoms.

Etiology and Pathogenesis

1. Invasion of Damp-heat in the Interior. Accumulation of damp-heat in the maternal body is conveyed to the fetus. Because of the disfunction of the fetal spleen in transportation, it fails to remove the pathogenic factor out of the body promptly. Retention of damp-heat will develop in the body of the fetus, which is expelled to the skin, producing yellow appearance of cheeks, eyes and the skin.

2. Stagnation due to Cold and Dampness. *Yang*-deficiency of the pregnant mother, insufficiency of spleen-*Yang* of the fetus, or untreated *Yang*-type-jaundice are all responsible for the injury of vital energy and disturbance of body fluid metabolism. Damp pathogen results from cold. Stagnation of cold and dampness makes the skin and subcutaneous tissues yellowish.

Type and Treatment

Jaundice of the newborn is classified into two types: *Yang* jaundice and *Yin* jaundice.

1. *Yang*—type Jaundice

Main Symptoms and Signs: This type of jaundice is manifested by a pale yellow of skin and eyes, deep—yellowish urine, constipation, and fever or without fever, reddish tongue with yellowish and greasy fur, etc.

Therapeutid Method: Clearing away the heat and promoting diuresis.

Recipe: *Yinchenhao Tang* (133),modified.

Ingredients:

Herba Artemisiae Capillaris	15 g
Fried Fructus Lycii	3 g
Talcum	12 g
Semen Plantaginis	9 g
Radix et Rhizoma Rhei (put in later when decocted)	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification If dampness is much more remarkable than heat, manifested by thick greasy fur on the tongue and light coloration, additional fragrant drugs Cortex Magnoliae Officinalis 9 g and Herba Agastachis 9 g are also prescribed.

2. *Yin*—type Jaundice

Main Symptoms and Signs: It is manifesfed by deep—coloured jaundice, spiritlessness. cold limbs, pale—coloured or loose stools, whitish and greasy fur on the tongue, etc.

Therapeutic Method: Invigorating the spleen and warming *Yang* to promote diuresis.

Recipe: *Yinchen Lizhong Tang* (134), modified.

Ingredients:

Herba Artemisiae Capillaris	15 g

Radix Codonopsis Pilosulae	9 g
Fried Rhizoma Atractylodis Macrocephlae	9 g
Rhizoma Zingiberis	3 g
Radix Glycyrrhizae	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification. If there exists deficiency of *Qi* and blood, manifested by pale complexion and listlessness, Radix Astragali seu Hadysari 12 g and Radix Angelicae Sinensis 6 g should be added. If there is difficulty in moving bowels with pale stools, Radix et Rhizoma Rhei 1.5 g, (put in later when decocted) should be added.

Other Therapies

1. Herba Artemisiae 15 g and Herba Plantaginis 12 g are decocted in water for oral dose, applicable to *Yang*—type Jaundice.

2. Herba Artemisiae 15 g, fricd Rhizoma Atratylodis Macrocephlae 9 g and Rhizoma Zingiberis 3 g are decocted in water for oral dose, applicable to *Yin*—type jaundice.

Prevention and Nursing

1. During pregnancy, attention should be paid to the avoidance of drug abuse, irregular dietary regimen and foods that are fried or roasted, pungent in flavor and hot in nature.

2. The pregnant woman, once suffered from either jaundice or liver disease, or being delivered of an infant with pathological jaundice, should undergo careful examination to prevent the disease happening.

3. After birth, the newborn should be kept under close observation. If the jaundice appears too early (before twenty-four hours of life), or fades away too late, or increases the depth of

jaundice gradually, the diagnosis of pathological jaundice may be established as soon as possible.

4. Signs of jaundice infants must be observed all the time, such as events of spirit,sucking, alarming, squint and convulsion.

4.2 Neonatal Septicemia

Newborns are weak in resistance and apt to be attacked by various pyogenic bacteria, which spread rapidly into blood circulation to produce neonatal septicemia. The main routes of infection are the umbilicus, skin, oral cavity, and focus of respiratory system.

Etiology and Pathogenesis

1. Exuberance of Pathogenic Factors. Neonatal membranes are especially delicate. They are likely to be infected by pathogens in the uterus, at or after birth. Since their young–*Yin* is imperfect, pathogens tend to develop into heat–syndrome or firesyndrome, which is manifested by overabundance of noxious heat. Furthermore, pathogens invade *Jueyin*, comsuming and injuring blood, leading to liver–wind syndrome.

2. Invasion of Pathogens in the Interior. Because neonates are insufficient in *Qi* and blood, young and weak in *Yang–Qi*, they will tend to be dominated by the pathogens. If the pathogens invade into the body, they will be powerful enough to prevail over the vital energy. If the pathogens involve the heart, it will cause collapse of vital energy, thus developing Yang–exhaustion syndrome.

Essentials of Diagnosis

1. A History of Infections. Neonatal septicemia may be caused by infections such as those of the mother during the

perinated period and those due to premature rupture of fetal membranes, amniotic fluid contamination, the rupture of umbilicus and skin mucosa , manifested by lassitude, food refusal, fever or subnormal temperature, palor, or exacerbated jaundice, and enlarged liver and spleen; blood spots on the skin or convulsion in severe cases.

2. Laboratory Investigations. White blood cell counts may be below 4,000 or over 25,000 per cubic millimeter, which may be helpful to diagnosis. The establishment of the disease can be confirmed by positive blood culture.

Type and Treatment

1. Exuberance of Pathogenic Factors

Main Symptoms and Signs: This type of septicemia is characterized by sudden onset, sthenic fever, irritability and profuse sweat. In severe cases, there exist visible eruption, coma or convulsion, reddish or crimson tongue with yellowish fur.

Therapeutic Method: Clearing away pathogenic heat and toxic material.

Recipe: *Huanglian Jiedu Tang* (135) combined with *Xijiao Dihuang Tang* (74)

Ingredients:

Rhizoma Coptidis	1.5 g
Cortex Phellodendri	3 g
Fried Fructus Lycii	3 g
Radix Scutellariae	6 g
Cornu Rhinoceri	1 g(decocted first)
Radix Rehmanniae	9 g
Radix Paeoniae Rubra	6 g
Cortex Moutan Radicis	3 g

(Direction: Decoct the above drugs for oral dose.)

Modification. In case of hyperpyretic unconciousness, *Zixue Dan* (72) should also be prescribed. It is taken orally after being infused, twice daily, 0.3 g each time. In case of coma or convulsion, *Angong Niuhuang Wan* (28) should be also given. It is taken orally after being infused, twice daily, 1 / 3 pill each time. In case of deep jaundice Herba Artemisiae Scopariae 15 g is added.

2. Hyperactivity of Fire due to Deficiency of *Yin.*

Main Symptoms and Signs. It is manifested by persistent fever, even higher in the afternoon, dry mouth and tongue, irritability and lassitude, fissures on red apex of the tongue.

Therapeutic Method. Clearing away heat and toxic material, and nourishing *Yin:*

Recipe: *Qingying Tang* (117) modified.

Ingredients:

Radix Rehmanniae	9 g
Radix Scrophulariae	9 g
Radix Ophiopogonis	9 g
Radix Salviae Miltiorrhizae	9 g
Flos Lonicerae	12 g
Fructus Forsythiae	6 g
Rhizoma Coptidis	1.5 g
Cornu Rhinoceri	1 g(decocted first)
Cortex lycii Radicis	9 g
Radix Stellariae	9 g

(Direction: Decoct the above drugs for oral dose.)

3. *Yang*−Deficiency due to Invasion of Pathogens

Main Symptoms and Signs: It is manifested by palor, profuse sweating, lassitude, food refusal, cold extremities, subnormal

temperature, pale tongue, either sudden or gradual oneset of disease, etc.

Therapeutic Method: Warming *Yang* and strengthening the body resisdance to dispel pathogens.

Recipe: *Sini Tang* (136), modified.

Ingredients:

Radix Ginseng	3 g
Radix Astragali seu Hedysari	9 g
Radix Aconiti Praeparata	3 g
Rhizoma Zingiberis	3 g
Radix Angelicae	3 g
Radix Glycyrrhizae	3 g
Rhizoma Ligustici Chuanxiong	3 g
Radix Angelicae Sinensis	9 g
Flos Lonicerae	12 g
Rhizoma Coptidis	1.5 g

(Decoction: Decoct the above drugs for oral dose.)

Modification. If the pathogenic factor refuses to be cleared away, Squama Manitis 3 g, Radix Angelicae Dahuricae 3 g should be added. In severe cases, characterized by profuse cold sweating, *Dushen Tang* or *Shenfu Tang* may also be given, After the recovery of *Yang–Qi,* the method of clearing away heat and toxic material will then be used to eliminate the pathogenic factor.

Prevention and Nursing

1. The pregnant woman should be kept to avoid infection before giving birth.

2. The areas of umbilicus and skin folds should be kept dry and clean. Skin mucosa of the newborn should be prevented from

injury or infection.

3. Spirit, appetite and temperature of the newborn should be closely observed. When mildly infected, he must be isolated and treated at once.

4.3 Scleredema Neonatorum

Scleredema neonatorum is a specific disease usually seen in the one week-old newborns. There is a high incidence in cold seasons and in prematures and weak infants. It is clinically characterized by hard and cold skin and subcutaneous tissues, subnormal temperature, weak crying, difficulty in sucking, edema or without edema, etc. If not treated promptly, there will often be a poor prognosis. In severe cases, it can be complicated by lung bleeding and endanger the patients' lives. There is a high death rate.

Etiology and Pathogenesis

With weak constitution and insufficiency of the kidney-*Yang*, newborns are subject to pathogenic cold. It will in turn, if not properly nursed, make the kidney-*Yang* more deficient in warming the skin, leading to stagnation of *Qi* and blood. Because blood circulation fails to supply enough nutrition to the extremities, the extremities become cold, hard and swollen, the skin turns cyanotic and joints are rigid. Asthenia of both the spleen and kidney results in retention of excessive cold-dampness in the body. The process begins over the lower legs and the thighs and then extends upwards. The deficiency of kidney-*Yang* leads to deficiency of *Qi* in middle-*Jiao*, making the crying weak and asthenic. With insufficiency of *Yang* failing to warm the skin, the temperature is subnormal and the whole body is cold. The retention of water in the body due to deficiency of spleen-*Yang* pro-

duces edema with the skin being pitted.

Diagnosis

1. The disease is most commonly seen in premature or weak infants of first week of life, often occuring in the cold months.

2. Symptoms: The process of hardening of the subcutaneous tissues begins over the legs, the outsides of the thighs, and rapidly extends to involve the buttocks and abdomen, even the entire subcutaneous tissues in severe cases. When involving the face, it causes difficult sucking. The skin feels like a board and cannot be picked up or pinched into folds. When the disease is accompanied by edema, the skin may be pitted. Other symptoms are: deep—purple skin, cold limbs, subnormal temperature, weak crying, debilitated limbs, feeble breath and powerless sucking.

Type and Treatment

it is classified into two types according to the clinical features: blood stasis due to cold and insufficiency of *Yang*—energy. The main principles of treatment are to supplement *Qi* and activate blood circulation, and to warm *Yang* to dispel the cold. Good nursing and feeding are necessary. The sick infant should be kept warm to maintain his temperature control.

1. Blood Stasis due to Cold

Main Symptoms and Signs. The temperature of the whole body is subnormal. The skin and the tissues of the extremities are cold. The skin becomes so swollen and so solid that it is not easy to pick up separately from the muscles. The affected parts start from the lower legs or the lateral thighs and then to the arms and cheeks or other parts of the body. The skin is dark—coloured or cyanotic with red lips, crimson tongue, and purple superficial venule of index finger.

Therapeutic Method: Promoting the flow of *Qi* by warming the channels, and promoting the blood circulation to remove the obstruction in the channels.

Recipe: *Danggui Sini Tang* (137), modified.

Ingredients:

Radix Angelicae Sinensis	6 g
Ramulus Cinnamomi	1 g
Radix Astragali seu Hedysari	6 g
Caulis Spatholobi	6 g
Radix Paeoniae Alba	6 g
Radix Glycyrrhizae	1.5 g

(Direction: Decoct the above drugs for oral dose.)

Modification. When limbs are extremely cold, Fructus Euodiae 6 g is added to promote blood circulation. When the skin is dark purple and the blood stasis is much more severe, Flos Carthami 1 g and Radix Salviae Miltiorrhizae 6 g are added to promote blood circulation and to remove blood stasis.

2. Deficiency of Both *Yang* ang *Qi*

Main Symptoms and Signs: It is characterized by pale complexion, weak breath, crying and sucking, lethargy, subnormal temperature, hard and cold skin all over the body, pale and pitted swelling, rigid joints, lying with less or no movement, whitish lips and tongue, and hypochromic superficial venule of index finger, etc.

Therapeutic Method: Supplementing *Qi* and warming *Yang*.

Recipe: *Shenfu Tang* (26). modified.

Ingredients:

Radix Ginseng	0.5 g	(decocted first)
Radix Aconiti Praeparata	1 g	

Ramulus Cinnamomi	1 g
Radix Angelicae Sinensis	3 g
Radix Astragali seu Hedysari	6 g
Flos Carthami	1 g

(Direction: Decoct the above drugs for oral dose.)

Other Therapies

1. Keep Warm and Restore Normal Temperature. Restoring normal temperature is an important step to treat the disease. A hot-water bag, cotton blanket or an incubator can be used, remember to keep the skin from contacting the incubator directly to avoid being burnt, The temperature in the incubator should be slowly raised to prevent death from sudden bleeding. The sick infant may be kept to nestle to the breast to raise the temperature gradually.

2. Feeding. Enough quantity of heat should be given. Nasal feeding may be used when nccessary. Glucose or plasma may be given intravenously.

3. Chuanxiong-Honghua Injection. Each ml of this drug contains Rhizoma Ligustici Chuanxiong 1 g and Flos Carthami 0.6 g. It is given 0.1-0.3ml/kg body weight added into 20-50ml of 10 per cent glucose solution, by intravenous drip, 2-4 times daily. The dosage may be reduced after the symptom is improved.

Prevention and Nursing

1. Pay attention to prenatal care of the pregnant woman to prevent prematurity.

2. Take intense care of the newborn. Keep the premature or the weak newborn to maintain a steady and normal body temperature.

3. Pay attention to the feeding. For the weak sucking infant,

sufficient quantity of heat and water should be given through oral or nasogastric tube, glucose and plasma should be given by intravenous drip.

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Cinnabaris	朱砂	(*Zhusha*)
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Radix Paeoniae	芍药 (*Shaoyao*)
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Radix Angelicae Sinensis	当归 (*Danggui*)
Radix Glycyrrhizae Praeparata	炙甘草(*Zhi Gancao*)
Caulis Akebiae	木通 (*Mutong*)
Fructus Ziziphi Jujubae	大枣 (*Dazao*)

Daochi San 导赤散(61) **100,357**

(Powder for Treating Dark Urine)——from KEY TO DIFFERENTITION AND TREATMENT OF DISEASES OF CHILDREN

Radix Rehmanniae	生地 (*Shengdi*)
Caulis Akebiae	木通 (*Mutong*)
Herba Lophatheri	竹叶 (*Zhuye*)
bits of Radix Glycyrrhizae	甘草梢(*Gancao shao*)

Daqinglong Tang 大青龙汤(22) **37,327**

(Major Green Dragon Decoction)——from TREATISE ON EXOGENOUS FEBRILE DISEASES

Herba Ephedrae	麻黄 (*Mahuang*)
Semen Armeniacae Amarum	杏仁 (*Xingren*)
Ramulus Cinnamomi	桂枝 (*Guizhi*)
Radix Glycyrrhizae	甘草 (*Gancao*)
Gypsum Fibrosum	石膏 (*Shigao*)
Rhizoma Ziziphi Recens	生姜 (*Shengjiang*)
Fructus Ziziphi Jujubae	大枣 (*Dazao*)

Dingchuan Tang 定喘汤(29) **50,334**

(Decoction for Relieving Asthma)——from EXCELLENT PRESCRIPTIONS FOR KEEPING HEALTH

Herba Ephedrae	麻黄 (*Mahuang*)
Semen Ginkgo	白果 (*Baiguo*)
Radix Scutellariae	黄芩 (*Huangqin*)
Rhizoma Pinelliae	半夏 (*Banxia*)
Flos Farfarae	款冬花(*Kuandonghua*)

Cortex Mori Radicis	桑白皮(*Sangbaipi*)
Radix Glycyrrhizae	甘草 (*Gancao*)
Semen Armeniacae Amarum	杏仁 (*Xingren*)
Fructus Perillae	苏子 (*Suzi*)

Dingpo Wan 定魄丸(97) **144,379**

——from VALUABLE REFERENCE OF EASTERN

Radix Ginseng	人参 (*Renshen*)
Succinum	琥珀 (*Hupo*)
Lignum Pini Poriaferum	茯神 (*Fushen*)
Radix Polygalae	远志 (*Yuanzhi*)
Cinnabaris	朱砂 (*Zhusha*)
Rhizoma Gastrodiae	天麻 (*Tianma*)
Rhizoma Acori Graminei	石菖蒲(*ShiChangpu*)
Radix Asparagi	天冬 (*Tiandong*)
Semen Ziziphi Spinosae	酸枣仁(*Suanzaoren*)
Radix Glycyrrhizae	甘草 (*Gancao*)

Equal amount of all the drugs each are ground to powder, which is mixed with honey and made into pills like beans of Chinese honey locust in size, coated by Cinnabaris. Each pills is taken with the decoction of Medulla Junci and Menthae.

Ding's Qingluo Yin 丁氏清络饮(104) **151,382**

——from DING'S MEDICAL CASE REPORTS

Cornu Antelopis	羚羊角(*Lingyangjiao*)
Herba Dendrobii	石斛 (*Shihu*)
Radix Cynanchi Atrati	白薇 (*Baiwei*)
Radix Paeoniae Rubra	赤芍 (*Chishao*)
Fructus Leonuri	茺蔚子 (*Chongweizi*)

Caulis Bambusae in Taeniam	竹茹 (*Zhuru*)
Retinervus Luffae Fructus	丝瓜络(*Sigualuo*)
Caulis Lonicerae	忍冬藤(*Rendongteng*)
Caulis Polygoni Multiflori	夜交藤(*Yejiaoteng*)
Ramulus Mori	桑枝 (*Sangzhi*)
Lumbricus	地龙 (*Dilong*)

Dingtu Wan 定吐丸(38) **67,342**

(Bolus for Relieving Vomit)——from THE GOLDEN MIRROR OF MEDICINE

Flos Syzygii Aromatici	丁香 (*Dingxiang*)
the tail of Scorpio	蝎尾 (*Xiewei*)
Rhizoma Pinelliae	半夏 (*Banxia*)
Fructus Ziziphi Jujubae	枣肉 (*Zaorou*)
(Made into bolus)	

Dingxian Wan 定痫丸(100) **146,379**

(Bolus for Stopping Epilepsy)——from A SUMMARY ON MEDICINE FROM CLINICAL PRACTICE

Rhizoma Gastrodiae	天麻 (*Tianma*)
Bulbus Fritillariae Cirrhosae	川贝 (*Chuanbei*)
Arisaema cum Bile	南星 (*Nanxing*)
Rhizoma Pinelliae	半夏 (*Banxia*)
Pericarpium Citri Reticulatae	陈皮 (*Chenpi*)
Poria	茯苓 (*Fuling*)
Lignum Pini Poriaferum	茯神 (*Fushen*)

Radix Salviae Miltiorrhizae	丹参	(*Danshen*)
Radix Ophiopogonis	麦冬	(*Maidong*)
Rhizoma Acori Graminei	菖蒲	(*Changpu*)
Radix Polygalae	远志	(*Yuanzhi*)
Scorpio	全蝎	(*Quanxie*)
Bombyx Batryticatus	僵蚕	(*Jiangcan*)
Succinum	琥珀	(*Hupo*)
Cinnabar	辰砂	(*Chensha*)
Succus Bambosae	竹沥	(*Zhuli*)
Succus Zingiberis	姜汁	(*Jiangzhi*)
Radix Glycyrrhizae	甘草	(*Gancao*)

Ditan Tang 涤痰汤(101) **146,211,379,414**

(Phlegm-Removing Decoction)——from YAN'S BRIEF COLLECTION OF RECIPES

Rhizoma Pinelliae	半夏	(*Banxia*)
Pericarpium Citri Reticulatae	陈皮	(*Chenpi*)
Poria	伏苓	(*Fuling*)
Radix Glycyrrhizae	甘草	(*Gancao*)
Caulus Bambusae in Taeniam	竹茹	(*Zhuru*)
Fructus Aurantii Immaturus	枳实	(*Zhishi*)
Rhizoma Zingiberis Recens	生姜	(*Shengjiang*)
Rhizoma Arisaematis	胆星	(*Danxing*)
Radix Ginseng	人参	(*Renshen*)
Rhizoma Acori Graminei	菖蒲	(*Changpu*)

Dushen Tang 独参汤(65)

(Decoction of Ginseng)

Radix Ginseng 人参 (*Renshen*)

Erchen Tang 二陈汤(19) **30,39,324,329**

(Two Old Drugs Decoction)——from PRESCRIPTIONS OF TAIPING-BENEVOLENT DESPENSARY

Rhizoma Pinelliae 半夏 (*Banxia*)

Pericarpium Citri Reticulatae 陈皮 (*Chenpi*)

Poria 茯苓 (*Fuling*)

Radix Glycyrrhizae Praeparata 炙甘草 (*ZhiGancao*)

Ermiao San 二妙散(105) **151,382**

(Two Wonderful Drugs Powder)——from DANXI'S EXPERIENTIAL THERAPY

Rhizoma Atractylodis 苍术 (*Cangzhu*)

Cortex Phellodendri 黄柏 (*Huangbo*)

Erzhi Wan 二至丸(73) **110,362**

(Two Solstices Pill)——from COLLECTION AND EXPLANATION OF RECIPES

Fructus Ligustri Lucidi 女贞子(*Nuzhenzi*)

Herba Ecliptae 旱莲草(*Hanliancao*)

Feier Wan 肥儿丸(55) **95,355**

(Fattening Baby Pill)——from COLLECTION AND EXPLANATION OF PRESCRIPTIONS

Radix Ginseng 人参 (*Renshen*)
Poria 茯苓 (*Fuling*)
Rhizoma Atractylodis Macrocephalae 白术 (*Baizhu*)
Rhizoma Coptidis 黄连 (*Huanglian*)
Rhizoma Picrorhizae 胡黄连(*Huhuanglian*)
Fructus Quisqualis 使君子(*Shijunzi*)
Massa Fermentata Medicinalis 神曲 (*Shenqu*)
Fructus Hordei Geminatus 麦芽 (*Maiya*)
Fructus Crataegi 山楂 (*Shanzha*)
Aloe 芦荟 (*Luhui*)
Radix Scutellariae 甘草 (*Gancao*)

Fuzi Lizhong Tang 附子理中汤(43) **74,80,87,345,348,351**
(Decoction for Middle-Jiao Regulating With Aconitum)
Radix Ginseng 人参 (*Renshen*)
Rhizoma Atractylodis Macrocephalae 白术 (*Baizhu*)
Rhizoma Zingiberis Praeparata 炮姜 (*Paojiang*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Radix Aconoti 附子 (*Fuzi*)

Fuzi Xiexin Tang 附子泻心汤(70) **108,361**
——from TREATISE ON EXOGENOUS FEBRILE DISEASES
Radix et Rhizoma Rhei 大黄 (*Daihuang*)
Rhizoma Coptidis 黄连 (*Huanglian*)

Radix Scutellariae 黄芩 (*Huangqin*)
Radix Aconiti Praeparata 炮附子(*Paofuzi*)

Ganlu Xiaodu Dan 甘露消毒丹(33) **57,91,138,215, 337,353,376,416**

(Sweet Dew Detoxification Pill)——from COMPENDIUM ON SEASONAL FEBRILE DISEASES

Talcum 滑石 (*Huashi*)
Herba Artemisiae Scopariae 茵陈 (*Yinchen*)
Rhizoma Acori Graminei 石菖蒲(*Shichangpu*)
Radix Scutellariae 黄芩 (*Huangqin*)
Bulbus Fritillariae Cirrhosae 川贝 (*Chuanbei*)
Fructus Forsythiae 连翘 (*Lianqiao*)
Herba Agastachis 藿香 (*Huoxiang*)
Rhizoma Belamcandae 射干 (*Shegan*)
Caulis Akebiae 木通 (*Mutong*)
Semen Amomi Cardamomi 白蔻仁(*Baikouren*)
Herba Menthae 薄荷 (*Bohe*)

Gan Mai Dazao Tang 甘麦大枣汤(109) **160,386**

(Decoction of Radix Glycyrrhizae, Fructus Tritici Levis and Fructus Ziziphi Jujubae)——from THE GOLDEN CHAMBER

Radix Glycyrrhizae 甘草 (*Gancao*)
Fructus Tritici Levis 小麦 (*Xiaomai*)
Fructus Ziziphi Jujubae 大枣 (*Dazao*)

Gegen Qin Lian Tang 葛根芩连汤(40) **72,136,215, 344,375,416**

346,377,418

(decoction of Radix Puerariae, Radix Scutellariae and Rhizoma Coptidis)——from TREATISE ON EXOGENOUS FEBRILE DISEASES

Radix Puerariae	葛根 (*Gegen*)
Radix Scutellariae	黄芩 (*Huangqin*)
Rhizoma Coptidis	黄连 (*Huanglian*)
Radix Glycyrrhizae	甘草 (*Gancao*)

Guipi Tang 归脾汤(60) **99,111,125,147,160, 357,362,379,380,386**

(Decoction for Invigorating the Spleen and Nourishing the Heart)——from RECIPES FOR SAVING LIVES

Radix Codonopsis Pilosulae	党参 (*Dangshen*)
Radix Astragali seu Hedysari	黄芪 (*Huangqi*)
Rhizoma Atractylodis Macrocephalae	白术 (*Baizhu*)
Lignum Pini Poriaferum	茯神 (*Fushen*)
Semen Ziziphi Spinosae	酸枣仁(*Suanzaoren*)
Arillus Longan	桂圆肉(*Guiyuanrou*)
Radix Aucklandiae	木香 (*Muxiang*)
Radix Glycyrrhizae Preaparata	炙甘草(*Zhigancao*)
Radix Angelicae Sinensisn	当归 (*Danggui*)
Radix Polygalae	远志 (*Yuanzhi*)
Rhizoma Zingiberis Recens	生姜 (*Shengjiang*)

Fructus Ziziphi Jujubae 大枣 (*Dazao*)

Guizhi Shaoyao Zhimu Tang 桂枝芍药知母汤(107) **153,383**
(Decoction of Ramulus Cinnamomi, Radix Paeoniae and Rhizoma Anemarrhenae)---from THE GOLDEN CHAMBER

Ramulus Cinnamomi 桂枝 (*Guizhi*)
Radix Paeoniae 芍药 (*Shaoyao*)
Rhizoma Anemarrhenae 知母 (*Zhimu*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Herba Ephedrae 麻黄 (*Mahuang*)
Rhizoma Atractylodis Macrocephalae 白术 (*Baizhu*)
Radix Ledebouriellae 防风 (*Fangfeng*)
Radix Aconiti Praeparatae 附子 (*Fuzi*)
Rhizoma Zingiberis Recens 生姜 (*Shengjiang*)

Heqi Yin 和气饮(39) **72,344**
(Decoction for Regulating *Qi*)---from THE GOLDEN MIRROR OF MEDICINE

Rhizoma Atractylodis 苍术 (*Cangzhu*)
Perillae 紫苏 (*Zisu*)
Radix Ledebouriellae 防风 (*Fangfeng*)
Radix Paeoniae Rubra 赤芍 (*Chishao*)
Glycine maxl Merr 豆豉 (*Douchi*)
Herba Agastachis 藿香 (*Huoxiang*)
Pericarpium Citri Reticulatae 陈皮 (*Chenpi*)
Cortex Magnoliae

Officinalis 厚朴 (*Houpo*)
Radix Glycyrrhiza Praeparata 炙甘草(*Zhigancao*)

Huaban Jiedu Tang 化斑解毒汤(116) **179,498**
(Decoction for Relieving Feverish Rash and Dispelling Pathogenic Factors)——from ORTHODOX MANUAL OF SURGERY

Radix Scrophulariae 玄参 (*Xuanshen*)
Rhizoma Anemarrhenae 知母 (*Zhimu*)
Gypsum Fibrosum 石膏 (*Shigao*)
Fructus Arctii 牛蒡子(*Niubangzi*)
Praeparated faeces of children 人中黄(*Renzhonghuang*)
Rhizoma Coptidis 黄连 (*Huanglian*)
Rhizoma Cimicifugae 升麻 (*Shengma*)
Fructus Forsythiae 连翘 (*Lianqiao*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Herba Lophatheri 淡竹叶(*Danzhuye*)

Huanglian JieduTang 黄连解毒汤(135) **230,424**
(Antidatal Decoction of Coptis)——from THE MEDICAL SECRETS OF AN OFFICIAL

Radix Scutellariae 黄芩 (*Huangqin*)
Rhizoma Coptidis 黄连 (*Huanglian*)
Cortex Phellodendri 黄柏 (*Huangbo*)
Fructus Gardeniae 栀子 (*Zhizi*)

Huanglian Wendan Tang 黄连温胆汤(110) **162,387**

(Decoction of Rhizoma Coptidis to Warm the Gallbladder)——from VALUABLE PRESCRIPTIONS

Rhizoma Pinelliae	半夏	(*Banxia*)
Pericarpium Citri Reticulatae	陈皮	(*Chenpi*)
Radix Glycyrrhizae	甘草	(*Gancao*)
Poria	茯苓	(*Fuling*)
Fructus Aurantii Immaturus	枳实	(*Zhishi*)
Caulis Bambusae in Taeniam	竹茹	(*Zhuru*)
Rhizoma Coptidis	黄连	(*Huanglian*)
Fructus Ziziphi Jujubae	大枣	(*Dazao*)

Huangqi Jianzhong Tang 黄芪建中汤(50) **82,349**

(Decoction of Astragalus for Tonifying Middle-*Jiao*)——from TREATISE ON EXOGENOUS FEBRILE DISEASES

Ramulus Cinnamomi	桂枝	(*Guizhi*)
Radix Glycyrrhizae	甘草	(*Gancao*)
Fructus Ziziphi Jujubae	大枣	(*Dazao*)
Radix Paeoniae	芍药	(*Shaoyao*)
Rhizoma Zingiberis Recens	生姜	(*Shengjiang*)
malt sugar	饴糖	(*Yitang*)
Radix Astragali seu Hedysar	黄芪	(*Huangqi*)

Hubo Baolong Wan 琥珀抱龙丸(14) **23,321**

——from PROMOTING LONGEVITY AND ENERGY

Calculus Bovis	牛黄	(*Niuhuang*)

Succinum	琥珀 (*Hupo*)
Realgar	雄黄 (*Xionghuang*)
Poria Rubra	赤苓 (*Chiling*)
Arisaema cum Bile	胆南星(*Dannanxing*)
Scorpio	全蝎 (*Quanxie*)
Cinnabaris	朱砂 (*Zhusha*)
Concretio Silicea Bambusae	天竺黄(*Tianzhuhuang*)
Moschus	麝香 (*Shexiang*)

Huo Po Xia Ling Tang 藿朴夏苓汤(90) **138,376**
(Decoction of Agastachis, Magnolia, Pinellia and Poria)——from MASTER COPY OF MEDICINE

Herba Agastachis	藿香 (*Huoxiang*)
Rhizoma Pinelliae	半夏 (*Banxia*)
Semen Armeniacae Amarum	杏仁 (*Xingren*)
Poria Rubra	赤茯苓 (*Chifuling*)
Semen Coicis	苡仁 (*Yiren*)
Semen Amomi Cardamomi	白蔻仁(*Baikouren*)
Polyporus Umbellatus	猪苓 (*Zhuling*)
Rhizoma Alismatis	泽泻 (*Zexie*)
Semen Sojae	豆豉 (*Douchi*)
Cortex Magnoliae Officinalis	厚朴 (*Houpo*)

Huoxiang Zhengqi San 藿香正气散(10) **23,321**
(Powder of Agastrachis for Restoring Health)——from PRESCRIPTION OF TAIPING BENEVOLENT DESPENSARY

Herba Agastachis	藿香 (*Huoxiang*)
Fructus Perillae	紫苏 (*Zisu*)
Radix Angelicae Dahuricae	白芷 (*Baizhi*)
Radix Platycodi	桔梗 (*Jegeng*)
Rhizoma Atractylodis Macrocephalae	白术 (*Baizhu*)
Cortex Magnoliae Officinalis	厚朴 (*Houpo*)
Massa Pinelliae Fermentatae	半夏曲 (*Banxiaqu*)
Pericarpium Arecae	大腹皮(*Dafupi*)
Poria	茯苓 (*Fuling*)
Pericarpium Citri Reticulatae	橘皮 (*Jupi*)
Radix Glycyrrhizae	甘草 (*Gancao*)

Huqian Wan 虎潜丸(131) **219,417**

——from DANXI'S EXPERIENTIAL THERAPY

Rhizoma Anemarrhenae	知母 (*Zhimu*)
Cortex Phellodendri	黄柏 (*Huangbo*)
Plastrum Testudinis	龟板 (*Guiban*)
Rhizoma Rehmanniae Praeparatae	熟地 (*Shoudi*)
Pericarpium Citri Reticulatae	陈皮 (*Chenpi*)
Radix Paeoniae Alba	白芍 (*Baishao*)
Rhizoma Zingiberis	干姜 (*Ganjiang*)
Herba Cynomorii	锁阳 (*Suoyang*)

Os Tigris 虎骨 (*Hugu*)

Jianpi Wan 健脾丸(52) **87,351**

(Bolus of Invigorating the Spleen)——from COLLECTION AND EXPLANATION OF PRESCRIPTIONS

Radix Ginseng 人參 (*Rensheng*)
Rhizoma Atractylodis Macrocephalae 白术 (*Baizhu*)
Pericarpium Citri Reticulatae 陈皮 (*Chenpi*)
Fructus Hordei Germinatus 麦芽 (*Maiya*)
Fructus Crataegi 山楂 (*Shanzha*)
Fructus Aurantii Immaturus 枳实 (*Zhishi*)
Massa Fermentata Medicinalis 神曲 (*Shenqu*)

Jinfocao San 金沸草散(125) **201,408**

(Powder of Herba Inulae)——from THE BOOK OF SAVING LIFE IN NANYANG

Herba Inulae 金沸草(*Jinfocao*)
Radix Peucedani 前胡 (*Qianhu*)
Herba Schizonepetae 荆芥 (*Jingjie*)
Herba Asari 细辛 (*Xixin*)
Rhizoma Pinelliae 半夏 (*Banxia*)
Poria 茯苓 (*Fuling*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Rhizoma Zingiberis Recens 生姜 (*Shengjiang*)

Fructus Ziziphi Jujubae 大枣 (*Dazao*)

Jingfang Baidu San 荆防败毒散(1) **16,320**

(Antiphlogistic Powder of Schizonepeta and Ledebouriella)——from EXCELLENT PRESCRIPTION FOR KEEPING HEALTH

Herba Schizonepetae 荆芥 (*Jingjie*)
Radix Ledebouriellae 防风 (*Fangfeng*)
Rhizoma seu Radix Notopterygii 羌活 (*Qianghuo*)
Radix Angelicae Pubescentis 独活 (*Duhuo*)
Radix Bupleuri 柴胡 (*Chaihu*)
Radix Peucedani 前胡 (*Qianhu*)
Rhizoma Ligustici Chuanxiong 川芎 (*Chuanxiong*)
Fructus Aurantii 枳壳 (*Zhike*)
Radix Ginseng 人参 (*Renshen*)
Poria 茯苓 (*Fuling*)
Radix Platycodi 桔梗 (*Jegeng*)
Radix Glycyrrhizae 甘草 (*Gancao*)

Jinhuang San 金黄散(121) **190,403**

(Golden Yellow Powder)——from ORTHODOX MANUAL OF SURGERY

Arisaema cum Bile 南星 (*Nanxing*)
Rhizoma Atractylodis 苍术 (*Cangzhu*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Radix Angelicae Dahuricae 白芷 (*Baizhi*)

Radix Trichosanthis	花粉 (*Huafen*)
Cortex Magnoliae Officinalis	厚朴 (*Houpo*)
Pericarpium Citri Reticulatae	陈皮 (*Chenpi*)
Cortex Phellodendri	黄柏 (*Huangbo*)
Rhizoma Curcumae Longae	姜黄 (*Jianghuang*)
Radix et Rhizoma Rhei	大黄 (*Daihuang*)

Jinkui Shenqi Wan 金匮肾气丸(30) **52,111,334,363**

(Golden Chamber Bolus for Promoting Kidney-*Qi*)——from SYNOPSIS OF PRESCRIPTIONS OF THE GOLDEN CHAMBER

Radix Aconiti Praeparata	熟附子(*Shoufuzi*)
Ramulus Cinnamomi	桂枝 (*Guizhi*)
Rhizoma Rehmanniae Praeparatae	熟地 (*Shoudi*)
Rhizoma Dioscoreae	山药 (*Shanyao*)
Fructus Corni	山茱萸(*Shanzhuyu*)
Cortex Moutan Radicis	丹皮 (*Danpi*)
Poria	茯苓 (*Fuling*)
Rhizoma Alismatis	泽泻 (*Zexie*)

Jinsuo Gujing Wan 金锁固精丸(84) **111,363**

(Golden Lock Pill for Keeping the Kidney Essence)——from COLLECTION AND EXPLANATION OF PRESCRIPTIONS

Semen Astragali Complanati	沙蒺藜(*Shajili*)

Semen Euryales	芡实 (*Qianshi*)
Stamen Nelumbinis	莲须 (*Lianxu*)
Os Draconis Praeparatae	煅龙骨(*Duanlonggu*)
Concha Ostreae Praeparatae	煅牡蛎(*Duanmuli*)

Jisheng Shenqi Wan 济生肾气丸(79) **111,363**

(Jisheng pill for Invigorating Kidney–*Qi*)——from RECIPES FOR SAVING LIVES

Radix Rehmanniae Praeparatae	熟地 (*Shoudi*)
Ramulus Cinnamomi	桂枝 (*Guizhi*)
Radix Aconiti Praeparatae	熟附子(*Shoufuzi*)
Rhizoma Dioscoreae	山药 (*Shanyao*)
Fructus Corni	山茱萸(*Shanzhuyu*)
Cortex Moutan Radicis	丹皮 (*Danpi*)
Poria	茯苓 (*Fuling*)
Rhizoma Alismatis	泽泻 (*Zexie*)
Semen Plantaginis	车前子(*Cheqianzi*)
Radix Achyranthis Bidentatae	牛膝 (*Niuxi*)

Liangge San 凉膈散(6) **21,56,320,337**

(Powder for Removing Heat From the Diaphram)——from PRESCRIPTIONS OF TAIPING BENEVOLENT DESPENSARY

Radix et Rhizoma Rhei	大黄 (*Daihuang*)
Natrii Sulfas	芒硝 (*Mangxiao*)
Radix Glycyrrhizae	甘草 (*Gancao*)
Fructus Gardeniae	栀子 (*Zhizi*)
Radix Scutellariae	黄芩 (*Huangqin*)

Herba Menthae	薄荷 (*Bohe*)
Fructus Forsythiae	连翘 (*Lianqiao*)
Herba Lophatheri	竹叶 (*Zhuye*)
Apismellifera Linnaeus	白蜜 (*Baimi*)

Lian Mei Tang 连梅汤(45) **75,345**

(Decoction of Coptidis and Mume)——from ANALYSIS OF EPIDEMIC FEBRILE DISEASES

Rhizoma Coptidis	黄连 (*Huanglian*)
Fructus Mume	乌梅 (*Wumei*)
Radix Ophiopogonis	麦冬 (*Maidong*)
Rhizoma Rehmanniae	生地 (*Shengdi*)
Colla Corii Asini	阿胶 (*Ejiao*)

Lingjiao Gouteng Tang 羚角钩藤汤(27) **43,171,330,393**

(Decoction of Coranum Antelopis and Ramulus Umcariae cum Uncis)——from POPULAR TREATIAE ON EXOGENOUS FEBRILE DISEASES

Cornu Antelopis	羚羊角(*Lingyangjiao*)
Folium Mori	桑叶 (*Sangye*)
Bulbus Fritillariae Cirrhosae	川贝 (*Chuanbei*)
Radix Rehmanniae (fresh)	鲜生地(*Xianshengdi*)
Ramulus Uncariae cum Uncis	钩藤 (*Gouteng*)
Flos Chrysanthemi	菊花 (*Juhua*)
Radix Paeoniae Alba	白芍 (*Baishao*)
Radix Glycyrrhizae	生甘草(*Shenggancao*)
Caulis Bambusae in	

Taeniam (fresh)	鲜竹茹(*Xianzhuru*)
Lignum Pini Poriaferum	茯神 (*Fushen*)

Liu Junzi Tang 六君子汤(21) **32,325**

(Decoction of Six Ingredients)——from AN ENCYCLOPAEDIA OF USEFUL PRESCRIPTIONS FOR WOMEN

Radix Ginseng	人参 (*Renshen*)
Radix Glycyrrhizae Praeparata	炙甘草 (*Zhigancao*)
Poria	茯苓 (*Fuling*)
Rhizoma Atractylodis Macrocephalae	白术 (*Baizhu*)
Pericarpium Citri Reticulatae	陈皮 (*Chenpi*)
Rhizoma Pinelliae Praeparata	制半夏 (*ZhiBanxia*)

Liuwei Dihuang Wan 六味地黄丸(32) **111,362**

(Bolus of Six Drugs Including Rehmannia)——from KEY TO DIFFERENTIATION AND TREATMENT OF DISEASE OF CHILDREN

Rhizoma Rehmanniae Praeparatae	熟地 (*Shoudi*)
Fructus Corni	山萸肉(*Shanyurou*)
Rhizoma Dioscoreae	山药 (*Shanyao*)
Poria	茯苓 (*Fuling*)
Cortex Moutan Radicis	丹皮 (*Danpi*)
Rhizoma Alismatis	泽泻 (*Zexie*)

Longdan Xiegan Tang 龙胆泻肝汤(67) **109,130,190, 361,372,403**

(Decoction of Gentiane for Purging the Liverfire)——from SECRET RECORD OF THE CHAMBER OF ORCHIDS

Radix Gentianae	龙胆草(*Longdancao*)
Rhizoma Alismctis	泽泻 (*Zexie*)
Caulis Akebiae	木通 (*Mutong*)
Semen Plantaginis	车前子(*Cheqianzi*)
Radix Angelicae Sinensis	当归 (*Danggui*)
Radix Bupleuri	柴胡 (*Chaihu*)
Radix Glycyrrhizae	甘草 (*Gancao*)
Radix Rehemanniae	生地黄(*Shengdihuang*)

Mahuang Lianqiao Chixiaodou Tang 麻黄连翘赤小豆汤(62) **104,360**

——from TREATISE ON EXOGENOUS FEBRILE DISEASES

Herba Ephedrae	麻黄 (*Mahuang*)
Semen Armeniacae Amarum	杏仁 (*Xingren*)
Caealpaovata G. Don	生梓白皮(*Shengzibaipi*)
Fructus Forsythiae	连翘 (*Lianqiao*)
Semen Phaseoli	赤小豆(*Chixiaodou*)
Radix Glycyrrhizae	甘草 (*Gancao*)
Rhizoma Zingiberis Recens	生姜 (*Shengjiang*)
Fructus Ziziphi Jujubae	大枣 (*Dazao*)

Ma Xing Shi Gan Tang 麻杏石甘汤(9) **22,38,135,170, 320,328,375,393**

(Decoction of Ephedra, Apricot Kernel, Gypsum and Licorice)——from TREATISE ON EXOGENOUS FEBRILE DOSEASES

Herba Ephedrae	麻黄 (*Mahuang*)
Semen Armeniacae Amarum	杏仁 (*Xingren*)
Gypsum Fibrosum	石膏 (*Shigao*)
Radix Glycyrrhizae	甘草 (*Gancao*)

Muxiang Binglang Wan 木香槟榔丸(47) **81,348**

(Bolus of Aucklandia and Areca)——from COLLECTION AND EXPLANATION OF PRESCRIPTIONS

Radix Auoklandiae	木香 (*Muxiang*)
Semen Arecae	槟榔 (*Binlang*)
Pericarpium Citri Reaiculatae Viride	青皮 (*Qingpi*)
Pericarpium Citri Reticulatae	陈皮 (*Chenpi*)
Fructus Aurantii	枳壳 (*Zhike*)
Rhizoma Zedoariae	莪术 (*Ezhu*)
Rhizoma Coptidis	黄连 (*Huanglian*)
Rhizoma Sparganii	三棱 (*Sanleng*)
Radix et Rhizoma Rhei	大黄 (*Daihuang*)
Cortex Phellodendri	黄柏 (*Huangbo*)
Rhizoma Cyperi	香附 (*Xiangfu*)
Natrii Sulfas Exsiccatus	玄明粉(*Xuanmingfen*)
Ipomoea Hederaces Jacq	黑丑 (*Heichou*)

Niuhuang Qingxin Wan 牛黄清心丸(68) **108,172,361,394**

(Bezoar Sedative Bolus)——from DIAGNOSIS AND TREATMENT OF ERUPTIVE DISEASES FOR GENERATIONS

Calculus Bovis	牛黄	(*Niuhuang*)
Radix Scutellariae	黄芩	(*Huangqin*)
Rhizoma Coptidis	黄连	(*Huanglian*)
Fructus Gardeniae	栀子	(*Zhizi*)
Radix Curcumae	郁金	(*Yujin*)
Cinnabaris	朱砂	(*Zhusha*)

Niuhuang Shangqing Wan 牛黄上清丸(7) **22,320**

(Calculus Bovis Bolus for Clearing Away Heat)——from THE RECIPE COLLECTION OF THE PAST AND PRESENT

Radix Scutellariae	黄芩	(*Huangqin*)
Rhizoma Coptidis	黄连	(*Huanglian*)
Cortex Phellodendri	黄柏	(*Huangbo*)
Fructus Gardeniae	栀子	(*Zhizi*)
Flos Chrysanthemi	菊花	(*Juhua*)
Radix Angelicae Sinensis	当归	(*Danggui*)
Radix Platycodi	桔梗	(*Jegeng*)
Radix Puerariae	葛根	(*Gegen*)
Herba Menthae	薄荷	(*Bohe*)
Radix Scrophulariae	元参	(*Yuanshen*)
Radix Trichosanthis	花粉	(*Huafen*)
Rhizoma Ligustici Chuanxiong	川芎	(*Chuanxiong*)
Rhizoma Curcumae Longae	姜黄	(*Jianghuang*)
Fructus Forsythiae	连翘	(*Lianqiao*)
Radix et Rhizoma Rhei	大黄	(*Daihuang*)

Niuhuang Zhenjiang Wan 牛黄镇惊丸(13) **23,321**
(Bozoar Bolus for Stopping Convulsion)——from ONE HUNDRED QUESTIONS IN PEDITATRICS

Rhizoma Gastrodiae	天麻 (*Tianma*)
Rhizoma Typhonii	白附子(*Baifuzi*)
Bombyx Batryticatus	僵蚕 (*Jiangcan*)
Herba Menthae	薄荷 (*Bohe*)
Radix Ledebouriellae	防风 (*Fangfeng*)
Scorpio	全蝎 (*Quanxie*)
Ramulus Uncariae cum Uncis	钩藤 (*Gouteng*)

Puji Xiaodu Yin 普济消毒饮(120) **188,190,402,403**
(Universal Relief Decoction for Disinfection)——from DONGYUAN PROVED RECIPES

Radix Scutellariae	黄芩 (*Huangqin*)
Rhizoma Coptidis	黄连 (*Huanglian*)
Fructus Forsythiae	连翘 (*Lianqiao*)
Radix Scrophulariae	玄参 (*Xuanshen*)
Radix Isatidis	板兰根(*Banlangen*)
Lasiophaera seu Calvatia	马勃 (*Mabo*)
Fructus Arctii	牛蒡子(*Niubangzi*)
Bombyx Batryticatus	僵蚕 (*Jiangcan*)
Rhizoma Cimicifugae	升麻 (*Shengma*)
Radix Bupleuri	柴胡 (*Chaihu*)
Pericarpium Citri Reticulatae	陈皮 (*Chenpi*)
Radix Platycodi	桔梗 (*Jegeng*)

Radix Glycyrrhizae 甘草 (*Gan cao*)
Radix Ginseng 人參 (*Renshen*)

Qianzheng San 牽正散(94) **140,377**
(Powder for Treating Wry-mouth)——from YANG'S FAMILY KEEPING RECIPES

Rhizoma Typhonii 白附子 (*Baifuzi*)
Bombyx Batryticatus 僵蚕 (*Jiangcan*)
Scorpic 全蝎 (*Quanxie*)

Qiju Dihuang Wan 杞菊地黃丸(86) **118,366**
(Decoction of Six Drugs, Rehmannia with Wolfberry and Chrysanthemum)——from Yi Ji

Fructus Lycii 枸杞子(*Gouqizi*)
Flos.Chrysanthemi 菊花 (*Juhua*)
Rhizoma Rehmanniae Praeparatae 熟地黃 (*Shoudihuang*)
Fructus Corni 山茱萸(*Shanzhuyu*)
Rhizoma Dioscoreae 山药 (*Shanyao*)
Rhizoma Alismatis 泽泻 (*Zexie*)
Cortex Moutan Radicis 丹皮 (*Danpi*)
Poria 伏苓 (*Fuling*)

Qingdai San 青黛散(118) **184,400**
(Indrgo Naturalis Powder)----A proved recipe

Indigo Naturalis 青黛 (*Qingdai*)
Cortex Phellodendri 黃柏 (*Huangbo*)
Gypsum Fibrosum 生石膏 (*Shengshigao*)
Talcum 滑石 (*Huashi*)

Qingjie Toubiao Tang 清解透表汤(112) **168,391**

——A proved recipe

Cacumen Tamaricis	西河柳(*Xiheliu*)
Periostracum Cicadae	蝉蜕 (*Chantui*)
Radix Puerariae	葛根 (*Gegen*)
Rhizoma Cimicifugae	升麻 (*Shengma*)
Radix Arnebiae seu Lithospermi	紫草根(*Zicaogén*)
Folium Mori	桑叶 (*Sangye*)
Flos Chrysanthemi	菊花 (*Juhua*)
Radix Glycyrrhizae	甘草 (*Gancao*)
Fructus Arctii	牛蒡子(*Niubangzi*)
Flos Lonicerae	银花 (*Yinhua*)
Fructus Forsythiae	连翘 (*Lianqiao*)

Qingluo Yin 清络饮(130) **216,417**

(Decoction for Removing Heat from the Lung Channel)——from ANALYSIS ON THE EPIDEMIC FEBRILE DISEASES

fresh Folium Nelumbinis	鲜荷叶(*Xianheye*)
fresh Flos Lonicerae	鲜银花(*Xianyinhua*)
Exocarpium Citrulli	西瓜翠衣(*Xiguacuiyi*)
fresh Flos Dolichoris	鲜扁豆花(*Xianbiandouhua*)
Exocarpium Luffae	丝瓜皮(*Siguapi*)
fresh Herba Lophatheri	鲜竹叶心(*Xianzhuyexin*)

Qingwen Baidu Yin 清瘟败毒饮(89) **137,195,375,406**

(Antipyretic and Antitoxic Decoction)——from A STUDY OF

ACUTE EPIDEMIC INFECTIOUS ERYTHRA

Gypsum Fibrosum	石膏	(*Shigao*)
Radix Rehmanniae	生地	(*Shengdi*)
Cornu Rhinoceri	犀角	(*Xijiao*)
Rhizoma Coptidis	黄连	(*Huanglian*)
Fructus Gardeniae	栀子	(*Zhizi*)
Radix Platycodi	桔梗	(*Jegeng*)
Radix Scutellariae	黄芩	(*Huangqin*)
Rhizoma Anemarrhenae	知母	(*Zhimu*)
Radix Paeoniae Rubra	赤芍	(*Chishao*)
Radix Scrophulariae	玄参	(*Xuanshen*)
Fructus Forsythiae	连翘	(*Lianqiao*)
Radix Glycyrrhizae	甘草	(*Gancao*)

Qingying Tang 清营汤(117) **183,196,208,231, 400,406,413,427**

(Decoction for Clearing Away Heat in *Ying–fen*)——from ANALYSIS OF EPIDEMIC FEBRILE DISEASES

Cornu Rhinoceri	犀角	(*Xijiao*)
Radix Rehmanniae	生地	(*Shengdi*)
Radix Scrophulariae	玄参	(*Xuanshen*)
Herba Lophatheri	竹叶	(*Zhuye*)
Flos Lonicerae	银花	(*Yinhua*)
Fructus Forsythiae	连翘	(*Lianqiao*)
Rhizoma Coptidis	黄连	(*Huanglian*)
Radix Salviae Miltiorrhizae	丹参	(*Danshen*)
Radix Ophiopogonis	麦冬	(*Maidong*)

Qingzao Jiufei Tang 清燥救肺汤(127) **203,410**

(Decoction for Clearing Away Fire and Saving Lung Energy)——from PRINCIPLE AND PROHIBITION FOR MEDICAL PROFESSION

Folium Mori	桑叶 (*Sangye*)
Gypsum Fibrosum	石膏 (*Shigao*)
Semen Armeniacae Amarum	杏仁 (*Xingren*)
Radix Ophiopogonis	甘草 (*Gancao*)
Radix Glycyrrhizae	麦冬 (*Maidong*)
Radix Ginseng	人参 (*Renshen*)
Colla Corii Asini	阿胶 (*Ejiao*)
Semen Sesamum	胡麻 (*Huma*)
Folium Eriobotryae	枇杷叶(*Pibaye*)

Qiwei Duqi Wan 七味都气丸(92) **139,378**

(*Liuwei Dihuang Wan* plus Fructus Schisandrae)——from JIREN CONTENT OF MEDICAL MANUAL

Renshen Wuweizi Tang 人参五味子汤(25) **41,51,202,210, 329,334,409,414**

(Decoction of Codonopsis Pilosula and Schisandra)——from A COLLECTION OF PEDIATRICS

Radix Codonopsis Pilosulae	党参 (*Dangshen*)
Rhizoma Atractylodis Macrocephalae	白术 (*Baizhu*)
Poria	茯苓 (*Fuling*)
Fructus Schisandrae	五味子(*Wuweizi*)
Radix Glycyrrhizae	炙甘草(*Zhigancao*)

Praeparata
Rhizoma Zingiberis
Recens 生姜 (*Shengjiang*)
Fructus Ziziphi Jujubae 大枣 (*Dazao*)
Radix Ophiopogonis 麦冬 (*Maidong*)

Renshen Yangrong Tang 人参养荣汤(56)、 **97,356**
(Ginseng Decoction for Nourshing Vital Energy)----from THE FORMULARIES OF THE BUREAU OF THE PEOPLE'S WELFARE PHARMACIES

Radix Codonopsis
Pilosulae 党参 (*Dangshen*)
Radix Astragali seu
Hedysari 黄芪 (*Huangqi*)
Rhizoma Atractylodis
Macrocephalae 白术 (*Baizhu*)
Radix Angelicae Sinensis 当归 (*Danggui*)
Poria 伏苓 (*Fuling*)
Radix Glycyrrhizae
Praeparata 炙甘草(*Zhigancao*)
Radix Paeoniae Alba 白芍 (*Baishao*)
Radix Rehmanniae
Praeparata 熟地 (*Shoudi*)
Pericarpium Citri
Reticulatae 陈皮 (*Chenpi*)
Cinnamomun Cassiapresl 桂心 (*Guixin*)
Fructus Schisandrae 五味子(*Wuweizi*)
Radix Polygalae 远志 (*Yuanzhi*)
Rhizoma Zingiberis

Recens 生姜 (*Shengjiang*)
Fructus Ziziphi Jujubae 大枣 (*Dazao*)

Sanao Tang 三拗汤(8) **22,37,322,329**
——from THE FORMULARIES OF THE PEOPLE'S WELFARE PHARMACIES
Herba Ephedrae 麻黄 (*Mahuang*)
Semen Armeniacae Amarum 杏仁 (*Xingren*)
Radix Glycyrrhizae 甘草 (*Gancao*)

Sanhuang Zhi Pu Wan 三黄枳补丸(132) **222,420**
(Pill of Three Huangs Fructus Aurantii Immaturus and Cortex Magnoliae Officinalis)——from AN EXPOUNDING OF PEDIATRICS
Radix Scutellariae 黄芩 (*Huangqin*)
Rhizoma Coptidis 黄连 (*Huanglian*)
Cortex Phellodendri 黄柏 (*Huangbo*)
Radix et Rhizoma Rhei 大黄 (*Daihuang*)
Fructus Aruantii Immaturus 枳实 (*Zhishi*)
Cortex Magnoliae Officinalis 厚朴 (*Houpo*)
Semen Arecae 槟榔 (*Binlang*)

Sanmiao Wan 三妙丸(63) **106,216,360,417**
(Pill of Three Wonderful Drugs)——from ORTHODOX MEDICAL RECORD
Rhizoma Atractylodis 苍术 (*Cangzhu*)

Cortex Phellodendri 黄柏 (*Huangbo*)
Radix Achyranthis Bidentatae 牛膝 (*Niuxi*)

Sang Ju Yin 桑菊饮(17) **28,323**
(Decoction of Mulberry Leaf and Chrysanthemum)---from ANALYSIS OF EPIDEMIC FEBRILE DISEASES

Folium Mori 桑叶 (*Sangye*)
Flos Chrysanthemi 菊花 (*Juhua*)
Fructus Forsythiae 连翘 (*Lianqiao*)
Herba Menthae 薄荷 (*Bohe*)
Radix Platycodi 桔梗 (*Jegeng*)
Semen Armeniacae Amarum 杏仁 (*Xingren*)
Rhizoma Phragmitis 芦根 (*Lugen*)
Radix Glycyrrhizae 甘草 (*Gancao*)

Sangpiaoxiao San 桑螵蛸散(87) **129,371**
(Mantidis Powder)---from AMPLIFICATION ON MATERIA MEDICA

Oötheca Mantidis 桑螵蛸(*Sangpiaoxiao*)
Radix Polygalae 远志 (*Yuanzhi*)
Rhizoma Acori Graminei 菖蒲 (*Changpu*)
Os Draconis 龙骨 (*Longgu*)
Radix Codonopsis Pilosulae 党参 (*Dangshen*)
Lignum Pini Poriaferum 茯神 (*Fushen*)
Radix Angelicae Sinensis 当归 (*Danggui*)
Plastrum Testudinis 龟板 (*Guiban*)

Sang Xing Tang 桑杏汤(4) **19,29,324,319**

(Decoction of Mulberry Leaf and Apricot Kernel)---from ANALYSIS OF EPIDEMIC FEBRILE DISEASES

Folium Mori	桑叶 (*Sangye*)
Semen Armeniacae Amarum	杏仁 (*Xingren*)
Radix Adenophorae Strictae	沙参 (*Shashen*)
Bulbus Fritillariae Thunbergii	浙贝母(*Zhebeimu*)
Semen Sojae Praeparatum	豆豉 (*Douchi*)
Fructus Gardeniae	栀子 (*Zhizi*)
Exocarpium Pyrus	梨皮 (*Lipi*)

Shaofu Zhuyu Tang 少腹逐瘀汤(51) **83,111,349,362**

(Decoction for Removing Blood Stagnation in the Lower Abdomen)---from CORRECTION ON THE ERRORS OF MEDICAL WORKS

Fructus Foenticuli	小茴香(*Xiaohuixiang*)
Rhizoma Zingiberis	干姜 (*Ganjiang*)
Rhizoma Corydalis	延胡索(*Yanhusuo*)
Resina Commiphorae Myrrhae	没药 (*Moyao*)
Radix Angelicae Sinensis	当归 (*Danggui*)
Rhizoma Ligustici Chuanxiong	川芎 (*Chuanxiong*)
Cortex Cinnamomi	肉桂 (*Rougui*)
Radix Peaoniae Rubra	赤芍 (*Chishao*)

Pollen Typhae 蒲黄 (*Puhuang*)
Faeces TrogoPterorum 五灵脂(*Wulingzhi*)

Shashen Maidong Tang 沙参麦冬汤(20) **31,40,66,169,196, 325,329,341,392,406**

(Decoction of Adenophorae Striclae and Ophiopogonis)——from ANALYSIS OF EPIDMIC FEBRILE DISEASES

Radix Adenophorae Strictae 沙参 (*Shashen*)
Radix Ophiopogonis 麦冬 (*Maidong*)
Rhizoma Polygonati Odorati 玉竹 (*Yuzhu*)
Folium Mori 桑叶 (*Sangye*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Radix Trichosanthis 天花粉(*Tianhuafen*)
Semen Dolichoris Alba 白扁豆(*Baibiandou*)

Shegan Mahuang Tang 射干麻黄汤(85) **117,366**

(Belamcanda and Ephedra Decoction)——from SYNOPSIS OF THE GOLDEN CHAMBER

Rhizoma Belamcandae 射干 (*Shegan*)
Herba Ephedrae 麻黄 (*Mahuang*)
Herba Asari 细辛 (*Xixin*)
Radix Asteris 紫菀 (*Ziwan*)
Flos Farfarae 款冬花(*Kuandonghua*)
Rhizoma Pinelliae 半夏 (*Banxia*)
Fructus Schisandrae 五味子(*Wuweizi*)
Rhizoma Zingiberis Recens 生姜 (*Shengjiang*)

Fructus Ziziphi Jujubae 大枣 (*Dazao*)

Shegan Xiaodu Yin 射干消毒饮(113) **171,393**

——A proved recipe

Fructus Arctii 牛蒡子(*Niubangzi*)

Bombyx Batryticatus 僵蚕 (*Jiangcan*)

Radix Scutellariae 黄芩 (*Huangqin*)

Radix Paeoniae Rubra 赤芍 (*Chishao*)

Radix Scrophulariae 元参 (*Yuanshen*)

Rhizoma Belamcandae 射干 (*Shegan*)

Radix Platycodi 桔梗 (*Jegeng*)

Fructus Forsythiae 连翘 (*Lianqiao*)

Radix Glycyrrhizae 甘草 (*Gancao*)

ShenFu Long Mu Jiuni Tang 参附龙牡救逆汤(66) **107,172,223, 361,394,420**

——A proved recipe

Radix Ginseng 人参 (*Renshen*)

Radix Aconiti 附子 (*Fuzi*)

Os Draconis 龙骨 (*Longgu*)

Concha Ostreae 牡蛎 (*Muli*)

Radix Paeoniae Alba 白芍 (*Baishao*)

Radix Glycyrrhizae Praeparata 炙甘草(*Zhigancao*)

ShenFu Long Mu Tang 参附龙牡汤(46) **76,345**

(Decoction of Ginseng, Aconiti, Os Draconis and Concha Ostreae)——A proved recipe

Radix Ginseng 人参 (*Renshen*)

Radix Aconiti 附子 (*Fuzi*)
Os Draconis 龙骨 (*Longgu*)
Concha Ostreae 牡蛎 (*Muli*)

Shen Fu Tang 参附汤(26) **42,107,125,172,235, 330,361,370,394,427**

(Decoction of Ginseng and Aconiti)
——from EFFECTIVE PRESCRIPTIONS FOR GENERATIONS

Radix Ginseng 人参 (*Renshen*)
Radix Aconiti 附子 (*Fuzi*)

Shenling Baizhu San 参苓白术散(41) **73,91,96,109,111,116, 345,356,356,363,365**

(Powder of Ginseng, Poria and Bighead Atractylodis)

Radix Codonopsis Pilosulae 党参 (*Dangshen*)
Rhizoma Atractylodis Macrocephala 白术 (*Baizhu*)
Poria 茯苓 (*Fuling*)
Semen Dolichoris 扁豆 (*Biandou*)
Semen Coicis 苡仁 (*Yiren*)
Semen Nelumbinis 莲子肉(*Lianzirou*)
Pericarpium Citri Reticulatae 陈皮 (*Chenpi*)
Radix Platycodi 桔梗 (*Jegen*)
Fructus Amomi 砂仁 (*Sharen*)
Radix Glycyrrhizae

Praeparata 炙甘草 (*Zhigancao*)

Shenxi Dan 神犀丹(129) **209,413**

(Miraculous Bolus of Rhinoceros Horn)——from COMPENDIUM ON SEASONAL FEBRILE DISEASES

Cornu Rhinoceri 犀角 (*Xijiao*)
Rhizoma Acori Graminei 石菖蒲(*Shichangpu*)
Radix Scutellarae 黄芩 (*Huangqin*)
Radix Rehmanniae 生地 (*Shengdi*)
Flos Loniceriae 银花 (*Yinhua*)
Fructus Forsythiae 连翘 (*Lianqiao*)
Radix Isatidis 板蓝根(*Banlangen*)
Semen Sojae 豆豉 (*Douchi*)
Radix Scrophulariae 玄参 (*Xuanshen*)
Radix Trichosanthis 天花粉(*Tianhuafen*)
Radix Arnbiae seu Lithospermi 紫草 (*Zicao*)
Praeparated faeces of children 人中黄(*Renzhonghuang*)

Shipi Yin 实脾饮(81) **111,363**

(Decoction for Invigorating Spleen Energy)——from RECIPES FOR SAVING LIVES

Radix Aconiti 附子 (*Fuzi*)
Rhizoma Zingiberis 干姜 (*Ganjiang*)
Rhizoma Atractylodis Macrocephalae 白术 (*Baizhu*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Cortex Magnoliae

Officinalis 厚朴 (*Houpo*)
Radix Aucklandiae 木香 (*Muxiang*)
Fructus Tsaoko 草果 (*Caoguo*)
Semen Arecae 槟榔 (*Binlang*)
Fructus Chaenomelis 木瓜 (*Mugua*)
Rhizoma Zingiberis Recens 生姜 (*Shengjiang*)
Fructus Ziziphi Jujubae 大枣 (*Dazao*)
Poria 伏苓 (*Fuling*)

Shujin Chubi Tang 舒筋除痹汤(106) **153,383**
——A proved recipe
Radix Astragali seu Hedysari 黄芪 (*Huangqi*)
Ramulus Cinnamomi 桂枝 (*Guizhi*)
Radix Aconiti Praeparatae 附子 (*Fuzi*)
Radix Angelicae Sinensis 当归 (*Danggui*)
Radix Paeoniae Rubra 赤芍 (*Chishao*)
Rhizoma seu Radix Notopterygii 羌活 (*Qianghuo*)
Rhizoma Ligustici Chuanxiong 川芎 (*Chuanxiong*)

Shuilu Erxian Dan 水陆二仙丹(82) **111,363**
(Pill of Two Immortals)——from HUONGSHI'S COLLECTION OF PROVED RECIPES
Semen Euryales 芡实 (*Qianshi*)
Fructus Rosae Laevigatae 金樱子(*Jinyingzi*)

Sijunzi Tang 四君子汤(78) **111,138,363,376**

(Decoction of fuor Noble Drugs)

Radix Codonopsis Pilosulae	党参 (*Dangshen*)
Rhizoma Atractylodis Macrocephalae	白术 (*Baizhu*)
Poria	茯苓 (*Fuling*)
Radix Glycyrrhizae	甘草 (*Gancao*)

Sini Tang 四逆汤(136) **232,425**

(Decoction for Resuscitation)——from TREATISE ON EXOGENOUS FERIBLE DISEASES

Radix Aconiti Praeparata	附子 (*Fuzi*)
Rhizoma Zingiberis	干姜 (*Ganjiang*)
Radix Glycyrrhizae	甘草 (*Gancao*)

Sishen Wan 四神丸(44) **74,345**

(Pill of Four Miraculous Drugs)——from A SUMMARY OF INTERNAL MEDICINE

Fructus Psoraleae	补骨脂(*Buguzhi*)
Fructus Schisandrae	五味子(*Wuweizi*)
Semen Myristicae	肉豆蔻(*Roudoukou*)
Fructus Euodiae	吴茱萸(*Wuzhuyu*)

Siwu Tang 四物汤(77) **111,362**

(Decoction of Four Drugs)

Rhizoma Rehmanniae Praeparatae	熟地 (*Shoudi*)
Radix Paeoniae Alba	白芍 (*Baishao*)
Radix Angelicae Sinensis	当归 (*Danggui*)

Rhizoma Ligustici
Chuanxiong 川芎 (*Chuanxiong*)

Sixiao Tang-pian 四消糖片(12) **23,321**

——A recipe prepared by Paediatric Department of the Affiliated Hospital of Shandong Chinese Medical institute

Massa Fermentata
Medicinalis 神曲 (*Shenqu*)
Fructus Hordei
Germinatus 麦芽 (*Maiya*)
Fructus Crataegi 山楂 (*Shanzha*)
Semen Arecae 槟榔 (*Binlang*)

Suoquan Wan 缩泉丸(88) **130,372**

(Pill for Reducing Urination)——from THE COLLECTION OF PROVED RECIPES BY ZHU-SHI

Rhizoma Dioscoreae 山药 (*Shanyao*)
Radix Linderae 乌药 (*Wuyao*)
Fructus Alpiniae
Oxyphyllae 益智仁(*Yizhiren*)

Suting Guntan Wan 苏葶滚痰丸(126) **201,409**

(Bolus of Fructus Perillae and Semen Lepiddii seu Desucrainiae for Dispelling Phlegm)——from THE GOLDEN MIRROR OF MEDICINE

Fructus Perillae 苏子 (*Suzi*)
Semen Lepiddii seu
Descurainiae 葶苈子(*Tinglizi*)
Radix et Rhizoma Rhei 大黄 (*Daihuang*)

Lignum Aquilariae Resinatum 沉香 (*Chenxiang*)
Radix Scutellariae 黄芩 (*Huangqin*)
Lapis Chloriti 青礞石(*Qingmengshi*)
Rhizoma Zingiberis Recens 生姜 (*Shengjiang*)

Taohong Siwu Tang 桃红四物汤(76) **111,118,126, 362,366,370**

——from THE GOLDEN MIRROR OF MEDICINE

Radix Salviae Miltiorrhizae 丹参 (*Danshen*)
Radix Paeoniae Rubra 赤芍 (*Chishao*)
Semen Persicae 桃仁 (*Taoren*)
Flos Carthami 红花 (*Honghua*)
Rhizoma Cyperi Praeparata 制香附(*Zhixiangfu*)
Rhizoma Corydalis 延胡索(*Yanhusuo*)
Pericarpium Citri Reticulatae Viride 青皮 (*Qingpi*)
Radix Angelicae Sinensis 当归 (*Danggui*)
Rhizoma Ligustici Chuanxiong 川芎 (*Chuanxiong*)
Radix Rehmanniae 生地 (*Shengdi*)

Tiaowei Chengqi Tang 调胃承气汤(48) **81,348**

(Purgative Decoction for Coordinating the Function of the Stomach)——from TREATISE ON EXOGENOUS FEBRILE DISEASES

Radix et Rhizoma Rhei 大黄 (*Daihuang*)
Natrii Sulfas 芒硝 (*Mangxiao*)
Radix Glycyrrhizae 甘草 (*Gancao*)

Tingli Dazao Xiefei Tang 葶苈大枣泻肺汤(23) **38,107,330,363**
(Decoction of Lepidium Seed and Jujube for Removing Phlegm from the Lung)——from SYNOPSIS OF THE GOLDEN CHAMBER

Semen Lepidii seu Descurainiae 葶苈子(*Tinglizi*)
Fructus Ziziphi Jujubae 大枣 (*Dazao*)

Tongguan San 通关散(96) **141,377**
(Powder for Restoring Consciousness)——from DANXI'S EXPERIENTIAL THERAPY

Spina Gleditsiae 皂角 (*Zaojiao*)
Herba Asari 细辛 (*Xixin*)

Tongqiao Huoxue Tang 通窍活血汤(102) **147,380**
(Decoction for Activating Blood Circulation)——from CORRECTION ON THE ERRORS OF MEDICAL WORKS

Rhizoma Ligustici Chuanxiong 川芎 (*Chuanxiong*)
Radix Paeoniae Rubra 赤芍 (*Chishao*)
Semen Persicae 桃仁 (*Taoren*)
Flos Carthami 红花 (*Honghua*)
Allium Fistulosum 老葱 (*Laocong*)
Fructus Ziziphi Jujubae 红枣 (*Hongzao*)
Moschus 麝香 (*Shexiang*)

Radix Salviae Miltiorrhizae 丹参 (*Danshen*)

Touzhen Liangjie Tang 透疹凉解汤(115) **176,396**

——A proved recipe

Folium Mori 桑叶 (*Sangye*)
Flos Chrysanthemi 菊花 (*Juhua*)
Herba Menthae 薄荷 (*Bohe*)
Fructus Forsythiae 连翘 (*Lianqiao*)
Fructus Arctii 牛蒡子(*Niubangzi*)
Radix Paeoniae Rubra 赤芍 (*Chishao*)
Periostracum Cicadae 蝉蜕 (*Chantui*)
Herba Violae 紫花地丁(*Zihuadiding*)
Rhizoma Coptidis 黄连 (*Huanglian*)
Flos Carthami 藏红花(*Zanghonghua*)

Wendan Tang 温胆汤(69) **108,140,145,361,377,379**

(Decoction for Clearing Away Gallbladder-heat)——from VALUABLE PRESCRIPTIONS FOR EMERGENCIES

Rhizoma Pinelliae 半夏 (*Banxia*)
Exocarpium Citri Grandis 橘皮 (*Jiupi*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Fructus Aurantii Immaturus 枳实 (*Zhishi*)
Caulis Bambusae in Taeniam 竹茹 (*Zhuru*)
Rhizoma Zingiberis 生姜 (*Shengjiang*)

Wendan Tang, augmented 加味温胆汤(36) **65,341**

(Modified Decoction for Clearing Away Gallbladder-heat)——from THE GOLDEN MIRROR OF MEDICINE

Pericarpium Citri Reticulatae	陈皮 (*Chenpi*)
Rhizoma Pinelliae Paeparata	姜半夏(*Jiangbanxia*)
Poria	茯苓 (*Fuling*)
Radix Ophiopogonis	麦冬 (*Maidong*)
Fructus Aurantii Immaturus	枳实 (*Zhishi*)
Caulis Bambusae in Taeniam	竹茹 (*Zhuru*)
Rhizoma Coptidis	黄连 (*Huanglian*)
Medulla Junci	灯芯 (*Dengxin*)

Wuling San 五苓散(58) **98,106,117,357,360,366**

(Powder of Five Drugs with Poria)——TREATISE ON EXOGENOUS FEBRILE DISEASES

Ramulus Cinnamomi	桂枝 (*Guizhi*)
Rhizoma Atractylodis Macrocephalae	白术 (*Baizhu*)
Poria	茯苓 (*Fuling*)
Polyporus Umbellatus	猪苓 (*Zhuling*)
Rhizoma Alismatis	泽泻 (*Zexie*)

Wupi Yin 五皮饮(59) **98,106,116,359,362,367**

(Decoction of Five Drugs)——from TREASURED CLASSICS

Cortex Mori Radicis	桑白皮(*Sangbaipi*)
Pericarpium Citri	

Reticulatae 陈皮 (*Chenpi*)
Exocarpium Zingiberis Recens 生姜皮(*Shengjiangpi*)
Pericarpium Arecae 大腹皮(*Dafupi*)
Extra Poriae 茯苓皮(*Fulingpi*)

Xiangru Yin 香薷饮(3) **18,136,208,319,375,412**
(Decoction of Elsholtzia with Supplements)——from ANALYSIS OF EPIDEMIC FEBRILE DISEASES
Herba Elsholtziae seu Moslae 香薷 (*Xiangru*)
Flos Lonicerae 银花 (*Yinhua*)
Flos Dolichoris (fresh) 鲜扁豆花(*Xianbiandouhua*)
Cortex Magnoliae Officinalis 厚朴 (*Houpo*)
Fructus Forsythiae 连翘 (*Lianqiao*)

Xiangsha Liujunzi Tang 香砂六君子汤(54) **92,354**
(Decoction of Cyperus and Amomum with Six Noble Ingredients)——from COLLECTION AND EXPLANATION OF PRESCRIPTIONS
Radix Ginseng 人参 (*Renshen*)
Rhizoma Atractylodis Macrocephalae 白术 (*Baizhu*)
Poria 茯苓 (*Fuling*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Rhizoma Pinelliae 半夏 (*Banxia*)
Pericarpium Citri Reticulatae 陈皮 (*Chenpi*)

Radix Aucklandiae 木香 (*Muxiang*)
Fructus Amomi 砂仁 (*Sharen*)
Rhizoma Zingiberis Recens 生姜 (*Shengjiang*)
Fructus Ziziphi Jujubae 大枣 (*Dazao*)

Xiaoji Yinzi 小蓟饮子(64) **105,110,124,360,362,369**
(Small Thistle Decoction)——from DANXI'S EXPERIENTIAL THERAPY

Radix Rehmanniae 生地黄(*Shengdihuang*)
Herba Cephalanoploris 小蓟 (*Xiaoji*)
Talcum 滑石 (*Huashi*)
Medulla Tetrapanacis 通草 (*Tongcao*)
Pollen Typhae Praeparatae 炒蒲黄(*Chaopuhuang*)
Herba Lophatheri 淡竹叶(*Danzhuye*)
Nodus Nelumbinis Rhizomatis 藕节 (*Oujie*)
Radix Angelicae Sinensis 当归 (*Danggui*)
Fructus Gardeniae 栀子 (*Zhizi*)
Radix Glycyrrhizae 甘草 (*Gancao*)

Xiaoqinglong Tang 小青龙汤(24) **40,49,329,333**
(Minor Decoction of Green Dragon)——from TREATISE ON EXOGENOUS FEBRILE DISEASES

Herba Ephedrae 麻黄 (*Mahuang*)
Ramulus Cinnamomi 桂枝 (*Guizhi*)
Radix Paeoniae 芍药 (*Shaoyao*)
Radix Glycyrrhizae 甘草 (*Gancao*)

Rhizoma Zingiberis 干姜 (*Ganjiang*)
Herba Asari 细辛 (*Xixin*)
Rhizoma Pinelliae 半夏 (*Banxia*)
Fructus Schisandrae 五味子 (*Wuweizi*)

Xiebai San 泻白散(18) **30,324**
(Lung-heat Expelling Powder)——from KEY TO DIFFERENTIATION AND TREATMENT OF DISEASE OF CHILDREN
Cortex Mori Radicis 桑白皮(*Sangbaipi*)
Cortex Lycii Radicis 地骨皮(*Digupi*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Semen Oryzae Sativae 粳米 (*Gengmi*)

Xiexin Daochi Tang 泻心导赤汤(34) **58,337**
(Decoction for Removing Heart-fire and Treating Dark Urine)——from THE GOLDEN MIRROR OF MEDICINE
Caulis Akebiae 木通 (*Mutong*)
Radix Rehmanniae 生地 (*Shengdi*)
Rhizoma Coptidis 黄连 (*Huanglian*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Juncus Effususl 灯芯 (*Dengxin*)

Xijiao Dihuang Tang 犀角地黄汤(74) **111,123,230,362,369,424**
(Decoction of Rhiniceron and Rehmannia)——from VALUABLE PRESCRIPTIONS FOR EMERGENCIES
Cornu Rhinoceri 犀角 (*Xijiao*)
Radix Rehmanniae 生地黄(*Shengdihuang*)
Cortex Moutan Radicis 丹皮 (*Danpi*)
Radix Paeoniae 芍药 (*Shaoyao*)

Xilei San 锡类散(124) **198,407**

——from SUPPLEMENT TO THE SYNOPSIS OF THE GOLDEN CHAMBER

Uroctea Compactiliskoch	壁钱 (*Biqian*)
Elephas Maximusl	象牙屑(*Xiangyaxiao*)
Margarita	珍珠 (*Zhenzhu*)
Indigo Naturalis	青黛 (*Qingdai*)
Calculus Bovis	牛黄 (*Niuhuang*)
fingernail	人指甲(*Renzhijia*)
Borneolum Syntheticum	冰片 (*Bingpian*)

Xing Su San 杏苏散(15) **27,323**

(Powder of Apricot Kernel and Perilla)——from ANALYSIS OF EPIDEMIC FEBRILE DISEASES

Semen Armeniacae Amarum	杏仁 (*Xingren*)
Folium Perillae	苏叶 (*Suye*)
Exocarpium Citri Grandis	橘红 (*Juhong*)
Rhizoma Pinelliae	半夏 (*Banxia*)
Radix Platycodi	桔梗 (*Jiegeng*)
Fructus Aurantii	枳壳 (*Zhike*)
Radix Peucedani	前胡 (*Qianhu*)
Poria	茯苓 (*Fuling*)
Radix Glycyrrhizae	甘草 (*Gancao*)
Fructus Ziziphi Jujubae	大枣 (*Dazao*)
Rhizoma Zingiberis Recens	生姜 (*Shengjiang*)

Xuandu Fabiao Tang 宣毒发表汤(111) **166,391**

(Decoction for Letting out the Toxic Material)——from THE GOLDEN MIRROR OF MEDICINE

Rhizoma Cimicifugae	升麻 (*Shengma*)
Radix Puerariae	葛根 (*Gegen*)
Fructus Aurantii	枳壳 (*Zhike*)
Radix Ledebouriellae	防风 (*Fangfeng*)
Herba Schizonepetae	荆芥 (*Jingjie*)
Herba Menthae	薄荷 (*Bohe*)
Caulis Akebiae	木通 (*Mutong*)
Fructus Forsythiae	连翘 (*Lianqiao*)
Fructus Arctii	牛蒡子(*Niubangzi*)
Radix Glycyrrhizae	甘草 (*Gancao*)
Radix Peucedani	前胡 (*Qianhu*)
Radix Platycodi	桔梗 (*Jiegeng*)

Yanggan Wan 羊肝丸(57) **98,356**

(Bolus of Sheep Liver)——from SYSTEMATIC COMPILATION OF THE INTERNAL CLASSIC

sheep liver (boiled)	羊肝(煮)(*Yanggan*)
Vesper-tiliosuperans Thomas	夜明砂(*Yemingsha*)
Periostracum Cicadae	蝉衣 (*Chanyi*)
Herba Equiseti Hiemalis (without branch knots)	木贼(去节)(*Muzei*)
Radix Angelicae Sinensis	当归 (*Danggui*)

(Make pills with the pulverized powder of these medicines and the boiled sheep liver whick is gotten rid of fascis.)

Yangxin Tang 养心汤(98) **145,379**

(Decoction for Nourishing Heart)——from STANDARD FOR DIAGNOSIS AND TREATMENT

Radix Astragali seu Hedysari	黄芪 (*Huangqi*)
Poria	茯苓 (*Fuling*)
Lignum Pini Poriaferum	茯神 (*Fushen*)
Radix Angelicae Sinensis	当归 (*Danggui*)
Rhizoma Ligustici Chuanxiong	川芎 (*Chuanxiong*)
Radix Glycyrrhizae Praeparata	炙甘草(*Zhigancao*)
Rhizoma Pinelliae prepared with Pinellia Breit	半夏曲(*Banxiaqu*)
Semen Biotae	柏子仁(*Baiziren*)
Radix Polygalae	远志 (*Yuanzhi*)
Fructus Schisandrae	五味子(*Wuweizi*)
Radix Ginseng	人参 (*Renshen*)
Cortex Cinnamomi	肉桂 (*Rougui*)
Semen Ziziphi Spinosae	酸枣仁(*Suanzaoren*)

Yeshi Yangwei Tang 叶氏养胃汤(53) **90,352**

(Ye's Decoction for Nourishing the Stomach)——from STANDARD FOR DIAGNOSIS AND TREATMENT

Radix Adenophorae Strictae	沙参 (*Shashen*)
Radix Ophiopogonis	麦冬 (*Maidong*)
Rhizoma Polygonati Odorati	玉竹 (*Yuzhu*)

Semen Dolichoris 生扁豆(*Shengbiandou*)
Folium Mori 桑叶 (*Sangye*)
Radix Glycyrrhizae 甘草 (*Gancao*)

Yinchenhao Tang 茵陈蒿汤(133) **227,422**
(Driental Wormwood Decoction)——from TREATISE ON EXOGENOUS FEBRILE DISEASES
Herba Artemisiae
Copillaris 茵陈 (*Yinchen*)
Fructus Gardeniae 栀子 (*Zhizi*)
Radix et Rhizoma Rhei 大黄 (*Dahuang*)

Yinchen Lizhong Tang 茵陈理中汤(134) **227,423**
(Oriental Wormwood Decoction for Regulating Middle-*Jiao*)——from CHANG'S TREATISE ON GENERAL MEDICINE
Herba Artemisiae
Scopariae 茵陈 (*Yinchen*)
Radix Codonopsis
Pilosulae 党参 (*Dangshen*)
Rhizoma Zingiberis 干姜 (*Ganjiang*)
Rhizoma Atractylodis
Macrocephalae 白术 (*Baizhu*)
Radix Glycyrrhizae 甘草 (*Gancao*)

Yinqiao Mabo Shegan Tang 银翘马勃射干汤(122) **194,405**
(Decoction of Flos Lonicerae, Fructus Forsythiae, Lasiophaera seu Calvatia and Rhizoma Belamcandae)——from ANALYSIS OF EPIDEMIC FEBRILE DISEASES
Flos Lonicerae 银花 (*Yinhua*)

Fructus Forsythiae 连翘 (*Lianqiao*)
Lasiosphaera seu Calvatia 马勃 (*Mabo*)
Rhizoma Belamcandae 射干 (*Shegan*)
Fructus Arctii 牛蒡子(*Niubangzi*)

Yinqiao San 银翘散(2) **17,38,135,172,179,182,187,320, 328,375,318,399,402**

(Powder of Lonicera and Forsythia)——from ANALYSIS OF EPIDEMIC FEBRILE DISEASES

Flos Lonicerae 金银花(*Jinyinhua*)
Fructus Forsythiae 连翘 (*Lianqiao*)
Semen Sojae Praeparatum 豆豉 (*Douchi*)
Fructus Arctii 牛蒡子(*Niubangzi*)
Herba Menthae 薄荷 (*Bohe*)
Spica Schizonepetae 荆芥穗(*Jingjiesui*)
Radix Platycodi 桔梗 (*Jiegeng*)
Radix Glycyrrhizae 甘草 (*Gancao*)
Herba Lophatheri 竹叶 (*Zhuye*)
Rhizoma Phragmitis (fresh) 鲜芦根(*Xianlugen*)

Yipi Zhenjing San 益脾镇惊散(42) **74,345**

(Powder for Benefiting Spleen and Relieving Convulsion)——from THE GOLDEN MIRROR OF MEDICINE

Radix Ginseng 人参 (*Renshen*)
Rhizoma Atractylodis Macrocephalae 白术 (*Baizhu*)
Poria 茯苓 (*Fuling*)

Cinnabaris 朱砂 (*Zhusha*)
Ramulus Uncariae cum Uncis 钩藤 (*Gouteng*)
Radix Glycyrrhizae Praeparata 炙甘草(*Zhigancao*)
Medulla Junci 灯芯 (*Dengxin*)

Yougui Wan 右归丸(83) **111,218,363,417**
(The Kidney-yang-reiforcing Bolus)——from HUONGSHI'S COMPLETE WORKS
Rhizoma Rehmanniae Praeparatae 熟地 (*Shoudi*)
Rhizoma Dioscoreae 山药 (*Shanyao*)
Fructus Lycii 枸杞 (*Gouqi*)
Fructus Corni 山茱萸(*Shanzhuyu*)
Semen Cuscutae 菟丝子(*Tusizi*)
Colla Cornus Cervi 鹿角胶(*Lujiaojiao*)
Radix Aconiti 附子 (*Fuzi*)
Cortex Cinnamomi 肉桂 (*Rougui*)
Cortex Eucommiae 杜仲 (*Duzhong*)
Radix Angelicae Sinensis 当归 (*Danggui*)

Yupingfeng San 玉屏风散(31) **53,109,337,362**
(Jadescreen Powder)——from EFFECTIVE PRESCRIPTIONS FOR GENERATIONS
Radix Astragali seu Hedysari 黄芪 (*Huangqi*)
Rhizoma Atractylodis Macrocephalae 白术 (*Baizhu*)

Radix Ledebouriellae 防风 (*Fangfeng*)

Yushu Dan 玉枢丹(71) **109,189,362,403**

——from PIANYU HEART BOOK

Bulbus Cremastrae 山慈菇(*Shancigu*)
Moschus 麝香 (*Shexiang*)
Euphorbialathyrisl 续随子(*Xusuizi*)
Realgar 雄黄 (*Xionghuang*)
Radix Knoxiae 大戟 (*Daji*)
Cinnabaris 朱砂 (*Zhusha*)
Galla Chinensis 五倍子(*Wubeizi*)

Zengye Chengqi Tang 增液承气汤(49) **82,348**

(Purgative Decoction for Increasing Fluid and Sustaining Qi)——from ANALYSIS OF EPIDEMIC FEBRILE DISEASES

Radix et Rhizoma Rhei 大黄 (*Dahuang*)
Natrii Sulfas 芒硝 (*Mangxiao*)
Radix Scrophulariae 玄参 (*Xuanshen*)
Radix Ophiopogonis 麦冬 (*Maidong*)
Radix Rehmanniae 生地 (*Shengdi*)

Zhenwu Tang 真武汤(80) **111,117,363,365**

(God of Controlling Water Decoction)——from TREATISE ON EXOGENOUS FEBRILE DISEASES

Radix Aconiti Praeparata 炮附子(*Paofuzi*)
Rhizoma Atractylodis Macrocephalae 白术 (*Baizhu*)
Poria 茯苓 (*Fuling*)
Radix Paeoniae 芍药 (*Shaoyao*)

Rhizoma Zingiberis Recens　　生姜　(*Shengjiang*)

Zhibai Dihuang Tang　知柏地黄汤(35)　　**59,126,338,370**

(Decoction of Anemarrhena, Phellodendum and Rehmannia)——from THE GOLDEN MIRROR OF MEDICINE

Rhizoma Anemarrhenae　　知母　(*Zhimu*)
Cortex Phellodendri　　黄柏　(*Huangbo*)
Rhizoma Rehmanniae Praeparatae　　熟地黄(*Shoudihuang*)
Fructus Corni　　山萸肉(*Shanyurou*)
Rhizoma Dioscoreae　　淮山药(*Huaishanyao*)
Cortex Moutan Radicis　　丹皮　(*Danpi*)
Rhizoma Alismatis　　泽泻　(*Zexie*)
Poria　　茯苓　(*Fuling*)

Zhibao Dan　至宝丹(114)　　**172,190,394,403**

(Treasured Bolus)

Cornu Rhinoceri　　犀角　(*Xijiao*)
Calculus Bovis　　牛黄　(*Niuhuang*)
Carapax Eretmochelydis　　玳瑁　(*Daimao*)
Resina Dryobalanops Aromaticae　　龙脑　(*Longnao*)
Moschus　　麝香　(*Shexiang*)
Cinnabaris　　朱砂　(*Zhusha*)
Succinum　　琥珀　(*Hubo*)
Realgar　　雄黄　(*Xionghuang*)
Benzoinum　　安息香(*Anxixiang*)
gold–silver leaf　　金银箔(*Jinyinbo*)

Zhisou San 止嗽散(16) **28,323**

(Powder for Stopping Cough)——from A SUMMARY ON MEDICINE FROM CLINICAL PRACTICE

Herba Schizonepetae	荆芥 (*Jingjie*)
Radix Platycodi	桔梗 (*Jiegeng*)
Radix Asteris	紫菀 (*Ziwan*)
Radix Stemonae	百部 (*Baibu*)
Radix Peucedani	前胡 (*Qianhu*)
Pericarpium Citri Reticulatae	陈皮 (*Chenpi*)
Radix Glycyrrhizae	甘草 (*Gancao*)

Zixue Dan 紫雪丹(72) **110,172,190,196,232, 362,394,403,406,424**

(Purple Snow Pill)

Talcum	滑石 (*Huashi*)
Gypsum Fibrosum	石膏 (*Shigao*)
Calcitum	寒水石(*Hansuishi*)
Magnetitum	磁石 (*Cishi*)
Cornu Antelopis	羚羊角(*Lingyangjiao*)
Radix Aristolochiae	青木香(*Qingmuxiang*)
Cornu Rhinoceri	犀角 (*Xijiao*)
Lignum Aquilariae Resinatum	沉香 (*Chenxiang*)
Flos Syzygii Aromatici	丁香 (*Dingxiang*)
Rhizoma Cimicifugae	升麻 (*Shengma*)
Radix Scrophulariae	玄参 (*Xuanshen*)
Radix Glycyrrhizae	甘草 (*Gancao*)
Natrii Sulfas	朴硝 (*Puxiao*)

Cinnabaris	朱砂 (*Zhusha*)
Moschus	麝香 (*Shexiang*)
Nitrum	硝石 (*Xiaoshi*)
goldleaf	金箔 (*Jinbo*)

Zuogui Wan 左归丸(103) **147,159,380,386**

(*Zuogui* Bolus)——from JINGYUE'S COMPLETE WORKS

Rhizoma Rehmanniae Praeparatae	熟地 (*Shoudi*)
Rhizoma Dioscoreae	山药 (*Shanyao*)
Fructus Lycii	枸杞 (*Gouqi*)
Radix Achyranthis Bidentatae	怀牛膝(*Huainiuxi*)
Fructus Corni	山茱萸(*Shanzhuyu*)
Semen Cuscutae	菟丝子(*Tusizi*)
Colla Cornus Cervi	鹿角胶(*Lujiaojiao*)
Colla Plastri Testudinis	龟板胶(*Guibanjiao*)

13

儿　科　学

序

《英汉实用中医药大全》即将问世，吾为之高兴。

歧黄之道，历经沧桑，永盛不衰。吾中华民族之强盛，由之。世界医学之丰富和发展，亦由之。然而，世界民族之差异，国别之不同，语言之障碍，使中医中药的传播和交流受到了严重束缚。当前，世界各国人民学习、研究、运用中医药的热潮方兴未艾。为使吾中华民族优秀文化遗产之一的歧黄之道走向世界，光大其业，为世界人民造福，徐象才君集省内外精英于一堂，主持编译了《英汉实用中医药大全》。是书之问世将使海内外同道欢呼雀跃。

世界医学发展之日，当是歧黄之道光大之时。

吾欣然序之。

中华人民共和国卫生部副部长
兼国家中医药管理局局长
世界针灸学会联合会主席
中国科学技术协会委员
中华全国中医学会副会长
中国针灸学会会长

胡熙明

1989年12月

序

中华民族有同疾病长期作斗争的光辉历程，故而有自己的传统医学——中国医药学。中国医药学有一套完整的从理论到实践的独特科学体系。几千年来，它不但被完好地保存下来，而且得到了发扬光大。它具有疗效显著、副作用小等优点，是人们防病治病、强身健体的有效工具。

任何一个国家在医学进步中所取得的成就，都是人类共同的财富，是没有国界的。医学成果的交流比任何其他科学成果的交流都应进行得更及时，更准确。我从事中医工作 30 多年来，一直盼望着有朝一日中国医药学能全面走向世界，为全人类解除病痛疾苦作出其应有的贡献。但由于用外语表达中医难度较大，中国医药学对外传播的速度一直不能令人满意。

山东中医学院的徐象才老师发起并主持了大型系列丛书《英汉实用中医药大全》的编译工作。这个工作是一项巨大工程，是一种大型科研活动，是一个大胆的尝试，是一件新事物。对徐象才老师及与其合作的全体编译者夜以继日地长期工作所付出的艰苦劳动，克服重重困难所表现出的坚韧不拔的毅力，以及因此而取得的重大成绩，我甚为敬佩。作为一个中医界的领导者，对他们的工作给予全力支持是我应尽的责任。

我相信《英汉实用中医药大全》无疑会在中国医学史和世界科学技术史上找到它应有的位置。

中华全国中医学会常务理事
山东省卫生厅副厅长

张奇文

1990 年 3 月

出版前言

中国医药学是我中华民族优秀文化遗产之一，建国以来由于党和国家对待中医药采取了正确的政策，使中医药理论宝库不断得到了发掘整理，取得了巨大的成绩。当前，世界各国人民对中国医药学的学习和研究热潮日益高涨。为促进这一热潮更加蓬勃的发展，为使中国医药学能更好地为全人类解除病痛服务，就必须促进中医中药在世界范围内的传播和交流，而要使这一传播和交流进行得更及时、更准确，就必须首先排除语言障碍。因此，编译一套英汉对照的中医药基本知识的书籍，供国内外学习、研究中医药时使用，已成为国内外医药学界和医药学教育界许多人士的迫切需要。

多年来，在卫生部门的号召下，在"中医英语表达研究"方面，已经作出了一些可喜的成绩。本书《英汉实用中医药大全》的编辑出版就是在调查上述研究工作的历史和现状的基础上，继续对中医药英语表达作较系统、较全面的研究，以适应中国医药学对外传播交流的需要。

这部"大全"的版本为英汉对照，共有21个分册，一个分册介绍论述中国医药学的一个分科。在编著上注意了中医药汉文稿的编写特色，在内容上注意了科学性、实用性、全面性和简明易读。汉文稿的执笔撰写者主要是有20年以上实践经验的教授、副教授、主任医师和副主任医师。各分册汉文稿撰写成后，均经各学科专家逐一审订。各分册英文主译、主审主要是国内既懂中医又懂英语的权威人士，还有许多中医院校的英语教师及医药卫生部门的专业翻译人员。英译稿脱稿后，经过了复审、终审，有些译稿还召开全国22所院校和单位人员参加的英译稿统稿定稿

研讨会，对英译稿进行细致的研讨和推敲、对如何较全面、较系统、较准确地用英语表达中国医药学进行了探讨，从而推动整个译文达到较高水平，因此，这部"大全"可供中医院校高年级学生作为泛读教材使用。

这部"大全"的编纂得到了国家教育委员会、国家中医药管理局、山东省教育委员会、山东省卫生厅等各部门有关领导的支持。在国家教委高等教育司的指导下，成立了《英汉实用中医药大全》编译领导委员会。还得到了全国许多中医院校和中药生产厂家领导的支持。

希望这部"大全"的出版，对中医院校加强中医英语教学，对国内卫生界培养外向型中医药人才，以及在推动世界各国人民对中医药的学习和研究方面，都将产生良好的影响。

高等教育出版社

1990年3月

前　言

《英汉实用中医药大全》是一部以中医基本理论为基础，以中医临床为重点，较为全面系统、简明扼要、易读实用的中级英汉学术性著作。它的主要读者是：中医药院校高年级学生和中青年教师，中医院的中青年医生和中医药科研单位的科研人员，从事中医对外函授工作的人员和出国讲学或行医的中医人员，西学中人员，来华学习中医的外国留学生和各类进修人员。

由于中国医药学为我中华民族之独有，因此，英译便成了本《大全》编译工作的重点。为确保译文能准确表达中医的确切含义，我们邀集熟悉中医的英语人员、医学专业翻译人员、懂英语的中医药人员乃至医古文人员于一堂，共同翻译、共同对译文进行研讨推敲的集体翻译法，这样，就把众人之长融进了译文献策之中。然而，即使这样，也难确保译文都能尽如人意。汉文稿虽反映了中国医药学的精髓和概貌，但也难能十全十美。我衷心地盼望读者能提出批评和建议，以便《大全》再版时修改。

参加本《大全》编、译、审工作的人员达200余名，他们来自全国28个单位，其中有山东、北京、上海、天津、南京、浙江、安徽、河南、湖北、广西、贵阳、甘肃、成都、山西、长春等15所中医学院，还有中国中医研究院，山东省中医药研究所等中医药科研单位。

山东省教育委员会把本《大全》的编译列入了科研计划并拨发了科研经费，山东省卫生厅和一些中药生产厂家也给了很大支持，济南中药厂的资助为编译工作的开端提供了条件。

本《大全》的编译成功是全体编译审者集体劳动的结晶，是各有关单位主管领导支持的结果。在《大全》各分册即将陆续出

版之际，我诚挚地感谢全体编译审者的真诚合作，感谢许多专家、教授、各级领导和生产厂家的热情支持。

愿本《大全》的出版能在培养通晓英语的中医人才和使中医早日全面走向世界方面起到我所期望的作用。

主编　徐象才

于山东中医学院

一九九〇年三月

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说　明

《儿科学》是《英汉实用中医药大全》的第13分册。

本分册共分儿科学基础、小儿常见病、小儿传染病和新生儿疾病等四章。儿科学基础一章重点阐述了小儿的生理、病理特点以及以望诊为主的儿科病证的中医诊断特点。其他三章共介绍了十九种小儿常见病，十种小儿传染病和三种新生儿疾病的诊治方法。

本分册所用药物剂量，供3—4岁的患儿应用，临床上可根据患儿的年龄大小、病情轻重、体质强弱等因素，酌情增减。

为便于读者的学习和研究，本书提供了较完整的方剂索引，以英汉对照的形式，排放在英文之后。括号中的阿拉伯数字表示各方剂在正文中的顺序。右面数字表示各方剂出现在正文中的页码。

本分册汉文稿由著名中医儿科张奇文教授审阅。

编　者

1990年11月

1 儿科学基础

中医儿科学是祖国医学的重要组成部分，是随着整个祖国医学的形成、发展而逐渐发展起来的。中医儿科学在小儿保健、预防和医疗方面，积累了极其丰富的临床经验和理论知识，为中华民族的繁衍昌盛和人类的医疗卫生事业作出了卓越的贡献。

1.1 生理、病理特点

儿科年龄范围自初生至14岁。

小儿自初生至成年，处在不断的生长发育过程中，身体各部组织器官的形体结构、功能活动及病理变化等，都与成人有所不同，年龄越小，表现越显著。

历代医家对小儿生理、病理特点的论述很多，归纳起来，其生理特点主要表现为：脏腑娇嫩，形气未充；生机蓬勃，发育迅速。病理特点主要表现为：发病容易，传变迅速；脏气清灵，易趋康复。正确认识这些特点，对了解小儿的生长发育和疾病的诊断、防治等，都有极其重要的意义。

1. 生理特点

(1) 脏腑娇嫩，形气未充。脏腑，指五脏六腑；形气，指形体结构，以及精、气、血、津液和生理功能。就是说，小儿时期的五脏六腑都是娇嫩脆弱的，其形体结构、生理功能都是不成熟的和不完善的，具体表现为肌肤柔嫩，腠理疏松，气血未充，脾胃薄弱，肾气未固，神气怯弱，筋骨未坚等方面。小儿的这些生理现象，在3岁以下的婴幼儿表现更为突出。清·吴鞠通在《温病条辨》中把小儿这种生理现象归纳为"稚阳未充，稚阴未长"，

即所谓"稚阴稚阳"之体。这里的"阴"，是指体内的精、血、津液等物质；"阳"是指体内脏腑的各种生理功能活动，故"稚阴稚阳"的观点，指出了小儿时期无论在物质基础和生理功能方面都是幼稚的和不完善的，处于不断的变化过程中，小儿的生长发育过程就是"阳充阴长"的过程。

(2) 生机蓬勃，发育迅速。由于小儿脏腑娇嫩，形气未充，所以在生长发育过程中，机体各组织器官的形体和功能均不断向成熟和完善方面发展，年龄愈小，生长发育的速度也愈快。古代医家把小儿的这一生理现象称为"纯阳"。所谓"纯阳"，是指小儿在生长发育过程中，表现为生机旺盛，蓬勃发展，好比旭日初升，草木方萌。这里绝不能把"纯阳"理解为"盛阳"或"有阳无阴"，或"阳亢阴亏"之体。

总之，小儿"稚阴稚阳"和"纯阳"之体的两个理论观点，概括了小儿生理特点的两个方面。前者是指小儿肌肤柔嫩、气血未充、脏腑未坚、筋脉未盛，阴阳二气均较幼稚不足；后者是指在生长发育过程中，生机旺盛、发育迅速。

2. 病理特点

(1) 发病容易，传变迅速。小儿的病理特点，主要是由生理特点决定的。《幼科条辨·解儿难》中指出："脏腑薄，藩篱疏，易于传变；肌肤嫩，神气怯，易于感触"。又《医学三字经·小儿》中指出"稚阳体，邪易干"。这充分说明了小儿"稚阴稚阳"的生理特点，决定了小儿发病容易、传变迅速的病理特点。

发病容易。小儿肌肤疏薄，抗病力弱，加上寒暖不知自调，乳食不知自节，一旦调护失宜，则外易为六淫所侵，内易为饮食所伤，肺、脾两脏的病证较多，如感冒，肺炎、积滞，吐泻等，这正是对小儿"肺常不足"、"脾常不足"的生理、病理特点的概括。

传变迅速。《小儿药证直诀·原序》中说："脏腑柔弱，易虚易实，易寒易热。"这里的虚实主要是指人体正气的强弱和致病邪

气的盛衰而言。"易虚易实"，是指小儿一旦患病，邪气易实，正气易虚，实证可迅速转化为虚证，或者出现虚实并见，正虚邪实，寒热错杂的证候。例如患感冒后，可瞬即转为肺炎喘嗽，出现咳嗽、气急鼻扇，涕泪俱无等肺气闭塞之象。若失治误治，不及时予以开宣肺气，则可迅速出现正虚邪陷，心阳不振，气滞血瘀等虚中夹实的证候。又如小儿泄泻，起病多为外感时邪或内伤乳食的实证，但常易出现液脱伤阴或阴竭阳脱的危证。"易寒易热"是指在疾病过程中，由于"稚阴未长"，最易导致阴伤阳亢，出现发热的证候，故小儿患时行病和热性病较多；但小儿"稚阳未充"，机体脆弱、气血未盛，邪气易实，正气易伤，故热病又易寒化，出现阴寒内盛之征。如患风寒外束的表寒证，可郁而化热，热极生风，出现高热抽搐等风火相扇的实热内闭证；与此同时，又可因正不胜邪，迅即出现面色苍白，肢冷汗出，脉微沉弱等阴盛阳衰的虚寒外脱证。小儿在疾病过程中，寒热虚实的变化，比成人更为迅速和错综复杂，所以在诊治小儿疾病时，必须掌握其"发病容易，变化迅速"的病理特点。

(2) 脏气清灵，易趋康复。小儿疾病在发生、发展过程中，虽有发病容易、变化迅速的一面，但小儿为"纯阳"之体，生机蓬勃，活力充沛，脏气清灵，且病因单纯，多为外感六淫和内伤饮食，少有七情的伤害，故患病后如诊断正确、治疗及时、护理适宜，正气易于恢复，疾病易于治愈。即使危重证候，只要分秒必争，积极进行各种综合措施的抢救，转危为安的机会也较多。

因此，小儿患病有易于发病，易虚易实，易寒易热，易于传变，易于恶化的一面；又有生机蓬勃，脏气清灵，易于康复的另一面，这就是小儿生理、病理总的特点。

1.2 小儿疾病诊治概要

1. 四诊概要

望、问、闻、切是中医诊断疾病的主要方法。小儿疾病的诊断也是通过望、问、闻、切四诊所获得的临床资料，四诊合参，进行综合分析，以辨别疾病发生的原因、性质、部位和预后，掌握疾病的实质，确定治疗措施。由于小儿有其生理、病理特点，生长发育和病情反应均与成人不同，且乳幼儿不会言语，较大儿童又往往不能正确诉说病情，问诊有时不足为凭；又小儿就诊时啼哭叫扰，影响气息脉象，寸口脉短小，故切诊价值不大；唯有望诊不受各种条件限制，故历代儿科医家都很重视望诊，且积累了较为丰富的临床经验。现简述如下。

(1) 望诊。望诊是通过观察病儿的全身和局部情况，从而获得与疾病有关的辨证资料的一种诊断方法。历代儿科医家都把望诊列为四诊之首，因小儿肌肤娇嫩，反应灵敏，脏腑的病证每能形诸于外。望诊包括望神色，视形态，审苗窍，辨斑疹，察二便，验指纹等内容，前二者为整体望诊，其余则为分部望诊。

望神色是观察小儿的精神状态和面部气色。凡精神振作，两目有神，表情活泼，面色红润，呼吸调匀，均为气血调和，精气充沛无病的表现，或虽有病，也多轻而易愈。面部望诊主要观察五色主病，五色指红、青、黄、白、黑。面呈白色主寒证、虚证，面呈红色主热证，面呈黄色主体虚和湿证，面呈青色主寒证，痛证、瘀血及惊风证。

视形态是观察形体和动态。形体的望诊包括头面、四肢、躯干、肌肤、毛发等。凡发育正常，筋骨强健，肌肤丰润，毛发润泽，姿态活泼者，这是胎禀充足，营养良好、健康的表现。在动态的望诊方面，不同的疾病，往往可有不同的姿态，通过望形态，即从病儿的形体强弱，胖瘦和活动的状态来推测疾病的内在

变化。

审苗窍是诊断小儿疾病的重要一环，脏腑有病，每能反映于苗窍。苗窍包括舌、目、鼻、口、耳和前后二阴。其中舌诊在儿科诊病中尤为重要。舌诊包括舌体、舌质、舌苔的变化。正常小儿舌体柔软，舌质淡红，有干湿适中的薄苔。但新生儿出现舌红无苔，乳幼儿出现乳白苔，则为正常舌象。观察舌质可知脏腑气血的盛衰；舌苔可辨邪气的性质和深浅；润燥可验津液的盈亏。在察口中应注意观察口腔粘膜、咽部和扁桃体，因小儿外感病证均有口咽部的变化，不能因小儿哭闹而忽视。

验指纹是诊断3岁以下小儿疾病的一种特殊方法，主要观察小儿从虎口至食指桡侧浅静脉的浮沉、色泽和部位的变化，以辨疾病的病因、性质和预后。指纹分三关，食指第一节为风关，第二节为气关，第三节为命关。正常的指纹红黄隐现，不超过气关。一般以指纹的浮沉分表里，红紫辨寒热，淡滞定虚实，三关测轻重。浮主表，沉主里。红主寒，紫主热，如纹色鲜红为外感风寒；暗紫为邪热郁滞，紫黑为热邪深重或气滞血瘀。指纹色淡，不论何种颜色，新病还是久病，都是虚证的表现。指纹现于风关，病多轻浅而易治；纹现气关，病情较重；纹现命关，病情危重。如果直透指甲，称"透关射甲"，病多危殆。但察指纹只是儿科望诊之一，不能据此作为主要依据，必要时"舍脉求证"，或四诊合参，综合分析。

辨斑疹，斑疹是小儿疾病中的一种常见体征。凡形态大小不一，不高出皮面，压之不退色，称之为"斑"；凡形小如粟米，高出皮面，压之退色，称之为"疹"。斑和疹多见于麻疹、风疹、猩红热、水痘等小儿传染病中。杂病发斑，多属血热和气不摄血，见于血小板减少性紫癜和过敏性紫癜。

察二便，观察大小便的变化，对小儿疾病的诊断有一定的意义。正常小儿的大便应色黄而干湿适中，一日1～2次。母乳喂养者，大便呈金黄色；牛奶喂养或人工喂养者，大便呈淡黄白

色，质常硬。凡大便色泽、质地和次数发生改变，均为有病的表现。如大便燥结，形如羊粪，为里热内结，或阴虚内热；大便稀薄泄泻，为腹泻，有寒热虚实之别；大便中夹有白色凝块和食物残渣者，为食滞。正常小儿的小便色淡黄而清。凡小便的色泽、次数、量发生改变者，均为有病的表现。如小便黄短涩痛，为湿热下注；小便清长量多，为寒证或肾阳亏损；小便混浊如米泔水，为脾胃虚弱，饮食失调；小便深黄短少，为湿热内蕴、黄疸之证；尿呈红色，或茶褐色、为血尿。

(2) 问诊。主要是通过其亲属代述，也是小儿诊断的重要方法之一。除问寒热、汗出、头身、胸腹、二便、睡眠外，儿科病史中还要仔细询问年龄（日、月、岁），对于诊断疾病和用药剂量均有一定帮助；问既往史，以了解以往发病的情况，治疗经过，有无合并症；问个人史在儿科尤为重要，包括生产史、喂养史、生长发育史、预防接种史，以了解孕期及出生时情况，喂养方式、体格与智力发育，预防接种及计划免疫措施等。

(3) 闻诊。是指运用听觉和嗅觉，通过听声音和嗅气味来检查疾病的一种方法，主要包括听小儿的语言声、啼哭声、咳嗽声、呼吸声和闻口气、嗅便尿及尿气等以协助疾病的诊断。

(4) 切诊。包括脉诊和按诊。正常小儿的脉象从容和缓，较成人柔软而快，年龄越小，脉搏愈快。因小儿寸口脉短小，故多采用拇指定三关的方法诊脉。一般以浮、沉、迟、数辨表、里、寒、热；以有力、无力定虚、实。按诊包括按压和触摸皮肤、淋巴结、头、颈、胸、腹、四肢等部位，观察其生长发育情况及病理变化，以协助诊断疾病。触摸皮肤可了解寒、热、出汗的情况。正常小儿在颈部、枕骨下、腹股沟等处可扪及较小的、质软活动不痛的浅淋巴结。小儿的前囟一般在生后 12～18 个月内闭合，逾期不闭、早闭、隆起或凹陷、过大等，均为有病的表现。正常小儿在三四岁以前，肝脏在右肋下不超过 1 厘米，4 岁以后则不能触及。生后 6 个月以内，脾在左肋下可扪及。若肝脾肿

大，且质硬触痛，均为病态。还应仔细检查胸部、脊柱、四肢有无畸形，肢体是否对称、肌力是否有力或活动情况。

2. 治疗概要

小儿疾病的治疗方法，基本上与成人相同。但由于小儿生理病理特点不同于成人，因此应根据不同疾病的不同阶段、年龄大小、体质强弱、四诊所得，灵活运用祖国医学的辨证方法，确定相应的法则和方药，以祛除病邪，调整阴阳，促进患儿早日恢复健康。

(1) 用药特点

a. 治疗要及时、正确，用药要审慎。小儿体属稚阴稚阳，发病容易，寒热虚实的变化迅速，因此患病后要尽早就诊，做到诊断早，治疗快，用药准，剂量适宜，否则轻病转重，重病转危。对危重病例，要争取时间进行抢救，以免猝变，用药要慎重，要掌握适当的有效剂量，当用则用，中病即止。对大苦、大寒、大辛、大热和有毒、攻伐之品更应注意，以免损害脏腑，使病情加重或恶化。在疾病的辨证过程中，应抓住主要矛盾，重视护理和其他疗法的配合，充分发挥小儿的自身抗病能力，促进疾病早日痊愈。

b. 剂型。小儿药物的剂型，除汤、丸、散、膏、丹外，近年来为了适应小儿特点，对剂型作了某些改革，如冲剂、糖浆、片剂、针剂、栓剂等，具有应用方便，提高疗效，应急的优点。但煎剂能随证加减，在体内较易吸收，发挥作用较快，祛邪迅速，在临床上仍应用广泛，服用时可适当浓缩，加适量的糖，或混入米粥、乳汁内，少量多次服用。最好让小儿自然服下，切忌捏鼻硬灌，以防药物误入气管。

c. 中药剂量。小儿用药剂量应随年龄大小、病情轻重而有所不同。一般应中病即止，用药时间要短。但小儿服药时多有浪费，所以小儿中药的剂量相对较大，尤其是益气健脾、消食导滞、养阴补血之类的药物更是如此。但对一些辛热、苦寒、攻伐

和性猛的药物，如细辛、大黄、巴豆、芒硝、胆草、木通等，用量不宜过大。

本书方药中所列剂量，系指3岁左右小儿的用量，如为乳幼儿或较大儿童可适当减少或增加剂量。

(2) 常用内治法。有疏风解表法，止咳平喘法，清热解毒法，凉血止血法，消食导滞法，健脾益气法，培元补肾法，活血化瘀法，镇惊开窍法，利水消肿法和安蛔驱虫法等。

(3) 常用外治法。有熏洗法，雾化吸入法，涂敷法，敷贴法、热熨法，擦拭法等。

(4) 其他尚有推拿、针灸、捏脊、刺四缝、割治、拔罐等疗法。

(须鹤瑛)

2 小儿常见病证

2.1 感冒

感冒俗称伤风，症状轻重不一，轻症即普通感冒，病情较重有流行性者称时行（疫）感冒，即流行性感冒。临床以发热、鼻塞流涕、咽痛、咳嗽等为特征。此外小儿感冒还常有夹痰、夹滞、夹惊等兼证。小儿时期常见的一些急性传染病的早期，常表现类似感冒的症状，临诊时必须注意鉴别。

病因病机

小儿脏腑娇嫩，肌肤疏薄，卫外不固，又寒暖不知自调，当气候骤变时，六淫外邪易于袭表，使卫表调节失司，腠理开合失常，卫阳被遏，从而出现发热恶寒，头痛，鼻塞流涕，咳嗽等肺卫失宣的症状。

小儿为"纯阳"之体，感邪之后，易从热化，故发热较常见且较重。肺为娇脏，受邪之后，肺气失宣，气机不利，津液输布失职，则聚液为痰，阻于气道，出现咳嗽痰多的感冒夹痰证。小儿脾常不足，感邪之后若饮食失节，往往影响到运化功能，致乳食停滞中焦，出现脘腹胀满，不思乳食，或呕吐泄泻等感冒夹滞证。小儿肝气怯弱，感邪后易化热生火，内扰神明，出现惊惕不安，甚或出现惊风抽搐，此为感冒夹惊证。

诊断要点

1. 主要症状。多数起病急骤，可突然出现发热，无汗或少汗，鼻塞流涕，咽痛，轻咳等症。发热的高低与病原体的种类、病种、个人体质有关，婴幼儿较年长儿的热度高，有时可达40℃，但全身症状较轻，一般情况良好；年幼体弱儿感冒时则全

身症状较重；年长儿则鼻、咽、喉等局部症状较重。

2. 并发症。婴幼儿常伴有高热惊厥，或有呕吐、腹泻、腹痛和纳呆，或咳嗽有痰，甚则很快变成支气管炎或肺炎。

3. 某些急性传染病，如麻疹、水痘、流行性腮腺炎、流行性脑脊髓膜炎等，其早期症状表现同感冒，但很快各具特点，应作早期鉴别。

辨证论治

1. 普通感冒

(1) 风寒感冒（鼻伤风，冬春季的感冒，年长儿多见）

主证：发热轻，恶寒无汗，头痛，鼻塞流清涕，喷嚏，微咳，喉痒，口不渴。舌苔薄白，脉浮紧。

治法：辛温解表，宣肺散寒。

方药：荆防败毒散（1）加减

荆芥 6 克，防风 6 克，苏叶 6 克，羌活 9 克，柴胡 12 克，桔梗 9 克，甘草 3 克。水煎服。

加减：若有咽喉肿痛、苔黄、口渴等表寒化热或外寒里热症时，加双花 12 克，板蓝根 12 克，连翘 9 克，鲜芦根 12 克，牛蒡子 6 克，以清热利咽。

证见体倦乏力，短气懒言，汗出表不解，舌质淡等气虚证时，加黄芪 12 克，白术 9 克，以益气健脾。

(2) 风热感冒（典型的普通感冒）

主证：发热重，恶风，有汗或少汗，头痛，鼻塞流浊涕，微咳，咽红或肿痛，口干而渴。舌质红，苔薄白或微黄，脉浮数。

治法：辛凉解表，宣肺清热。

方药：银翘散（2）加减

双花 12 克，连翘 9 克，板蓝根 9 克，薄荷 6 克，荆芥 6 克，牛蒡子 6 克，桔梗 9 克，芦根 9 克，竹叶 6 克，甘草 3 克。水煎服。

加减：若高热，全身不适，口渴时，用柴葛解肌汤加减，柴

胡 15 克，葛根 12 克，生石膏 18 克，生地 9 克，双花 12 克；连翘 9 克，薄荷 6 克，大青叶 9 克，芦根 9 克，甘草 3 克。

高热惊厥时，加钩藤 6 克，僵蚕 9 克，蝉蜕 6 克，以平肝镇惊熄风。

大便秘结时，加枳实 9 克，栝楼 9 克，以泻火通便。

(3) 暑热感冒（夏季感冒）

主证：高热无汗，头痛，身重困倦，食欲不振，或呕吐腹泻，或鼻塞流涕，微咳。舌质红，苔薄白微腻，脉浮数。

治法：清暑解表，化湿和中。

方药：香薷饮 (3) 加减

香薷 9 克，厚朴 9 克，扁豆 9 克，双花 12 克，连翘 9 克，竹叶 6 克，葛根 9 克，甘草 3 克。水煎服。

加减：若身热不扬，头痛头晕，胸腹痞闷，胃纳不佳等暑热轻而湿重时，加藿香 12 克，苏叶 9 克，厚朴 9 克，半夏 9 克，陈皮 6 克，白术 9 克，以祛湿和中。

证见心烦，口渴，呕恶，尿短，汗出不透等暑热重症时，加黄连 3 克，竹叶 6 克、芦根 12 克，滑石 9 克，以清暑解热。

(4) 秋燥感冒（秋季感冒）

主证：发热面红无汗，头痛鼻塞声重，鼻干无涕，口咽干燥，咳嗽无痰或痰中带血。舌质红，苔少而干，脉细。

治法：辛凉清热、润燥止咳。

方药：桑杏汤 (4) 加减

桑叶 6 克，栀子 3 克，杏仁 4.5 克，象贝 6 克，沙参 12 克，梨皮 9 克，生石膏 18 克，麦冬 9 克，阿胶 6 克（烊化），甘草 3 克。水煎服。

加减：若久咳不止的，加炙百部 9 克，地骨皮 12 克，五味子 6 克，诃子 9 克，以敛肺止咳。

低热不退，皮肤干燥，痰中带血，手足心热，头晕目胀的，用沙参麦冬汤加生地 12 克，丹皮 9 克，栀子 4.5 克，元

参 9 克，以滋阴清热。

声音嘶哑的，加麦冬 9 克，板蓝根 12 克，胖大海 9 克，蝉蜕 6 克，以清热利咽。

2. 流行性感冒，即时行（疫）感冒

主证：壮热，汗出热不解，口渴喜饮，全身倦怠，咳嗽气短，痰黄稠，或恶心呕吐，纳少，大便秘结。舌质红，苔黄欠津，脉浮数。

治法：清热解毒，透表。

方药：银翘散（2）合柴葛解肌汤（5）加减

双花 12 克，薄荷 6 克（后入），大青叶 12 克，连翘 9 克，柴胡 15 克，葛根 12 克，川芎 9 克，僵蚕 9 克，生石膏 30 克（先煎），生地 9 克，芦根 12 克，甘草 3 克。水煎服。

加减：若壮热汗出，烦躁不宁，大便秘结者，可用凉膈散（6）加减，连翘 12 克，栀子 6 克，黄芩 9 克，大黄 6 克（另包后入），芒硝 9 克，薄荷 9 克，竹叶 6 克，生石膏 18 克，甘草 3 克。

壮热，咽喉肿痛，舌苔黄者，加黄芩 9 克，黄连 3 克，牛蒡子 9 克，连翘 12 克，元参 9 克，板蓝根 12 克，或用牛黄上清丸（7），每次$\frac{1}{2}$～1 丸，日 3 次，以清热解毒，利咽消肿。

3.夹证

（1）夹痰。兼见咳嗽较重，喉中痰鸣，或见壮热咳喘鼻扇等症。偏于风寒者，治宜辛温解表，宣肺化痰，加用三拗汤（8）；偏于风热者，治宜辛凉解表，清肺化痰，加桑白皮 9 克，或麻杏石甘汤（9）加减；咳喘较剧者，用麻杏石甘汤加葶苈子 6 克，代赭石 12 克，以泻肺降逆定喘，或参照肺炎的辨证治疗。

（2）夹滞。兼见纳少，脘腹胀满，手足心热，夜卧不宁，或呕吐酸腐，大便腥臭，有不消化食物残渣，苔黄厚腻，脉浮数有

力。可在诸证感冒方中加神曲6克，麦芽9克，山楂9克，鸡内金3克，槟榔9克，以消食导滞；如热不重而有食滞便溏者，用藿香正气散（10）加减，苏叶6克，藿香12克，白芷6克，佚苓9克，白术9克，厚朴9克，半夏9克，陈皮6克，大腹皮9克，桔梗9克，以解表化湿助消化，或加用保和丸（11），每次1丸，日3次，或用四消糖片（12），每次2～5片，日3次。

(3) 夹惊。兼见发热汗出不畅，面红目赤，惊惕不安，甚或惊厥，又称"热惊"。治宜在感冒方中加钩藤6克，僵蚕9克，蝉蜕6克，薄荷6克，以镇惊熄风清热，或用牛黄镇惊丸（13）、琥珀抱龙丸（14），每次$\frac{1}{2}$～1丸，日2～3次。

其他疗法

单方验方

1. 风寒感冒

(1) 生姜5～6片，红糖适量。水煎服或开水冲服，微服至微汗出。

(2) 葱白3寸，生姜5片，红糖适量。水煎频服至微汗出。

2. 风热感冒

(1) 桑叶、菊花、大青叶或板蓝根，适量，水煎服。

(2) 复方大青叶合剂，每次1支，日3次。

(3) 感冒冲剂，每次$\frac{1}{2}$～1包，按年龄大小分服，日3次。

(4) 小儿退热冲剂，每次1～3包，按年龄大小分服，日3次。

预防与护理

1. 平时注意锻炼身体，增强体质，加强户外活动，多晒太阳，提高抗病能力。

2. 注意气候变化，随时增减衣服，注意冷暖调节，保持室内空气新鲜。

3. 感冒流行期间，少去公共场所，以免传染，外出戴口罩，避免接触患者。

4. 感冒流行期间，可用双花 12 克，板蓝根 12 克，贯众 12 克，水煎服，连服 3～5 天。

5. 食醋熏蒸室内，食醋 2～5 毫升／立方米房间，加水 1～2 倍，置容器内加热熏蒸至全部气化为止，每天 1 次，连续 3 天。

6. 患病期间应注意病情变化，尤其年幼体弱儿应加强护理，多饮水，进易于消化的清淡食物，生活规律，讲究清洁卫生。

（须鹤珠）

2.2 咳嗽

咳嗽是临床上的一个常见症状，主要表现于呼吸系统疾病中。一年四季均可发生，以冬春季多见。小儿咳嗽分外感咳嗽和内伤咳嗽，而以外感咳嗽多见。

病因病机

1. 感受外邪。每于冬春季节气候多变之时，调护失宜，六淫外邪犯肺，肺失宣肃，肺气上逆则咳嗽。肺气失宣，津液内停，聚液为痰，阻于气道，故咳嗽有痰。

2. 痰浊内阻。小儿脾胃薄弱，易为乳食所伤，致脾失健运，水谷不能化生精微，湿滞生痰，上贮于肺，痰阻气道，肺气不得宣畅，发为咳嗽。

3. 素体虚弱。小儿禀赋不足，素体虚弱，易复感外邪，故咳嗽屡作，日久不愈，脾肺受伤，发为脾肺气虚和肺阴耗伤的内伤咳嗽。

诊断要点

1. 外感咳嗽在初起时多伴有感冒症状，如发热恶寒，鼻塞

流涕，头痛身痛，咽红，喉痒等，1～2 天后则以咳嗽为主症，先有咳声重浊，或高亢清扬，或咳声嘶哑，日轻夜重，咳而兼呕，咳嗽有痰，色稀白或黄稠，年幼儿常不会吐痰。

2. 内伤咳嗽则多见于素体虚弱、营养不良的小儿，易反复感冒，感邪较重，病程较长，表现咳嗽声低，痰液稀白或稠少，或伴低热。

辨证论治

新咳多属外感，常兼表症，以疏散表邪，宣肺止咳为主；久咳多属内伤虚症，以扶正化痰，敛肺止咳为主。

1. 外感咳嗽

(1) 风寒咳嗽

主证：咳嗽频作，喉痒声重，咳痰不爽，或咳有痰声，痰色稀薄，兼有恶寒发热，鼻塞流涕，头痛身痛。苔薄白，脉浮紧。

治法：疏风散寒，宣肺止咳。

方药：杏苏散（15）加减

苏叶 6 克，杏仁 3 克，前胡 9 克，桔梗 9 克，荆芥 9 克，半夏 9 克，枳壳 6 克，甘草 3 克。水煎服。

加减：若表症较重，咳重不爽者，加防风 9 克，麻黄 6 克，以解表宣肺。

表症已解，咳嗽为主时，加紫菀 9 克，冬花 6 克，百部 9 克，或用止嗽散（16），荆芥 6 克，桔梗 9 克，紫菀 9 克，百部 9 克，白前 9 克，陈皮 6 克，以温肺理气止咳。

(2) 风热咳嗽

主证：咳嗽痰黄，或粘稠难咯，口渴，咽红肿痛，伴发热恶风，微汗出，鼻流浊涕。舌尖红，苔黄，脉浮数。

治法：疏风清热，宣肺化痰。

方药：桑菊饮（17）加减

桑叶 6 克，菊花 9 克，薄荷 6 克，杏仁 3 克，桔梗 9 克，芦根 9 克，连翘 12 克，贝母 6 克，黄芩 9 克。水煎服。

加减：若发热重，咽喉肿痛者，加栀子 6 克，板蓝根 12 克，牛蒡子 6 克，以清热利咽消肿。

咳嗽痰多，口渴心烦，舌苔黄腻者，加桑皮 9 克，半夏 9 克，茯苓 9 克，以疏风散热，宣肺化湿。

(3) 风燥咳嗽

主证：咳嗽声嘶，干咳无痰，或痰少难咯，唇干，喉痒而干。舌质红，苔少乏津，脉数。

治法：辛凉宣透，清燥润肺。

方药：桑杏汤 (4) 加减

桑叶 9 克，杏仁 6 克，贝母 6 克，栀子 6 克，沙参 9 克，梨皮 9 克，桔梗 9 克，元参 9 克。水煎服。

2. 内伤咳嗽

(1) 痰热咳嗽

主证：咳嗽痰多，色黄稠，发热面赤唇红，口渴，烦躁不安，或见鼻衄，便干尿赤。舌红苔黄，脉滑数。

治法：清热泻肺，化痰止咳。

方药：泻白散 (18) 加味

桑白皮 9 克，地骨皮 12 克、桔梗 9 克，川贝母 6 克，黄芩 9 克，葶苈子 6 克，东前子 9 克 (包)，甘草 3 克。水煎服。

加减：若咳嗽痰稠难咯者，加栝楼 9 克，海浮石 12 克，胆南星 9 克，以清化热痰。

便秘，热盛，气粗者，加槟榔 9 克，枳实 9 克，大黄 6 克，以通腑泻肺。

(2) 痰湿咳嗽

主证：咳嗽痰多，色白而稀，喉间痰声漉漉，纳呆神倦，面色少华。舌淡苔白腻，脉滑。

治法：健脾燥湿，化痰止咳。

方药：二陈汤 (19) 加味

陈皮 9 克，半夏 9 克，茯苓 9 克，杏仁 6 克，桔梗 9 克，川

贝母6克，枳壳9克，莱菔子9克，苏子9克，甘草3克。水煎服。

加减：若久咳脾虚者，加白术9克，党参9克，以健脾。

腹胀者，加神曲6克，山楂9克，以消食导滞。

(3) 阴虚燥咳

主证：干咳无痰，或痰少而粘，口咽干燥，颧红潮热盗汗，手足心热，或咳嗽痰中带血。舌红少苔而干，脉细数。

治法：滋阴润肺。

方药：沙参麦冬汤（20）加减

沙参12克，麦冬9克，玉竹9克，花粉9克，贝母6克，炙枇叶9克，扁豆9克，甘草3克。水煎服。

加减：若痰中带血者，加白芨9克，白茅根12克，阿胶9克（烊化），生地9克，以润肺止血。

潮热盗汗者，加青蒿12克，地骨皮12克，鳖甲12克，以滋阴清热。

(4) 肺虚久咳

主证：咳而无力，痰白清稀，面色㿠白，体虚多汗，声低懒言，神疲畏寒。舌质淡嫩，脉细弱。

治法：健脾益气。

方药：六君子汤（21）加减

太子参12克，茯苓9克，白术9克，半夏9克，五味子6克，黄芪9克，桔梗9克，甘草3克。水煎服。

其他疗法

单方验方

1. 紫苏9克，陈皮9克，白萝卜片12克，水煎加红糖适量，趁热温服，用于风寒咳嗽。

2. 川贝母6克，雪梨一个去核，冰糖15克，水煎服或加少许水蒸服，用于干咳痰少。

3. 止咳散：川贝母、葶苈子、半夏各等分，研为粗粉。用

于痰热咳嗽。用法：小于6个月者每次0.5克，6个月～1岁者每次1克、2～3岁者每次1.5克，加少量水，慢火煎煮2～3分钟，一日3次。

预防与护理

1. 加强锻炼，增强抗病能力。

2. 注意气候变化，预防感冒。有反复呼吸道感染咳嗽症者，应于平时加强肺部保健，如冷空气疗法，温水擦浴等，以增强机体抵抗力。

3. 居室要安静，空气要新鲜、流通。避免交叉感染。

（须鹤瑛）

2.3 小儿肺炎

肺炎是小儿时期的常见病。临床以发热，咳嗽气急，鼻扇为主要特征，严重者涕泪俱无，口唇青紫。本病多见于婴幼儿，好发于冬春季节。肺炎的病因多由外感引起，也可继发于感冒、麻疹、百日咳等病后，或某些重病久病的过程中或恢复期。

病因病机

小儿形气未充，卫外不固，肺脏娇嫩，抵抗力差。若风邪自口鼻而入肺脏，肺气失宣，水液输化无权，凝聚为痰，阻于气道，则出现咳嗽、气促、喉间痰鸣等症。若温邪入肺，热灼津液，炼液为痰，痰热壅阻气道，则出现壮热烦渴，咳喘痰多等症。病情继续发展，将由肺及他脏。如肺气闭塞可影响心血的运行。血流不畅，脉道壅滞，心失所养，肝失疏泄条达，可出现口唇、指甲紫绀，舌质紫暗，肝脏逐渐肿大等变症。如正不胜邪，心血瘀阻，心阳不振，可见颜面苍白，喘促不安，四肢不温，大汗淋漓等阳气暴脱症；肺气闭阻严重时可影响脾胃功能，出现纳少、腹胀便秘。又肺主吸气，肾主纳气，肺为气之主，肾为气之根。肺气久闭，必及于肾，导致肾不纳气，出现呼吸浅促，节律

不匀，快慢不定，或叹气样、哭泣样呼吸，此为气之将绝的危象。如邪热炽盛，内陷厥阴，则出现壮热、昏迷抽搐等变症。小儿肺炎后期，则主要表现为正虚邪恋，肺脾气虚和阴虚肺热等气阴耗损症。

诊断要点

1. 症状：急性肺炎起病急骤，表现为发热，咳嗽，呼吸急促，有痰。重则喘促鼻扇，口唇紫绀。可伴有烦躁，嗜睡，腹胀等症。迁延性和慢性肺炎则以低热，咳嗽有痰，肺部罗音不消为主症。

2. 体征：两肺呼吸音粗糙或减弱，可听到捻发音，或中、小水泡音，以肺底和脊柱两侧较多。

3. 肺部X线检查：示点片状或斑点状阴影。

辨证论治

本病在临床上分常证和变证。常证有表里、寒热、虚实之别；变证则有内陷厥阴和心阳虚衰的不同。治疗上重在宣肺开闭，止咳化痰平喘，清热泻火，益气养阴；变证则温补心阳，凉肝熄风开窍。

1. 常证

(1) 风邪犯肺。本证多为肺炎早期，兼有表证。分风寒闭肺和风热闭肺二型，以后者为多见。

①风寒闭肺，多见于寒冷季节。

主证：发热无汗，咳嗽气急，不渴，痰白而稀。舌质不红，苔薄白或白腻，脉浮紧。

治法：疏风散寒，辛温开肺。

方药：三拗汤（8）加味

麻黄6克，杏仁3克，甘草3克，苏子9克，前胡6克，半夏9克。水煎服。

加减：若寒邪外束，里有伏热，证见发热口渴，面赤心烦，咳嗽痰白，苔白，脉数者，用大青龙汤（22），麻黄6克，杏仁

3克，桂枝6克，生石膏15克，甘草3克，生姜二片，以表里双解，或加生石膏15克，黄芩9克，以泄热清肺。

②风热闭肺

主证：发热有汗或无汗，咳嗽气促，痰浊黄稠，口渴咽红。舌尖或舌边红，苔薄白或微黄，脉浮数。

治法：疏风清热，宣肺化痰平喘。

方药：银翘散（2）合麻杏石甘汤（9）加减

双花15克，薄荷6克，连翘9克，麻黄6克，杏仁3克，生石膏18克，桔梗9克，芦根12克，甘草3克。水煎服。

加减：若热重者，加黄芩9克，鱼腥草9克，板蓝根12克，以清泻肺热。

痰多者，加川贝母3克，莱菔子9克，栝楼9克，以清化热痰。

（2）痰热闭肺

主证：高热，咳嗽喘促，鼻扇，烦躁口渴，唇红而干，甚则唇周紫绀，喉间痰鸣，声如拽锯。舌红，苔黄腻，脉滑数。

治法：清热泻肺，止咳平喘。

方药：麻杏石甘汤（9）合葶苈大枣泻肺汤（23）加减

麻黄6克，杏仁4.5克，桑白皮12克，葶苈子6克，地骨皮9克，生石膏30克，鱼腥草9克，黄芩9克，甘草3克。水煎服。

加减：若腹胀气憋，大便秘结者，加大黄6克，枳实9克，以泻火通便。

面唇紫绀者，加丹参12克，红花3克，赤芍9克，桃仁6克，以活血化瘀。

痰多黄稠，痰阻较重者，加浙贝母6克，天竺黄9克，胆南星9克，以清热化痰。

（3）痰湿阻肺

主证：咳嗽气急痰喘，喉间痰鸣，漉漉有声，面黄唇淡，或

有寒热。舌红，苔腻，脉滑。

治法：燥湿祛痰，止咳平喘。

方药：小青龙汤合二陈汤（24）（19）加减

麻黄6克，桂枝3克，杏仁3克，半夏9克，陈皮6克，葶苈子6克，细辛1.5克，五味子4.5克，甘草3克。水煎服。

(4) 正虚邪恋。多见于疾病后期，正气已虚，邪恋未尽。

①阴虚肺热

主证：低热盗汗，面色潮红，干咳无痰，唇红口干。舌质红干，苔光剥，脉细数。

治法：养阴清肺。

方药：沙参麦冬汤（20）加减

沙参12克，麦冬9克，玉竹9克，桑白皮12克，地骨皮12克，花粉9克，扁豆9克，杏仁6克，甘草3克。水煎服。

加减：若咳嗽较重者，加炙枇叶9克，百部9克，贝母6克，以化痰止咳。

胃纳不佳者，加山楂9克，麦芽9克，以消食开胃。

②肺脾气虚

主证：低热不定，咳嗽无力，声低痰稀，面色㿠白，精神不振，自汗，纳少便溏。舌质淡，苔白滑，脉细无力。

治法：益气健脾。

方药：人参五味子汤（25）加减

党参12克，黄芪12克，炒白术9克，茯苓9克，五味子6克，半夏9克，炙甘草3克。水煎服。

加减：若咳嗽痰多者，加紫菀9克、陈皮6克，胆南星9克，以止咳化痰。

营虚卫弱，汗多气弱者，加桂枝6克，牡蛎15克，龙骨15克，以调和营卫，敛汗护阳。

2. 变证，多见于肺炎极期。

(1) 心阳虚衰

主证：突然面色苍白，口唇紫绀，呼吸浅促，额汗肢冷，虚烦不安，肝脏迅速增大。舌质紫暗或淡红，苔薄白，脉微细数。

治法：温补心阳，益气救逆。

方药：参附汤（26）加味

人参1克（先煎），附子6克，白芍9克，甘草3克。水煎服。或用生脉散注射液10～20毫升，或枳实注射液5～10毫升，用5～10%葡萄糖液稀释后静推或静点，以回阳固脱。

加减：若伴见唇舌青紫，肝大者，加丹参12克，红花6克，当归9克，以活血化瘀。

（2）邪陷厥阴

主证：咳喘兼壮热神昏，烦躁，四肢抽搐，目睛上视，舌红而绛，苔黄腻或黄糙，脉弦数。

治法：平肝熄风，清心开窍。

方药：羚角钩藤汤（27）合安宫牛黄丸（28）

羚羊角0.5克（冲服），钩藤9克，茯神9克，白芍9克，竹沥6克，菖蒲9克，郁金9克，山栀6克，黄芩9克。水煎服。

变证是肺炎病变过程中出现的危重症候，应抓主要矛盾，先治其变症，或结合辨证同时应用，或中西医结合进行抢救；一旦变证得到纠正，仍按肺炎继续辨证治疗。

其他疗法

1. 单方验方

（1）鱼腥草注射液，每次1支，每日1～2次，肌肉注射，或5～10毫升加入5～10%葡萄糖液200毫升内静点，或10毫升加生理盐水10毫升，雾化吸入。用于一般肺炎。

（2）肺炎合剂，银杏9克，青黛3克，地骨皮9克，钩藤9克，车前草9克，陈皮9克，水煎服，日1剂。

（3）病毒性肺炎合剂，大青叶15克，板蓝根15克，车前草9克，柴胡9克，僵蚕9克，水煎服，日1剂。

(4) 喘咳散，半夏、五味子各3份，细辛、干姜各1份，共为细末，每次2克，每日2～3次，冲服，或加适量冷水，慢火煎2～3分钟，去渣顿服。

2. 敷贴疗法

白芥子末、面粉各30克，加水调和，用纱布包好敷贴背部，每日1次，每次15分钟，以皮肤发红为止，连敷3日。对肺部罗音不消者有明显效果。

预防与护理

1. 预防

(1) 增强体质，加强锻炼，减少感冒的发生。

(2) 提倡户外活动，居室空气新鲜。注意气候变化，随时增减衣着。

(3) 积极防治营养不良、佝偻病、麻疹、百日咳、感冒等疾病。

2. 护理

(1) 居室保持安静，空气流通，保持一定的温度和湿度。

(2) 经常变换体位，痰多时可吸痰或轻拍背部，以助排痰。紫绀时吸氧。

(3) 饮食宜清淡易于消化，忌油腻腥荤等，以免生痰助热。

(4) 重症患儿要加强巡视，注意病情变化。

(须鹤瑛)

2.4 支气管哮喘

支气管哮喘是呼吸道反复发作的变态反应性疾病。患儿平素多有湿疹、荨麻疹、血管神经性水肿等渗出性体质的病史，多见于4～5岁的小儿，一旦接触过敏原，如细菌、病毒感染，接触花粉、螨、灰尘及食人鱼、虾、蛋白等，不久则哮喘发作，而气候突变，过劳，精神刺激常为哮喘发作的诱因。本病春秋季节多

见，往往反复发作，婴幼儿时期多以哮喘性支气管炎的形式发作。随着小儿生长发育，发作机会可逐渐减少，以致缓解。年长后仍反复发作的，难以除根，常可成为终身痼疾。

病因病机

支气管哮喘的发作是外因作用于内因的结果。素体虚弱，肺脾肾三脏功能不足，肺虚水不通调，脾虚水失运化，肾虚不能化气行水，则水湿停聚而为痰浊。痰浊内蕴，患儿常表现为面色㿠白，体胖，反复湿疹，肌肉松弛，喉中痰声漉漉等渗出性体质，此为内因。肺气不足，卫阳不能充实腠理，致卫外不固，又易为外邪所侵。在此基础上，若遇气候突变，寒温失常，外邪入侵，或接触某些物质，如花粉、螨、寄生虫、灰尘等，或饮食失调，过食生冷、酸咸，或食鱼、虾、蛋白等食物，则可触动体内伏痰，致痰浊上逆，搏结于气道，肺气宣降不利，导致哮喘急性发作。其中，外感风寒，内伤冷饮，或素体阳虚，致寒痰内伏的，多表现为寒性哮喘；素体阴虚，痰热郁肺，或寒痰化热的，多为热性哮喘；若哮喘反复发作，进一步损伤肺脾肾三脏精气，则出现呼吸气短，动则喘鸣，间有痰咳的虚性哮喘，此证多见于缓解期。本病由于本虚标实，虚实夹杂，故不易根除，当气候突变，饮食失调，或受到精神刺激时，常外感内合，引起哮喘反复发作。

诊断要点

支气管哮喘可分发作期和缓解期。

1. 典型发作。常突然发作，或先有鼻塞、喷嚏、喉痒、胸闷等先兆，继而发生喘憋，呼吸困难，喉间痰鸣，烦躁不安、不得平卧，面色苍白，唇、指青紫，额出冷汗等症状。咳嗽在病初多为干咳无痰，以后痰量逐渐增加，一旦痰液排出，则哮喘发作趋于缓解。发作持续时间不定，短则数分钟，长则数小时，少数患儿可呈哮喘持续状态。

2. 体征。听诊时两肺呼吸音明显减弱，呼气延长，两肺满

布哮鸣音，久病者可出现杵状指趾，桶状胸。

3. X线检查。胸部X线检查可见肺气肿的改变，继发感染时，可见到片絮状阴影。

4. 实验室检查。白细胞总数及中性粒细胞一般正常，嗜酸性粒细胞增高，多在5%以上。继发感染时，白细胞总数及中性粒细胞可增高。

辨证论治

发作期以邪实为主，当以攻邪治其标，宜用解表宣肺，化痰平喘法；缓解期以肺脾肾气虚为主，当以扶正固其本，宜用补肺扶脾益肾法。

1. 发作期

(1) 风寒哮喘。多发生于寒冷季节，或受寒遇冷发作。

主证：典型哮喘发作，咳嗽吐白痰、痰液清稀、色白多沫，口不渴。舌淡，苔薄白，脉浮紧。

治法：宣肺散寒，降气平喘。

方药：小青龙汤（24）加减

麻黄4.5克，杏仁6克，半夏6克，五味子6克，款冬花6克，苏子6克，白果9克，桑白皮9克，地龙9克，鱼腥草9克，细辛1.5克，甘草3克。水煎服。

加减：若素体蕴热又感寒邪，出现发热，面赤，咽红，口渴等表寒里热证时，加黄芩9克，板蓝根12克，生石膏18克，以清肺泻热。

咳重痰多者，加前胡9克、川贝3克、桔梗9克，以止咳化痰。

喘重者，加莱菔子9克、白芥子9克、枳壳9克，以降气平喘。

(2) 痰热哮喘

主证：典型哮喘发作，胸满气粗，痰色黄稠，发热面赤，口渴喜饮，尿黄便干。舌红，苔黄，脉滑数。

治法：清热化痰，止咳平喘。

方药：定喘汤（29）加减

麻黄6克，杏仁3克，生石膏15克，黄芩9克，枳壳9克，桑白皮12克，葶苈子6克，炒苏子9克，半夏9克。水煎服。

加减：若热重者，加双花12克，柴胡12克，以清热。

痰黄稠者，加栝楼9克，莱菔子9克，天花粉9克，以清热化痰。

2. 缓解期

(1) 肺脾气虚

主证：形体消瘦，面白气弱，食少纳呆，倦怠乏力，咳嗽痰多，清稀色白，喉中痰声漉漉，或偶有微哮。舌淡苔白，脉细缓。

治法：健脾益气，化痰止咳。

方药：人参五味子汤（25）加减

党参9克，黄芪9克，白术9克，茯苓9克，五味子6克，桑白皮9克，川贝3克，陈皮6克，半夏6克，麦冬9克，甘草3克。水煎服。

加减：若纳呆食少腹胀者，加神曲9克，麦芽9克，砂仁3克，山药6克，以醒脾开胃。

痰多而稀，舌苔白腻或白滑者，用二陈汤19加味，陈皮6克，云苓9克，半夏9克，川贝3克，桑白皮12克，甘草3克，以化痰止咳。

(2) 肺肾两虚

主证：面色㿠白，四肢不温，畏寒自汗，咳嗽痰多，或虚喘不纳，喘息气短。舌淡苔白，脉细弱。

治法：温肾纳气，补肺定喘。

方药：金匮肾气丸（30）加减

附子6克，熟地9克，山萸肉9克，山药6克，五味子6

克，茯苓9克，丹皮9克，胡桃肉9克，党参9克，甘草3克。水煎服。

加减：若气短自汗，肺气虚者，用玉屏风散（31），防风6克，黄芪9克，五味子6克，甘草3克。

肾阳虚者，加冬虫夏草9克，蛤蚧12克，以温肾纳气。

其他疗法

1. 单方验方

（1）地龙，烘干研细粉，每次1～3克，日3次，饭前服。具有清热化痰，镇静平喘的作用，用于哮喘发作期。

（2）胎盘粉口服，每次3～5克，日2次。具有增强抗病力，预防再发的作用，用于缓解期。

（3）胡桃肉、冬虫夏草、蛤蚧各9克，可单味服用，也可配合服用，有补肾敛肺作用，适用于缓解期。

2. 针灸疗法

（1）体针。哮喘发作时取穴：定喘、解喘、天突、大杼，速针或留针15分钟，日1次。

（2）耳针。哮喘发作时取穴：喘点、内分泌、平喘。

3. 敷贴疗法

白芥子15克，细辛12克，延胡索9克，甘遂9克，共研细末，用新鲜生姜汁调制成药饼6只，药饼中心放麝香或丁香末少许，敷于双侧百劳、肺俞、膏肓穴上。用法：夏天三伏期间，每隔10天一次，共3次，每次约2小时，连续治疗3年。适用于哮喘缓解期，有减少和减轻发作的作用。

4. 推拿疗法

先用推法，依次横推胸腹部（以华盖、膻中为重点）；腰背部（自上而下以肺俞、膈俞、命门为重点）；脊柱及其两侧，接着按压肺俞、膈俞。适用于缓解期，每1～2日1次，10次为一疗程。

预防与护理

1. 加强锻炼，增强体质，减少发作。

2. 积极防治有关疾病，如扁桃体炎、龋齿、鼻窦炎、肺炎等，并注意病后调理。

3. 饮食起居要有节制，避免酸咸生冷及食入过敏的食物。避免寒暖失常、气候突变及与诱发哮喘的过敏原接触。

4. 发作时保持安静，尽量减少或避免患儿的紧张心理，居室安静，空气新鲜流通，必要时吸氧，镇静。

5. 缓解期可用扶正的中药治疗，以增强抵抗力，减少复发或减轻症状。

（须鹤瑛）

2.5 口疮和鹅口疮

口疮

口疮是小儿常见的口腔疾患，尤多发于婴儿，以口颊、舌边、上颚、齿龈等处发生溃疡为特征，现代医学称溃疡性口腔炎。发于口唇两侧者，称燕吻疮；满口糜烂，局部红赤疼痛者，称口糜，其发病原因和治疗方法与口疮相似。

病因病机

小儿长期以肥甘滋腻之品为主食，日久则积热蕴伏脾胃，或外感湿热邪毒蕴伏肠胃，郁久化火，熏蒸口舌，腐蚀肌膜，而致口腔粘膜溃烂作痛，周围鲜红，口臭流涎，甚则出现发热、口渴、小便短赤、大便干结等实热证候。

小儿素体阴虚，或患热病伤阴耗液，水不制火，虚火上炎，损伤肌膜，亦可发生口舌生疮。该证口腔溃烂较少，周围色淡红，并兼有颧红口干、虚烦不宁等阴虚火旺之象。

辨证论治

首先应辨清虚实。凡溃疡周围鲜红，疼痛较甚，口臭流涎，或有小便黄赤，大便秘结者，为实证；如溃疡周围淡红或淡白，疼痛较轻，兼有颧红口干者，为虚证。

1. 乳食积热

主证：口腔溃疡较多，甚则满口糜烂，周围红赤，疼痛拒食，烦躁多啼，口臭涎多，小便黄赤，大便秘结，或有发热面赤。舌红苔黄。

治法：通腑泻火，消积导滞。

方药：凉膈散（6）加减

黄芩6克，连翘6克，栀子3克，大黄1.5克（后入），竹叶6克，焦山楂9克，炒麦芽6克，槟榔9克。水煎服。

加减：若大便稀者，去大黄。

2. 湿热上蒸

主证：口舌满布溃疡，或口舌糜烂，口流粘涎，大便粘腻不爽，时有呕恶。舌质红，苔厚腻。

治法：清热化湿。

方药：甘露消毒丹（33）加减

藿香9克，茵陈15克，茯苓9克，连翘9克，川朴6克，苡仁12克，白蔻仁6克，半夏6克，通草3克，石菖蒲6克。水煎服。

加减：若大便秘结者，加枳实6克，大黄3克（后入）。

3. 心火上炎

主证：口舌糜烂，或者溃疡，色红疼痛，心烦不安，口渴欲饮，小便黄赤。舌尖红，苔薄黄。

治法：清泄心火。

方药：泻心导赤汤（34）加味

黄连1.5克，生地9克，竹叶6克，木通1.5克，炒栀子3克，防风6克，甘草3克。水煎服。

加减：若口渴明显者，加生石膏 12 克，知母 6 克。

4. 虚火上浮

主证：口舌溃疡稀少分散，颜色浅淡，疼痛不甚，两颧潮红，手足心热，口干不欲饮。舌质红，少苔或无苔。

治法：滋阴降火。

方药：知柏地黄汤（35）加减

知母 6 克，黄柏 3 克，生地 9 克，山萸肉 9 克，炒山药 12 克，茯苓 6 克，泽泻 6 克，丹皮 3 克，甘草 3 克。水煎服。

加减：若咽部发红者，加元参 12 克。

其他疗法

1. 先用 3%双氧水棉球洗患部，再用棉球拈去泡沫，将养阴生肌散涂患处，日 3 次。

2. 吴茱萸 9 克，研为细末，醋调，晚上睡前敷足心，第二天除去。

预防与护理

1. 保持口腔清洁。食物宜新鲜、清洁，不宜食辛辣炙煿之品。对患热病、腹泻病儿，应经常检查口腔，若有破损，宜及时搽凉心散或冰硼散。

2. 奶瓶、奶头、餐具等，宜经常消毒，保持清洁。

鹅口疮

鹅口疮是指小儿口腔、舌上满布白屑，状如鹅口的一种口腔疾患。其色白如雪片，故又称“雪口”。

病因病机

本病的形成与先天胎热内蕴，加之口腔不洁，感受秽毒之邪有关。邪毒蕴积心脾，上熏口舌而发病。

积热蕴伏心脾，口为脾之窍，舌为心之苗，脾脉又络于舌，积热循经上行，复感邪毒，内外邪毒相引，熏蒸口舌，致口腔白屑堆积。因邪火损伤，故在白屑周围出现红晕。脾胃实热，故口臭、便秘。心火内炽，则烦躁不宁，小便短赤。

若患儿素体阴虚，再患热病灼伤津液，或患泄泻水液脱失，致阴伤津亏，水不制火，虚火上浮，外邪乘虚侵入口腔，也可致口腔白屑堆积，但周围燃红不重。虚热内生，则可见五心烦热，面白颧红，舌红少苔。

辨证论治

本病初期，先在口腔舌上或两颊粘膜上出现白屑，逐渐蔓延至牙龈、口唇、上颚等处。白屑周围绕有红晕，互相融合，状如凝乳，渐次增大，随拭随生，不易清除。临床症候轻重不一。轻者，除口腔舌上出现白屑外，别无其他症状；重者，白屑可蔓延至鼻道、咽喉，壅塞气道；如见面色苍白，呼吸急促，为危重症候。本病须与婴儿吐乳之后舌上残留的奶块以及白喉的假膜相鉴别。

1. 心脾积热。参见口疮节的心火上炎证施治。

2. 虚火上浮。参见口疮节的虚火上浮证施治。

其他疗法

1. 五倍子 30 克，炒黄，加入白糖 2 克，再炒片刻，待完全熔化，倒出晾干，和枯矾 20 克，共研细末，用香油调成糊状，涂于患处，日 2～3 次。

2. 百草霜、青黛、橄榄炭各等分，研极细末，撒患处，日 3 次。

3. 柿霜，每次用少许涂患处，日 2 次。

预防与护理

勿滥用抗生素。余同口疮。

（毕可恩）

2.6 呕吐

呕吐是小儿常见的一种症候，多种疾病都可兼见呕吐。

呕吐常是某些急性传染病，如流脑、乙脑，和某些急腹症，

如肠梗阻、肠套迭的先兆症状，临证必须注意鉴别，切勿见吐止吐，以免贻误病情。本节所讨论的内容，是指上述疾病以外的、以脾胃损伤为主的呕吐症。

小儿食乳后，乳汁顺口角溢出，称"溢乳"，俗称"漾奶"，改进喂奶方法，随年龄增长可自愈。

病因病机

胃气以降为顺，凡能影响胃气和降的因素，均可引起呕吐。

小儿最常见的致吐原因是伤乳食。如过食甜腻、坚硬之食物，或食乳过饱，均可使乳食停积中脘，升降失调，胃气不能下行，上逆作吐，称为伤食吐。

其次，小儿过食煎炒炙煿之品，或因乳食停积而化热，或感受温热之邪蕴伏肠胃，胃热气逆，故进食则吐，称为胃热吐。

1. 因小儿脾胃素弱，中阳不足，或因乳母过食生冷之物，致乳汁寒薄，或小儿过食瓜果冷食，凝滞中脘，或因风冷之邪客于肠胃，或因过服苦寒攻伐之药，致胃寒凝滞，上述原因均可致胃失和降，胃气上逆而呕吐，称为胃寒吐。

2. 因病后气阴未复，或因热病耗伤胃津，致使胃失阴津濡养，形成阴虚内热，干呕呃逆，称为虚火吐。

3. 小儿神气怯弱，正当进食的时候，忽被惊吓，致使胃失和降，胃气上逆，形成呕吐；或素有痰热内蕴，偶遇跌仆惊吓，一时痰热上涌而发生呕吐，称为夹惊吐。

辨证论治

1. 伤食呕吐

主证：呕吐物呈酸臭乳块或不消化食物，嗳气酸腐，不思乳食，脘腹胀满，吐后反觉胃部舒适，矢气恶臭，大便秘结或泻下酸臭不消化食物。舌苔厚腻。

治法：消食导滞，和胃降逆。

方药：保和丸（11）加减

焦山楂 9 克，槟榔 9 克，莱菔子 9 克，枳实 3 克，半夏 3

克，陈皮 6 克。水煎服。

加减：若呕吐频繁，加生姜 2 片。

便秘者，加大黄 3 克（后入）。

2. 胃热呕吐

主证：食入即吐，吐物酸臭，口渴喜饮，唇干面赤，大便臭秽，常有便秘，小便色黄量少，或伴身热烦躁。舌红苔黄。

治法：清热和胃，降逆止呕。

方药：加味温胆汤（36）

黄连 1.5 克，陈皮 6 克，枳实 3 克，半夏 6 克，竹茹 6 克，茯苓 9 克，麦冬 9 克。水煎服。

加减：若口渴甚者，加天花粉 6 克，或加知母 6 克。

3. 胃寒呕吐

主证：起病缓慢，病程较长，食久方吐，或朝食暮吐，吐物多为清稀痰水，夹有奶块或不消化食物，不酸不臭，面色㿠白，或有腹痛绵绵，大便溏薄，小便清长。舌淡，苔白润。

治法：温中散寒，和胃止呕。

方药：丁萸理中汤（37）加减

丁香 1 克，吴茱萸 1.5 克，党参 9 克，炒白术 9 克，干姜 3 克，陈皮 9 克，砂仁 3 克（后入），半夏 6 克，大枣 5 枚。水煎服。

加减：若腹痛绵绵不已，四肢欠温者，加附子 6 克，肉桂 6 克。

4. 虚火呕吐

主证：时作干呕，咽干舌燥唇红，不欲进食，手足心热，或午后颊赤潮热，大便干结如羊屎。舌质红，少苔或无苔。

治法：滋养胃阴，降逆止呕。

方药：沙参麦冬汤（20）加减

沙参 12 克，玉竹 12 克，天冬 15 克，麦冬 15 克，石斛 9 克，竹茹 6 克，炒扁豆 12 克，甘草 3 克。水煎服。

加减：若午后潮热者，加青蒿 12 克，白薇 9 克；

大便干结者，加郁李仁 12 克，火麻仁 12 克。

5. 惊恐呕吐

主证：常于突然跌仆惊吓后，出现频频恶心呕吐清涎，多伴睡卧不安，或惊惕恐惧。

治法：平肝镇惊，和胃降逆。

方药：定吐丸（38）加味

全蝎 1.5 克，丁香 1 克，半夏 3 克，菊花 9 克，天麻 3 克，代赭石 9 克，朱砂 0.5 克（研冲）。水煎服。

加减：若舌赤唇红者，加黄连 1.5 克，竹茹 6 克。

唇舌色淡者，加半夏 6 克，生姜 3 片。

其他疗法

1. 竹茹 9 克，黄芩 9 克。水煎频服，适用于胃热呕吐。

2. 甘蔗汁一杯，加白萝卜汁一小匙，频服；或鲜芦根 15 克，竹茹 6 克，煎服。适用于胃阴不足之呕吐。

3. 代赭石（打碎）12 克，干姜 3 克，煎水频服，适用于顽固性呕吐。

预防与护理

1. 小儿应节制饮食，所谓"乳贵有时，食贵有节"。

2. 饮食应清淡，勿过食煎炒和肥腻的食物。

3. 乳哺不宜过急，哺乳后应轻拍乳儿背部，使吸入的空气得以排除。

4. 服中药时应少量多次喂服。

（毕可恩）

2.7 泄泻

泄泻，是以大便次数增多，便下稀薄，或如水样为特征。是小儿最常见的疾病之一，年龄愈小，发病率愈高，以两岁以下的

婴幼儿为多见。

小儿泄泻，易耗伤气液，如失治、误治，可出现伤阴、伤阳或阴阳并伤等危重症候，甚至气脱液竭而死亡。如治疗失当，亦可转成慢惊，如迁延不愈，则可造成营养不良，影响生长发育。

病因病机

1. 内伤乳食。伤乳食是引起泄泻的重要因素之一。凡小儿因喂养不当，食乳过多，或过食肥腻甘甜等，都易损伤脾胃，使腐熟运化失职，清浊不分而成泄泻。

2. 感受外邪。小儿解衣取凉，感受风寒之邪，寒邪客于肠胃，阻遏阳气，或过食生冷瓜果，损伤中阳，传化失常，则发生寒湿泄泻。夏季气候炎热，暑热熏蒸，下迫大肠，可发生湿热泄泻。

3. 脾胃虚弱。小儿禀赋素弱，或病后失调，或因寒凉之药攻伐太过，致脾胃虚弱，运化失职，水谷不能化生为精微，则水反为湿，谷反为滞，合污下降而形成泄泻。或脾胃虚弱，卒受惊恐，气机逆乱，运化失常，也可发生泄泻。

久泻久病之后，可致脾肾阳虚，命门火衰，不能温运水谷，则可见大便清稀，完谷不化，泄泻无度，出现危重症候。

暴泻伤阴，久泻伤阳，泄泻重症或久泻不愈，均可出现伤阴伤阳或阴阳俱伤的变证。

辨证论治

1. 伤食泻

主证：腹胀腹痛，痛则欲泻，泻后痛减，粪便与矢气酸臭，或大便如败卵，嗳气酸馊，或欲呕吐。舌苔厚腻或黄。

治法：消食化积，和中止泻。

方药：保和丸（11）加减

焦山楂 12 克，陈曲 9 克，炒麦芽 9 克，茯苓 9 克，半夏 3 克，陈皮 6 克，连翘 6 克。水煎服。

加减：若腹胀腹痛明显者，加厚朴 6 克，以理气消胀。

呕吐较甚者，加藿香6克，生姜3片，以辛香止吐。

2. 寒湿泻

主证：泄泻清稀色淡，多泡沫、臭味较轻，肠鸣腹痛，或兼恶寒发热，流清涕等风寒表症。舌苔薄白而润。

治法：温中散寒止泻。

方药：和气饮（39）加减

炒苍术9克，茯苓9克，厚朴9克，陈皮9克，炮姜1.5克，苏叶6克，防风6克，甘草3克。水煎服。

加减：若水泻重，小便短少者，加泽泻9克，猪苓9克，以渗湿利尿。

有鼻塞流清涕者，加羌活6克；细辛1.5克，以温散表寒。

3. 湿热泻

主证：粪便深黄色而热臭，或见少许粘液，或大便如水样，泻下如注，肛门灼热发红，尿少色赤。舌质红，苔黄腻。

治法：清热利湿止泻。

方药：葛根芩连汤（40）加味

葛根9克，黄芩6克，黄连1.5克，双花15克，滑石15克，车前子9克（包煎）。水煎服。

加减：若湿邪偏重，舌苔厚腻，口不甚渴者，加炒苍术9克，厚朴9克，以健脾燥湿；

暑月泄泻，暴注如水，壮热烦渴，尿短赤，舌绛少津，加太子参9克，生石膏15克，乌梅9克，五味子9克，以清暑解热，益气生津。

4. 脾虚泻

主证：大便稀溏色淡，多于食后作泻，臭味不重，夹有白色奶块或食物残渣，面色萎黄，睡时露睛，神疲倦怠。舌质淡，苔薄白。

治法：益气健脾止泻。

方药：参苓白术散（41）加减

党参9克，炒白术9克，茯苓9克，炒山药12克，薏仁12克，炒扁豆12克，桔梗6克，甘草3克。水煎服。

加减：若久泻不止者，加羌活9克，防风9克。

因脾虚受惊而致泄泻，证见粪青如苔，睡中惊叫，治宜平肝补脾，镇惊安神，方用益脾镇惊散（42）加减：党参9克，炒白术9克，茯苓9克，白芍9克，钩藤6克，朱砂1克（冲），炙甘草3克。水煎服。

若久泻不止，甚则脱肛，食入即泻，完谷不化，畏寒肢冷，形体消瘦，舌质淡，苔薄白，为脾肾阳虚，治宜补脾温肾，方用附子理中汤（43）合四神丸（44）加减：熟附子3克，炮姜3克，五味子3克，党参9克，炒白术9克，补骨脂9克，肉豆蔻9克，煨诃子9克。水煎服。

5. 变证

(1) 伤阴（与中度脱水并发酸中毒相似）

主证：泻下无度，小便短少，目眶及前囟凹陷，皮肤干燥或枯瘪，啼哭无泪，精神萎靡或烦躁不安，口渴引饮，齿干唇红。舌绛而干，或有芒刺。

治法：酸甘敛阴。

方药：连梅汤（45）加减

黄连1.5克，生地9克，麦冬9克，阿胶9克（烊化），乌梅6克，白芍9克，党参9克。水煎服。

(2) 伤阳（与重度脱水、酸中毒并发休克相似）

主证：暴泻不止，便稀如水，面色苍白，神疲气弱，表情淡漠，四肢厥冷，皮肤湿冷。舌质淡，苔薄白。

治法：温阳救逆。

方药：参附龙牡汤（46）

人参3克，附子9克，龙骨9克，牡蛎12克。水煎服。

加减：若泄泻不止者，加干姜6克，白术9克，以温中扶脾。

其他疗法

1. 淮山药研粉，每次 3～9 克，开水调成奶糕样服用，每天 3～4 次。适用于脾虚泄泻。

2. 敷脐法。吴茱萸 30 克，丁香 2 克，胡椒 30 粒，研末。每次用药末 1.5 克，调陈醋或植物油，成糊状，敷于脐部，外用纱布固定，每日换药 1 次，适用于伤食、寒湿和脾虚泄泻。

3. 针灸疗法。主穴取天枢，足三里、长强。呕吐加内关，腹胀加公孙，发热加曲池，偏虚寒加灸腹部。依上配穴，适用于各种泄泻。

4. 推拿疗法。常用手法：运脾上，侧推大肠，运腹，运土入水，揉龟尾。热泻或伤食泻加推上三关，推下六腑，推天河水，推腹阴阳。虚寒泻加揉脐，炙龟尾。手掌搓热按脐，用于各种泄泻。

预防与护理

1. 以母乳喂养婴儿，应合理添加辅食。勿于夏季断奶。

2. 注意饮食卫生，饮食宜定时定量，勿暴饮暴食。

3. 注意腹部保暖，防止腹部受寒。

4. 保持臀部清洁干燥，勤换尿布，勤洗臀部，以预防红臀。

(毕可恩)

2.8 功能性腹痛

腹痛是指胃脘以下、肚脐四旁以及耻骨以上部位发生疼痛的一种病证。许多内、外科疾病均可出现腹痛症状。本节所讨论的内容是针对儿科多见的无外科急腹症指征的一类功能性腹痛症。

小儿往往不能准确地诉说腹痛的部位和性质，再加小儿的病情变化迅速，对疼痛的表达能力又差，部分病例有进一步演变为急腹症的可能，因此诊查小儿腹痛，应全面运用“四诊”，详细询

问病史，注意腹痛性质、伴随症状及有关体征。要特别注意排除急腹症。

病因病机

小儿脾胃薄弱，易为外邪侵扰，凡可引起气机壅遏，经脉失调，气滞不通的因素，均可引起腹痛症状。小儿腹痛以寒实痛、食积痛占多数。

1. 感受寒邪。如护理不周，风冷寒气侵及腹部，或饮食遇风，或食生冷瓜果太多，均可致寒邪搏结肠间，中阳受遏，聚而不散，寒凝气滞，郁而不通，则发生寒实痛。

2. 乳食积滞，小儿饮食不知自节，或有暴饮暴食，致乳食壅滞胃肠，气机受阻，郁而不通，则发生痞满腹胀的食积痛。

3. 热结胃肠。由于积滞不化，久郁化热，或因感受暑热之邪，热结肠胃，致使腑气不通，则发生热结痛。

4. 脏腑虚冷。由于素体阳虚，或因疾病导致脾胃虚弱，中阳不振，运化无权，以致寒湿内停，气机阻遏，则出现腹部隐隐作痛，绵绵不休的虚寒痛。

5.血瘀气滞。小儿因跌仆损伤，或因腹部手术后，腹部脉络受伤，气血失和，经脉失调，脏腑气机不得宣通，致使气血运行不畅，则见瘀血痛。

辨证论治

小儿腹痛的治疗，应首先辨清部位、时间、寒热、虚实。一般地说，脐以上痛者多食积，脐周围痛者多虫积，少腹痛者多寒痛、疝气、瘀血。进食时或进食后痛者多为食积，进食后缓解者多为虫积。暴痛暴止者多为积热，绵绵痛而无增减者多为寒。素体虚弱而喜暖喜按者多属虚，腹部胀满而疼痛拒按者多属实。虚证多寒，故常虚寒并提，但如寒邪直中，此为寒实证，又当另辨。腹痛的辨证还应注意兼证，如大便粘臭，多为肠中积热；大便酸臭，多为食积；大便清冷，多为里寒。

1. 寒食证

主证：突然腹部疼痛，痛势剧烈拒按，遇冷痛重，遇热痛减，小便清长，或有呕吐泄泻。舌苔白滑。

治法：温中散寒止痛。

方药：附子理中丸（43）加减

党参9克、炒白术9克，炮姜6克，附子6克，乌药9克，元胡9克，甘草3克。水煎服。

加减：若为有形之寒积，肚腹胀满者，加槟榔9克，枳实6克，以导滞止痛。

2. 食积证

主证：脘腹胀满而痛，按之疼痛加剧，嗳腐酸臭，时转矢气，大便臭如败卵，腹痛则欲泻，泻后则痛减，睡卧不宁，舌苔厚腻。

治法：消积导滞，行气止痛。

方药：木香槟榔丸（47）加减

木香6克，槟榔9克，陈皮6克，连翘9克，焦楂12克，大黄3克（后入）。水煎服。

加减：若乳食停积化热，症见烦躁不安，舌苔厚腻而黄者，加黄芩6克，炒栀子3克，以清解郁热。

3. 热结证

主证：肚腹胀满，疼痛拒按，恶热口渴，喜凉饮，便秘尿赤。舌质红，苔黄燥。

治法：通腑泻热止痛。

方药：调胃承气汤（48）加味

大黄3克（后入），芒硝6克，槟榔12克，甘草3克。水煎服。

加减：若热伤津液，症见口干舌燥，大便秘结者，宜用增液承气汤（49），以润肠泻热，通便止痛。

4. 脾胃虚寒证

主证：腹部绵绵作痛，痛时喜暖喜按，常于食前疼痛发作，进食后可得缓解，睡喜卷卧。唇舌色淡。

治法：益气温中止痛。

方药：黄芪建中汤（50）加减

黄芪 12 克、白芍 12 克，桂枝 9 克，炒白术 9 克，炮姜 6 克，大枣 5 枚，炙甘草 9 克。水煎服。

加减：若血不足者，加当归 9 克，以养血

君里寒重者，加附子 6 克，以温通散寒。

呕吐者，加丁香 3 克，吴茱萸 9 克，以温中降逆。

5. 血瘀气滞证

主证：腹部疼痛，固定不移，痛如针刺，或触之有包块，推之不移，按之疼痛加重。舌质紫暗或有瘀点。

治法：活血化瘀，行气止痛。

方药：少腹逐瘀汤（51）加减

当归 9 克，赤芍 9 克，生蒲黄 6 克，五灵脂 6 克，元胡 6 克，没药 3 克，川芎 3 克，香附 6 克。水煎服。

加减：若腹部肿块明显者，加三棱 9 克，莪术 9 克，桃仁 9 克，红花 9 克，以增活血破瘀之功。

气滞较重，腹部胀痛，得矢气痛减者，加槟榔 9 克，木香 9 克，以行气止痛。

其他疗法

1. 用小麦麸皮 500 克左右，5～6 枚切碎的葱根（切碎的葱白亦可），拌匀，放锅内炒热，用布包裹，热熨腹部。适用于寒性腹痛。

2. 针灸：取中脘、天枢、气海、足三里，针刺加灸。寒证再配合神阙隔盐灸。

预防与护理

1. 避免感受风寒，注意腹部保暖。

2. 注意饮食卫生，不宜过食生冷瓜果。

（毕可恩）

2.9 积滞

积滞是指小儿由于内伤乳食，停聚中脘，积而不化，导致气滞不行所形成的一种胃肠疾患。以不思乳食，食而不化，腹部胀满，大便不调等为特征。

积滞与伤乳、伤食、疳证有密切关系。若伤乳食，经久不愈，病情进展，可形成积证；积久不消，迁延失治，影响小儿的营养和生长发育，致使形体日渐羸瘦，可转化成疳证。三者病名虽异而病源则一，惟病情证候有轻重浅深的不同，故应相互参考。

病因病机

1. 乳食壅积，脾胃不和。小儿乳食不知自节，若因乳食过多，或因过食肥甘生冷和坚硬难化之食物，均可使脾胃受伤，腐熟运化功能失职，而形成乳食停滞。总之，乳食停积，损伤脾胃，是发生本病的主要病因病理。

2. 脾胃虚弱，功能失常。小儿本身有脾胃虚弱的特点，若再因疾病损伤脾胃之气，或饮食不当，或进食过多，则脾胃难于腐熟运化，而致积滞停留不消，则形成虚中夹实的积滞。如过食肥甘滋腻，日久化热，常形成虚中挟热积；如过食生冷，寒伤中阳，寒积留滞于中，常形成虚中挟寒积。

辨证论治

本病的辨证首先应依据腹部的表现。凡为积滞，必因有形之乳食停积胃肠而致，故一定有腹部胀满的表现。本病虽有实证和虚中夹实的不同，但其治疗，总以消导为基本大法，虚者佐以补脾扶正。

1. 实证型

主证：脘腹胀痛拒按，烦躁哭闹，夜卧不宁，手足心热，夜间面颊潮红，头汗较多，纳呆厌食，大便干秘，腹部时痛，痛则欲便，便后痛减。舌苔厚腻，或白或黄。

治法：消食导滞。

方药：保和丸（11）加减

焦山楂 12 克，炒莱菔子 9 克，槟榔 9 克，连翘 6 克，陈皮 6 克。水煎服。

加减：若腹胀满甚者，加厚朴 6 克，枳实 6 克。

大便溏薄者，加炒苍术 9 克，苡仁 12 克。

舌质红赤，烦躁明显，或有低热者，加胡黄连 6 克。

2. 虚中挟实型

主证：腹部胀满喜按，夜卧不宁，面色无华，困倦乏力，不思乳食，大便溏薄或夹有乳食残渣。唇舌色淡，舌苔白厚腻。

治法：消食化积，益气补脾。

方药：健脾丸（52）加减

焦山楂 12 克，炒莱菔子 9 克，枳实 6 克，炒麦芽 9 克，党参 9 克，炒白术 9 克，陈皮 6 克。水煎服。

加减：若兼呕吐者，加半夏 3 克，生姜 3 片。

腹痛明显者，加白芍 9 克，木香 3 克，炮姜 3 克。

寒象明显者，加附子理中丸（43）。

其他疗法

1. 鸡内金 30 克，焙干研为细末，开水冲服，每日 1～2 克。

2. 小儿消食片，每次每岁 1～2 片，日 3 次。

3. 捏脊疗法。见营养不良节。

预防与护理

1. 饮食要有规律，定时定量，提倡母乳喂养，按时断奶，定时添加辅食。

2. 随年龄的增长，注意调节饮食的数量和质量，选择易于消化和富有营养的食品，避免偏食、择食，提倡多吃青菜和水果。

（毕可恩）

2.10 厌食

厌食是指小儿较长时间的食欲不振，甚至拒食的一种常见病证。纳食虽少，但精神一般尚较活泼。虽然也可出现面色无华，形体消瘦等症状，但与营养不良的精神萎靡、形体干枯还有所区别。1～6岁的小儿多见。

如能及时治疗，厌食症对小儿的生长发育一般不会有影响，但如长期不得改善，则可影响生长发育。

本病的诊断应排除因其他多种疾病、药物、长期的无盐饮食等因素形成的食欲不振。

病因病机

1. 胃津损伤。胃主受纳，喜润恶燥，有津液濡润胃腑，则受纳正常，津伤不能濡润胃腑，则胃的受纳功能障碍，从而形成厌食症。此多与热病耗伤津液和积滞化热伤津有关。

2. 乳食停积。暴饮暴食，或因恣食肥甘，日久形成乳食停积，影响脾胃的升降功能，胃气不得和降，则致胃气不振而形成厌食。

3. 湿浊困脾。小儿脾常不足，若因过食生冷瓜果，或腹部受寒邪侵袭，均可损伤中阳，影响水湿的输布而形成内湿；或因阴雨连绵，或因久居湿地，湿浊内侵，亦可形成湿浊困脾。脾气不升则胃气不降，从而形成食欲不振。

4. 脾胃气虚。脾与胃互为表里，脾气虚则能导致胃气虚。脾胃气虚，升降失调，胃失和降，而致厌食。

辨证论治

1. 胃津伤损

主证：口干多饮，不欲进食，腹软不胀，大便干秘。舌质红，少苔或无苔。

治法：养胃生津

方药：叶氏养胃汤（53）加减

天冬 15 克，麦冬 15 克，玉竹 15 克，沙参 12 克，炒山药 12 克，石斛 9 克。水煎服。

加减：若大便秘结者，加当归 15 克。

手足心热甚者，加青蒿 12 克，白薇 9 克。

2. 乳食停积

主证：不欲食，脘腹胀满，烦躁不安，大便干秘。舌质红，苔厚腻。

治法：消积导滞，和降胃气。

方药：消积化滞汤（自拟）

焦山楂 12 克，槟榔 9 克，枳实 6 克，炒莱菔子 9 克，连翘 9 克。水煎服。

加减：若舌质红，舌苔厚腻剥脱者，为郁热伤津，加天冬 15 克，麦冬 15 克，玉竹 15 克。

3. 湿浊困脾

主证：胸闷呕恶，身倦沉重，大便不爽，腹软或略胀，强迫进食可引起呕吐。苔厚腻满布舌面。

治法：舌质淡者，补脾化湿；舌质红者，清热化湿。

方药：补脾化湿，方用参苓白术散（41）化裁（加减）

党参 9 克，炒白术 9 克，茯苓 9 克，苡仁 12 克，厚朴 9 克，藿香 9 克。水煎服。

清热化湿，方用甘露消毒丹（33）加减

藿香 9 克，茵陈 15 克，茯苓 9 克，连翘 9 克，厚朴 9 克，半夏 6 克，石菖蒲 9 克，苡仁 15 克，滑石 12 克。水煎服。

加减：若大便不爽者，加枳实 9 克。

脾虚兼阳虚，苔厚腻而润滑者，加桂枝 6 克。

4. 脾胃气虚

主证：精神不振，面色萎黄，厌食，稍进饮食则食后即便，大便不成形，夹有不消化之食物残渣，易汗出。舌淡苔薄白。

治法：健脾益气。

方药：香砂六君子汤（54）加减

党参 9 克，炒白术 9 克，茯苓 9 克，半夏 6 克，陈皮 9 克，木香 3 克，砂仁 3 克，炒山药 12 克，甘草 3 克。水煎服。

加减：若大便稀溏者，加炒扁豆 15 克，苡仁 15 克。

腹胀、大便消化差者，加炒谷芽 9 克，炒麦芽 9 克。

其他疗法

1. 天冬 12 克，麦冬 12 克，玉竹 12 克，炒麦芽 9 克，炒谷芽 9 克。水煎服。日一剂，适用于胃阴亏损型。

2. 鸡内金 30 克，炒山药 150 克，白面 250 克。将前 2 味研末与面和匀，做成 30 个小饼，烙熟，每次 1 个，日 3 次。适用于脾虚型。

预防与护理

1. 节制乳食，避免形成积滞。一旦有了乳食停积，应及时治疗，避免郁热伤及胃津。

2. 禁用糖类过多食物。

3. 进食要适当搭配，宜多样化，防止偏食。

4. 禁止强迫进食，避免心情抑郁。

（毕可恩）

2.11 营养不良症

营养不良症，中医称“疳证”。是指小儿由于长期脾胃功能失调而导致的一种营养缺乏症。临床表现以面黄肌瘦，皮毛憔悴，精神萎靡，肚腹胀满或腹凹如舟为特点。本证多见于 3 岁以下的婴幼儿。

中医“疳”字有“甘”与“干”双重含义。前者指病因，即恣食肥甘，形成积滞，日久成疳。后者是指病机和症状，即由气液耗伤过重，导致形体消瘦而成疳证。

病因病机

1. 饮食不节，损伤脾胃。小儿由于乳食过量，或因恣食肥甘生冷，壅聚中焦，损伤脾胃，水谷不得腐熟运化，则形成积滞。乳食久滞胃肠，无权纳化，乳食精微无从运化吸收，气血津液化生无源，脏腑失于濡养，渐至形体羸瘦，气液亏耗，终成疳证。

2. 喂养不当，营养失调。小儿若因母乳不足，或断乳过早，其他食物又未及时恰当的补入，或因人工喂养，而供给的营养物质不能适应小儿机体的需要，致使脾胃功能失调，气血津液化生无源，脏腑肌肉失于气血濡养，日久则成疳证。

3. 其他疾病，转化成疳。小儿长期患吐泻，及其他肠道或肺系等慢性疾患，除疾病本身耗伤气血津液外，疾病又可直接影响脾胃，使纳化失调，气血虚惫，津液耗伤，转化成疳。

凡疳皆以脾胃病为主，脾胃为后天之本，生化之源，故疳证日久，其他脏腑每亦受到严重的影响，因此，除脾胃见证外，往往出现各种兼证。

诊断要点

1. 常有喂养不当及慢性疾病史。

2. 病儿表现有苍白、乏力、厌食及消瘦等症，并伴有皮下脂肪减少，肌肉松弛，头发干枯，体重减轻或不增。

3. 病儿可呈虚胖状，症见面色苍白，肌肉松弛，张力低下。这与长期喂养淀粉类食物而缺乏蛋白质有关。

辨证论治

1. 积滞伤脾型

主证：面黄肌瘦，毛发稀疏，精神不振，脘腹胀满，手足心热，烦躁易怒，夜卧不宁，大便稀溏或干结。舌苔厚腻。

治法：消积理脾。

方药：肥儿丸（55）加减

焦山楂 12 克，陈曲 7 克，炒麦芽 9 克，槟榔 12 克，炒莱菔子 9 克，党参 9 克，炒白术 9 克，茯苓 9 克，连翘 9 克，甘草 3

克。水煎服。

加减：若腹部胀满，疼痛拒按者，加厚朴 9 克，枳实 6 克。

大便秘结者，加大黄 3 克（后入）。

2. 脾虚气弱型

主证：面色无华，精神萎靡，形体枯瘦，毛发焦稀，纳呆厌食，脘腹膨胀，大便完谷不化，舌质淡，苔薄白。

治法：益气健脾消积。

方药：参苓白术散（41）加减

党参 9 克，炒白术 9 克，茯苓 9 克，炒扁豆 12 克，苡仁 12 克，炒山药 12 克，焦山楂 12 克，炒谷芽 9 克，炒麦芽 9 克，砂仁 3 克，炙甘草 3 克。水煎服。

加减：若易自汗出者，加黄芪 12 克。

肝脾肿大者，可酌加三棱 3 克，莪术 3 克。

便泻者，可加肉豆蔻 6 克。

3. 气血两虚型

主证：面色㿠白，神疲困倦，头发色黄枯干，腹部凹陷如舟，骨瘦如柴，大便溏泻。舌质淡，苔薄白。

治法：补气养血健脾。

方药：人参养荣汤（56）加减

党参 9 克，炒白术 9 克，茯苓 9 克，黄芪 12 克，当归 9 克，白芍 9 克，熟地 9 克，五味子 3 克，远志 3 克，石斛 9 克，炒山药 12 克。水煎服。

加减：若汗多者，加龙骨 12 克，牡蛎 12 克。

有鸡胸、肋缘外翻者，加鹿角霜 1.5 克，巴戟天 9 克，补骨脂 9 克，或加紫河车粉 1.5 克（吞服）。

4. 兼证

（1）目翳。证见目珠红赤，迎风流泪，痛涩难睁，睛生云翳。古称“肝疳”。宜养肝明目。方用羊肝丸（57）。

（2）肿胀。除形体羸瘦外。可见下肢足踝部浮肿，重则延及

面目四肢，尿少。治宜温阳利水。方用五苓散（58）合五皮饮（59）加减：炒白术9克，猪苓9克，泽泻9克，陈皮9克，大腹皮9克，桑白皮9克，生姜皮6克，桂枝6克。水煎服。

(3) 齿衄。证见牙龈渗血，或见皮肤出现瘀点。治宜益气摄血。方用归脾汤（60）加减：党参9克，炒白术9克，茯苓9克，当归9克，生地9克，龙眼肉9克，黄芪15克，陈皮6克，仙鹤草12克，三七粉1克（冲）。水煎服。

(4) 牙疳。证见牙龈溃破流脓，口气腐臭，五心烦热，齿龈或口舌溃疡，尿短赤。治宜益阴清热解毒。方用导赤散（61）加减：生地9克，竹叶9克，木通3克，元参12克，双花12克，连翘9克，炒栀子3克，甘草3克。水煎服。

其他疗法

1. 针刺四缝穴。该穴位置在两手除拇指外的四指掌面上，第二指横纹中间即是。方法是用三棱针刺入约1.5～3毫米，挤出黄色粘液，轻者粘液带血。隔日针刺1次，至愈为止。一般刺3～4次或7～8次。该穴有调整三焦、理脾生津的作用。

2. 捏脊疗法。部位是从长强穴直至大椎穴。患儿俯卧，术者以两手食指与拇指合作，将皮肤捏起，两指交替向上推捏至大椎穴为1次，连续6次。在捏第三次时，每捏三把，将皮肤提起1次。该法有调整阴阳，通利经络，恢复脏腑功能的作用。

预防与护理

1. 婴儿应尽可能给予母乳喂养。

2. 小儿喂养，要定时、定量、定质，增加辅食要遵循先稀后干、先素后荤、先少后多的原则。

3. 合理断奶，断奶后给予易消化而富有营养的食物。

4. 如发现小儿体重不增或减少，肌肉松弛，食欲不振等，应及时分析原因，进行检查及治疗。

（毕可恩）

2.12 急性肾炎

急性肾炎是小儿时期一种常见的以肾小球病变为主的全身性疾病。临床以浮肿，高血压和血尿、蛋白尿为特征。本病全年均可发生，以3～8岁小儿多见。预后良好，少数可发展成迁延性和慢性肾炎，急性期合并心衰、高血压脑病和急性肾功能衰竭的重症患儿，病情多危重，甚或危及生命。

病因病机

水液的代谢与肺、脾、肾三脏密切相关。肺主通调水道，为水之上源；脾主运化水湿，为水液升降的枢纽；肾主蒸化水液，为水之下源，与三焦、膀胱等脏腑配合，共同完成水液的气化和尿液的排泄。当感受风邪（风寒、风热，如急性化脓性扁桃体炎、猩红热），湿邪（冒雨涉水，久居湿地，或恣食油腻、生冷等）和疮毒之邪（如湿疹、脓疱疮）后，邪伏于内，影响水液代谢，1～3周后即可发病。

1. 感受风邪。风寒或风热之邪客于肺卫，阻于肌表，肺失宣降，通调失职，风遏水阻，风水相搏，流溢肌肤，发为水肿，谓为"风水"

2. 疮毒湿热内侵。皮肤疮疖，湿热邪毒内侵，风毒内归于肺，湿热内归于脾。使肺失通调，脾失健运，肾虚不能制水，致肾不能行五液之水，膀胱气化失职，三焦决渎无权，小便不利，发为水肿。若湿热邪毒内侵，蓄结膀胱，热伤血络则尿血。若热毒伤肾，肾气不固，精脂下泄，则可出现尿浊（蛋白尿）。

少数重症患儿因水邪泛滥，水气上凌心肺，损及心阳，闭阻肺气，则出现喘促心悸，胸闷，烦躁等症；湿热邪毒上扰清阳，内陷厥阴，肝阳上亢，肝风内动，则出现头痛、头晕、抽风、昏迷等邪犯厥阴证；若湿浊壅塞三焦，气机升降失常，水毒内闭，则可见尿少、尿闭、头晕、恶心、呕吐，甚或昏迷等症。

诊断要点

临床表现轻重不一，轻证除小便改变外，常无自觉症状，但也有不典型病例以变证为首发症状。

1. 发病前 1～3 周有扁桃体炎、猩红热、脓疱疮等链球菌感染史。

2. 症状。临床以浮肿，尿少、血尿、蛋白尿和高血压为主要症状，同时伴有发热、食少、恶心、呕吐等症状。

(1) 浮肿。常表现为轻、中度，先始于眼睑，逐渐波及全身，压之无凹陷。浮肿明显时尿量减少，尿量增多时浮肿见消。

(2) 血尿。可见肉眼血尿或镜下血尿，前者可呈茶褐色或洗肉水样，在尿量增多时尿色逐渐变浅，一般镜下血尿 1～3 个月内消失，个别可长达半年或更久。蛋白尿一般轻微，较血尿消失得早。

(3) 高血压。多见于病初几天内血压升高，伴有头晕、头痛、眼花、恶心、呕吐等症，待尿量增多后则恢复正常。

3. 常见的合并症有水气上凌心肺（并心衰）、邪陷厥阴（高血压脑病），水毒内闭（急性肾功能衰竭）。

辨证论治

急性肾炎分急性期和恢复期。急性期多邪盛实证，又分常证和变证。常证中以水肿为主症的，应以宣肺利水，健脾利湿为主；以血尿为主症时，应以清热利湿，凉血止血为主；变证则采用温补心阳，平肝清热熄风，通腑泻浊为主。恢复期多为肺脾气虚证，采用健脾益气法治疗。

1. 急性期

常证：

(1) 风水证

主证：突然起病，发热恶风，头痛咳嗽，眼睑浮肿，尿少而赤。舌质淡，苔薄白，脉浮紧或浮数。

治法：疏风清热，宣肺利水。

方药：麻黄连翘赤小豆汤（62）加减

麻黄6克，杏仁3克，连翘12克，赤小豆12克，白术9克，生石膏18克，生姜三片，甘草3克。水煎服。

加减：若发热、咽痛、口渴者，加板蓝根12克，芦根12克，竹叶6克，以清热生津，解毒利咽。

小便短赤如浓茶者，加小蓟9克，旱莲草9克，白茅根15克，以凉血止血。

（2）湿热证

主证：发热或不发热，头痛身重，面目及全身浮肿，小便黄少，甚至血尿。舌质红，苔黄腻，脉数。

治法：清热利湿。

方药：三妙丸（63）加减。

苍术9克，黄柏3克，竹叶6克，生地9克，泽泻9克，木通3克，甘草3克。水煎服。

加减：若下焦热盛，小便黄赤，或肉眼血尿，用小蓟饮子（64），小蓟9克，生地9克，栀子3克，竹叶6克，木通3克，石苇9克，甘草3克，水煎服。

皮肤有疮毒者，去苍术，加双花15克，地丁9克，蒲公英9克，以清热解毒。

（3）寒湿证

主证：面黄腹胀，倦怠乏力，胃纳欠佳，肢体浮肿或下半身肿甚，小便短少。舌质淡，苔白腻，脉濡缓。

治法：渗湿利水消肿。

方药：五苓散（58）合五皮饮（59）加减

白术9克，猪苓9克，泽泻9克，茯苓皮15克，桂枝6克，陈皮9克，大腹皮12克，厚朴9克。水煎服。

加减：若咳喘而上半身肿甚者，加麻黄6克，杏仁4.5克，苏叶9克，以宣肺平喘。

变证：

(1) 水气上凌心肺

主证：肢体浮肿明显，胸闷心悸，气急，烦躁不安，口唇青紫，面色苍白。苔白或白腻，脉细数无力。

治法：温补心阳，泻肺逐水。

方药：独参汤（65）或葶苈大枣泻肺汤（23）加减

人参1克（先煎），葶苈子9克，大黄6克，桑白皮12克，泽泻9克，当归9克。水煎服。

加减：若面色灰白，四肢厥冷，汗出淋漓，脉微欲绝者，此为心阳虚衰证，宜急用参附汤（26）或参附龙牡救逆汤（66）以回阳固脱，或用人参注射液，或生脉散注射液配合抢救。

(2) 邪犯厥阴

主证：头痛头晕，视物模糊，烦躁不安，口苦，恶心呕吐，甚则惊厥、昏迷，小便短赤。舌质红，苔黄糙，脉弦数。

治法：平肝泻火，清利湿热。

方药：龙胆泻肝汤（67）加减

龙胆草6克，黄芩9克，栀子6克，泽泻9克，木通3克，车前子9克（另包），钩藤9克，白芍9克，菖蒲9克，柴胡9克，甘草3克。水煎服。

加减：若大便秘结者，加大黄6克，以泻火泄热。

惊厥昏迷者，加羚羊角0.5克或水牛角9克，或合用牛黄清心丸（68），安宫牛黄丸（28），以平肝熄风开窍，清热凉血。

(3) 水毒内闭

主证：头昏头痛，恶心呕吐，全身水肿，尿少，色如浓茶，甚或尿闭，嗜睡、昏迷惊厥。苔垢腻而黄，舌质淡胖，脉滑数。

治法：泄浊救逆，辟秽解毒。

方药：温胆汤（69）合附子泻心汤（70）加减

半夏9克，胆星6克，竹茹6克，陈皮9克，生大黄6克，熟附片3克，黄连6克，车前草9克，干姜3克。水煎服。

加减：若呕吐频者，加玉枢丹（71）以增强辟秽解毒作用。

惊厥时加紫雪丹（72）以清热止痉开窍。

2. 恢复期

(1) 肺脾气虚

主证：浮肿不著或无浮肿，面色少华或苍白，倦怠乏力，易出汗，胃纳欠佳。舌质偏淡，苔薄白，脉缓弱。

治法：健脾益气。

方药：参苓白术散（41）合玉屏风散（31）加减

黄芪 12 克，太子参 12 克，茯苓 9 克，白术 9 克，防风 9 克，山药 6 克，扁豆 9 克，砂仁 1.5 克，甘草 3 克。水煎服。

(2) 肾阴不足

主证：神倦，腰膝酸软，头晕，手足心热。舌质红，少苔或无苔，脉细数。

治法：补益肾阴。

方药：六味地黄丸（32）

熟地 9 克，山萸肉 9 克，山药 6 克，泽泻 9 克，丹皮 9 克，茯苓 9 克。水煎服。

加减：若手足心热明显，口苦咽干者，可加二至丸（73），以益肝肾，补阴血。

急性肾炎的治疗，除了上述见证需参见水肿节的辨证论治外，血尿、蛋白尿的处理也应重视。

血尿：

(1) 热伤血络，迫血妄行，热象明显的，用清热凉血止血法，方选小蓟饮子（64）、犀角地黄汤（74）加味。

(2) 镜下血尿长期不消，以脾肾虚为主证时，可用健脾补肾法，方选归脾汤（60）、补中益气汤（75）、六味地黄丸（32）等。

(3) 气滞血瘀者，用活血化瘀法，方选桃红四物汤（76）、少腹逐瘀汤（51）、四物汤（77）等。

蛋白尿：

(1) 健脾益气法，方选四君子汤 (78)、补中益气汤、参苓白术散 (41) 等。

(2) 温补脾肾法，方选金匮肾气丸 (30)、济生肾气丸 (79)、真武汤 (80)、实脾饮 (81) 等。

(3) 补肾固精法，方选水陆二仙丹 (82)、右归丸 (83)、金锁固精丸 (84) 等。

(4) 活血化瘀法，参照血尿活血化瘀法治疗。

其他疗法

单方验方

1. 白茅根 30 克，石苇 15 克，车前草 15 克，竹叶 9 克，水煎服，每日 1 剂。

2. 小叶石苇 30 克，水煎服，每日 1 剂。

3. 黄芪 50 克，水煎代茶，或黄芪粥，每天服用。

预防与护理

1. 保持皮肤清洁。预防和治疗各种链球菌感染病灶，如皮肤疮毒，乳娥等。

2. 病儿应注意休息，至少在发病后 2 周内不能参加活动，待浮肿消退，血压恢复正常后，方可逐渐增加活动。

3. 水肿期间应严格控制盐和水的摄入量，早期可给无盐饮食，待血压正常，尿量增加，浮肿消退后，可给低盐饮食。

4. 避免使用对肾脏有损害的药物。

(须鹤瑛)

2.13 肾病综合征

肾病综合征简称肾病，是小儿泌尿系统疾病中发病率仅次于急性肾炎的一种常见病。临床以全身高度浮肿，大量蛋白尿，低蛋白血症，血胆固醇增高为特点。多发生于 3～8 岁的小儿，发

病无明显季节性。因多有程度不同的水肿，属于阴水范畴。

病因病机

先天禀赋不足，后天调护失宜，外受寒湿，或湿浊内生，致肺、脾、肾三脏功能失调，气化失司，三焦壅塞，水道不通，流溢肌肤而成水肿。

肺主一身之气，外合皮毛，通调水道。若肺气不宣，气机壅塞，不能通调水道下输膀胱，则致水肿。脾主运化，为胃行其津液，输布水谷精微。若寒湿困脾，运化失常，土虚不能制水，则水湿停滞而成水肿。肾主水，藏真阴而寓元阳，有蒸化、调节、输布水液的功能。若寒湿留滞，肾阳亏损，命门火衰，不能化气行水，则水液泛滥而成水肿。

精气为人体生长发育与生命活动之本，肾气充足，则精气内收，肾气不足，则肾关失固，精气外泄。而肾气有赖脾气输送精微以充养。若脾肾不足，脾不升清，肾失封藏，肾之精微外泄，则大量蛋白尿从小便排出。

阴阳互根，若久病阳损及阴，水不涵木，肝肾阴亏，阴虚阳亢，可见头晕、头痛、视物模糊等症。

脾肾亏虚，易外感时邪，致肺失宣降，水液内停，三焦气化失司，则水肿加重或易复发，呼吸不利。

诊断要点

1. 症状及体征。一般起病较慢，浮肿初起颜面及下肢，渐及全身，为可凹性浮肿，同时可见胸腹水及阴囊、阴唇水肿。水肿严重时尿少，面色及全身皮肤呈腊样苍白，呼吸困难，饮食不振，营养不良。血压一般正常。无持续性氮质血症或肾功能不全。

2. 实验室检查

(1) 尿常规。尿蛋白+++～++++，白细胞、透明管型、腊样管型、红细胞很少见。

(2) 血液检查。低蛋白血症，血浆总蛋白低于5%克，白蛋

白可低于 2.5%克、或白、球蛋白比例倒置。血胆固醇明显增高，有时可高达 600～800%毫克。

辨证论治

肾病初期往往以全身高度浮肿为首发症状，多属"阴水"范畴，为脾肾阳虚，水湿内停。若外感风邪，肺气失宣，不能通调水道，也可出现阳水症状。根据临床经过，主要分为脾虚湿泛，脾肾阳虚和肝肾阴虚三型。其中以脾虚湿泛，脾肾阳虚为最多见，治疗上以调补脾肾为主。久病迁延可出现肝肾阴亏，宜温补肝肾。总之肾病的临床表现是以正虚为本，感邪为标，属本虚标实。

1. 脾虚湿泛

主证：面色萎黄，神倦乏力肢冷，肢体浮肿，按之凹陷，纳少便溏，小便短少。舌质淡，苔白滑，脉缓。

治法：益气健脾，利水消肿。

方药：参苓白术散（41）合五皮饮（59）加减

党参 9 克，白术 9 克，陈皮 9 克，茯苓皮 15 克，大腹皮 12 克，泽泻 9 克，车前子 9 克（另包），厚朴 9 克，桂枝 6 克。水煎服。

加减：若肢凉便溏者，去大腹皮，加干姜 3 克温脾肾之阳。

下肢肿甚者，加防己 9 克，以行气化湿。

2. 脾肾阳虚

主证：面色㿠白，形寒肢冷，精神不振，水肿明显，伴胸水、腹水，纳少便溏，腹胀。舌质淡胖，苔白嫩，脉沉弱。

治法：温阳利水消肿。

方药：真武汤（80）加减

附子 6 克，生姜三片，茯苓 9 克，白术 9 克，白芍 9 克，补骨脂 12 克，黄芪 12 克，猪苓 9 克。水煎服。

加减：若神倦欲睡，泛恶，甚则口中有尿味者，加半夏 9 克，大黄 6 克，黄连 6 克，以解毒降逆。

复感外邪，病情复发或加重时，可用射干麻黄汤(85) 合五苓散 (58)，以宣肺行水，疏风散寒。

咳逆喘促明显者，加葶苈子 9 克，杏仁 6 克，以降气行水。

3. 肝肾阴虚

主证：浮肿尿少，头痛头晕，心烦少寐，手足心热，面色潮红，舌质红，苔少，脉弦细而数。

治法：滋养肝肾。

方药：杞菊地黄丸（汤）(86) 加减

枸杞 9 克，菊花 9 克，熟地 9 克，山萸肉 9 克，山药 9 克，泽泻 9 克，丹皮 9 克，钩藤 6 克，白芍 12 克。水煎服。

加减：若面色晦暗，肌肤甲错，皮肤干枯无泽，有瘀点瘀斑，舌质瘀紫，苔少，脉弦者，为久病入络，气滞血瘀，可加益母草 12 克，红花 3 克，赤芍 9 克，当归 9 克，或加桃红四物汤(76) 以活血化瘀。

肾病水肿消退后，治疗的主要关键是控制蛋白尿。祖国医学认为，蛋白尿的形成主要是脏腑亏损，气血不足，肺脾肾三脏功能虚弱，尤其是脾肾虚损，统摄封藏无力，精脂下流。临床上常采用健脾益气、气血双补、温补脾肾、温肾养阴、填精固肾、阴阳双补等法治疗。蛋白尿的反复出现也常和感染有密切关系，若由热毒之邪导致肾失封藏，则应以疏风清热、清热解毒、清热利湿、凉血解毒等法治疗。肾病是一种比较顽固的慢性疾病，病情易反复发作，久病入络，可引起气滞血瘀证，益气活血化瘀也是重要的治疗方法。此外，蝉蜕、山楂、石苇、昆布、海藻、苏叶、山药、黄芪等药物，对消除蛋白有一定疗效。

其他疗法

单方验方

1. 赤小豆 30 克，黑豆 30 克，加水煮熟，吃豆喝汤，连服 1 个月，有利水消肿，消蛋白的作用。

2. 鲤鱼一条约250克左右，赤小豆50克，煮熟后食用，有利尿消蛋白作用。

3. 黄芪15～30克，水煎代茶，长期服用，有一定的消蛋白作用。

预防与护理

1. 浮肿严重时，应卧床休息，给予低盐高蛋白饮食。

2. 预防各种感染，如有感染病灶，应积极治疗和处理。

（须鹤瑛）

2.14 紫癜

紫癜是皮肤、粘膜出现青紫色瘀点、瘀斑，压之不褪色，伴有鼻衄、齿衄，甚则呕血、便血、尿血为特征的病证。多发生于学龄前儿童，亦可见于1～2岁的小儿。本病的预后常与引起紫癜的各种疾病，反复发作或出血严重有关，若迁延难愈，少数可危及生命。

病因病机

感受外邪，化热化火，迫血妄行；或脏腑功能失调，致气血逆乱，血不循经，均可引起紫癜。

1. 血热妄行。感受风热外邪，风热与气血相搏，灼伤络脉，迫血妄行，血溢脉外，留于肌肤，则发为紫癜。血随火升，上壅清窍，则为吐衄；移热下焦，灼伤肠络，则见便血；灼伤肾络膀胱，则见尿血。

2. 气虚不摄。先天禀赋不足，后天失调，或因疾病迁延，均可损伤心脾。脾气虚则统摄无权，心气虚则血失其主，血液不循常道，流于脉外，渗于肌肤之间，则发为紫癜。若气虚及阳，导致阳虚失潜，阴血失于内，血液大量流渗于外，则出现面色苍白，大汗淋漓，脉微肢厥等血脱危证。

3. 阴虚火旺。若久病失调，致肝肾阴亏，虚火内生，虚火

乘犯，则血随火动，离经妄行，形成紫癜。

4. 瘀血阻滞。若脏腑功能失调，气滞不行，或气虚无力推动血液运行，造成血液凝涩，脉络瘀阻，使血液不循常道而外溢，则流于肌肤而为紫癜。

诊断要点

常见的紫癜有血小板减少性紫癜和过敏性紫癜。

1. 血小板减少性紫癜，分原发性和继发性两类。继发性者常见于其他疾病引起血小板减少，如再障、白血病、急性感染、药物反应等，原发性者病因未明。其临床特点为发病急骤，发热，皮肤粘膜广泛性出血点，大小不一，分布不匀，严重者伴有内脏出血（便血、呕血、尿血）和颅内出血，都为严重的危重症候。慢性者病程长，缓解与发作交替，新旧紫癜并见。实验室检查血小板计数明显减少；出血时间延长，血块退缩不佳，血液凝固时间正常，毛细血管脆性试验阳性。骨髓象巨核细胞数正常。

2. 过敏性紫癜。是一种毛细血管的变态反应性疾病，过敏因素有细菌感染、寄生虫、食物、药物等。其皮肤紫癜呈大小不等的丘疹样出血点，或荨麻疹，血管神经性水肿，或多形性红斑，严重者紫癜融合成片。多见于四肢远端的外侧部和臀部，分布对称，分批出现。同时伴有恶心、呕吐、腹痛和便血等胃肠道症状；膝、腕、踝关节肿痛；浮肿、血尿、蛋白尿等肾脏病变，此外亦可见鼻衄和齿衄。实验室检查血小板计数、出血时间、凝血时间均正常，部分患者可见中性及嗜酸性白细胞增高。

辨证论治

本病的辨证应从病情的缓急，病程的长短，出血的急缓，紫癜的色泽及其兼证来进行。早期起病急骤，多属实证，以血热妄行为主，治以清热解毒，凉血止血；慢性者病势缓和，病程较长，多属虚证，以气不摄血为主者，治以益气摄血；阴虚火旺为主者，治以滋阴降火；瘀血者，治以活血祛瘀。

1. 血热妄行

主证：起病急，皮肤紫癜，色鲜红，伴鼻衄、齿衄、呕血、便血、尿血、或伴有发热，心烦口渴，便秘尿赤，腹痛。舌红，苔薄腻，脉浮数。

治法：祛风清热，凉血止血。

方药：犀角地黄汤（74）加减

犀角1克（先煎），生地12克，赤芍9克，丹皮9克，双花12克，连翘9克，甘草3克。水煎服。

加减：若伴发热，头痛，紫癜搔痒者，加荆芥9克，竹叶6克，紫草9克，浮萍6克，以疏风清热止血。

皮肤紫癜密集者，加藕节炭9克，茜草炭9克，三七粉1克（冲服），以凉血止血。

腹痛便血者，加地榆炭9克，木香3克，苦参12克，以清肠止血。

关节肿痛者，加防己9克，牛膝9克，秦艽9克，制乳香12克，制没药12克，以祛湿通痹，活络止痛。

尿血者，用小蓟饮子（64）加旱莲草12克，以凉血止血。

2. 气不摄血

主证：紫癜反复出现，色淡而晦，面色苍黄，神倦乏力，头晕心慌，纳少，口唇色淡。舌质淡胖，脉沉细无力。

治法：健脾益气，养血止血。

方药：归脾汤（60）加减

黄芪12克，党参9克，白术9克，当归9克，白芍9克，旱莲草9克，阿胶9克（烊化），熟地9克，甘草3克。水煎服。

加减：若病程长，紫癜色淡，面色㿠白，肢冷便溏，舌质淡胖，脉沉细者，加附子6克，炮姜3克，山萸肉9克，菟丝子12克，以温肾散寒止血。

出血量多，证见面白肢冷，大汗淋漓，脉微细弱等阳

气欲脱证时，应以独参汤（65）或参附汤（26）回阳救逆，益气固脱。

3. 阴虚火旺

主证：紫癜以下肢较多，时发时止，低热盗汗，手足心热，头晕咽干。舌红少津，脉细数。

治法：滋阴降火，凉血止血。

方药：知柏地黄汤（35）加减

生地9克，熟地9克，知母9克，黄柏6克，丹皮9克，旱莲草9克，女贞子9克，甘草3克。水煎服。

加减：若潮热较甚者，加地骨皮12克，鳖甲9克，银柴胡12克，以清虚热。

4. 瘀阻经络

主证：紫癜色紫暗，或有血肿，腹痛阵作，或恶心呕吐，关节肿痛。舌质紫暗有瘀点，脉沉涩。

治法：活血化瘀。

方药：桃红四物汤（76）加减

桃仁6克，红花6克，生地9克，当归9克，赤芍9克，阿胶9克（烊化），丹参12克，陈皮6克。水煎服。

加减：若紫癜色紫暗，血肿严重者，加三七粉1克（冲），云南白药1.5克（冲），以散瘀止血。

腹痛重者，加制乳没各9克，延胡索9克，以活血止痛。

关节肿痛者，加牛膝9克，木瓜9克，以通络止痛。

其他疗法

1. 大枣10枚，紫草12克，甘草3克，水煎服，日1剂。

2. 花生衣15～30克，大枣20枚，水煎服，日1次；连服2个月，有提高血小板的作用。

预防与护理

1. 注意锻炼身体，增强体质，提高抗病能力。

2. 积极治疗和预防各种引起本病的原因，避免服用引起紫癜的食物和药物。

3. 急性期或出血量多时，应卧床休息，积极治疗，必要时输注新鲜血液。

（须勤璞）

2.15 遗尿

遗尿亦称"尿床"，是指3周岁以上的小儿，睡中小便自遗，醒后方觉的一种病证。3周岁以下的婴幼儿，由于智力发育未臻完善，排尿的正常习惯尚未养成，或者因贪玩、过度疲劳，也可引起暂时遗尿，这都不属病态。

病因病机

1. 下元虚寒。肾主闭藏，主司二便，与膀胱互为表里。若小儿素禀虚弱，肾气不充，下元虚寒，则闭藏失职，膀胱气化功能亦因之失调，不能制约水道，而发生遗尿。

2. 脾肺气虚。脾主运化水湿，肺主通调水道，脾肺功能正常，方能维持机体水液的正常输布、排泄。倘脾肺气虚，不能制约水湿，则水液约束无权而遗尿。

3. 肝经湿热。肝经湿热蕴结，循经下注，侵及膀胱，致气化功能失常，而发生遗尿。

辨证论治

1. 下元虚寒

主证：睡中小便自遗，一夜可1～2次或更多，醒后方觉，小便清长而频数，可兼有面色㿠白，腰膝酸软，甚则肢冷畏寒。舌质淡，苔薄白。

治法：温补肾阳，固摄下元。

方药：桑螵蛸散（87）加减

桑螵蛸9克，益智仁6克，补骨脂6克，覆盆子9克，黄芪

12克，党参9克，石菖蒲9克。水煎服。

加减：若痰湿内蕴，舌苔厚腻者，加厚朴9克，炒苍术9克。

2. 脾肺气虚

主证：多发于他病之后，睡中遗尿，但尿频而量少，兼见面白神疲，乏力懒动，常自汗出，大便稀溏。舌质淡，苔薄白。

治法：补益肺脾，佐以固涩。

方药：补中益气汤（75）合缩泉丸（88）加减。

党参9克，炒白术9克，当归9克，黄芪15克，炒山药12克，益智仁6克，升麻6克，五味子6克，金樱子9克。水煎服。

加减：若酣睡不醒者，加石菖蒲9克。

大便稀溏者，加炮姜6克。

3. 肝经湿热

主证：遗尿量不多，但尿味腥臊，平时易急躁，或有夜间梦语龂齿。唇舌色淡。

治法：泻肝清热。

方药：龙胆泻肝汤（67）加减

龙胆草3克，栀子6克，木通3克，柴胡6克，生地12克，泽泻9克，车前子9克，甘草3克。水煎服。

加减：若夜间惊惕不安者，加钩藤6克，生龙骨12克，牡蛎12克。

病久，湿热内蕴，耗伤肾阴，舌质红少苔者，宜用知柏地黄丸施治。

其他疗法

1. 针灸。取关元、三阴交、夜尿点（在小指掌面第二关节横纹中点处）。留针15分钟，每日或隔日一次。

2. 耳针。取肾区、肾上腺区。用压豆法，每日轻按一二分钟。

预防与护理

1. 自幼培养其按时排尿的习惯，较大小儿不应让其过度疲劳。

2. 晚饭及临睡前，少给流汁饮食，少饮水。

3. 睡前排空小便，睡中按时唤醒，逐渐养成能自行排尿的习惯。

（毕可恩）

2.16 中毒性脑病

中毒性脑病是以抽搐、意识障碍为主要表现的一种急性疾病，属中医“惊风”的范畴。急性期，起病急暴，变化迅速，常有高热，属急惊风；在恢复期，邪热已衰，阴津大伤，属慢惊风。本病多见于急性感染性疾病，如肺炎、菌痢、百日咳、上感以及各种原因所致的中毒等过程中，若伴有与脑炎相似症状者，则称为中毒性脑病。其中以重症肺炎、中毒性痢疾、上感引起者为最多见。一般认为本病是机体对毒素产生的一种变态反应，或由脑细胞缺氧等因素引起的水肿变性所致，并非病原体直接侵入中枢神经系统而发病。以2～10岁的小儿多见。

病因病机

小儿阳常有余，阴常不足，感邪后易从热化，热极则引动肝风，热盛又可灼津成痰而蒙蔽清窍，因此该病急性期的可概括为热、痰、风、惊四字，其病变部位主要在心肝二脏。本病的恢复期多是热病伤阴，肾阴不足，肝失濡养，阴虚风动所致。也有因脾胃受伤，肝木侮土，脾虚生风者。因此，该病的恢复期主要与脾肝肾有关。

1. 外感时邪。风、寒、暑、湿、燥、火皆可导致本病。尤以冬春感受风邪，夏秋感受暑邪及外受时行疫邪致病者为多。

（1）感受风邪。风为百病之长，往往与寒热之邪合而伤人。

小儿阴常不足，阳常有余，故感邪后易从热化，热邪鸱张而化火，火甚动风，风火相煽，则出现抽搐。邪热炼液成痰，痰热蒙窍，则神识不清。痰热壅阻气道，可致气促、鼻煽，进而热从火化，内陷厥阴，而出现昏迷、抽搐等症。

(2) 感受暑邪。小儿脏腑娇弱，真阴不足，当酷暑之时，易感暑热，暑为阳邪，化火最速，火热陷入厥阴，逆传心包，则现神昏抽搐。

(3) 时行疫邪。若小儿内蕴伏痰，继感时行疫邪，与伏痰搏结，则煎津熬液，酿为痰浊，阻遏气道，郁而化热，导致邪热内闭与痰热上蒙清窍，则见昏迷抽搐。

2. 湿热疫邪。由于进食不清洁的食物，湿热疫毒从口而入，蕴伏肠胃，迅即化热化火，内陷厥阴，则出现昏迷抽搐。如正盛邪实，则为实热闭证。表现为起病急骤，突然出现持续高热，反复惊厥。如邪毒炽盛，正气内溃，正不胜邪，则临床上既可见邪毒炽盛的闭证，又可同时伴见阳气外脱的脱证，形成内闭外脱，寒热并见的错综局面。疫毒之邪，蕴结于内，气血瘀滞，气滞腹痛，里急后重，血瘀则化为脓血。

诊断要点

1. 有感染性疾病史，如肺炎、菌痢、上感等。

2. 多在感染性疾病极期，突然出现高热、头痛、呕吐、烦躁不安、谵妄、抽搐，重者可有昏迷、失语、瘫痪，瞳孔散大，对光反应迟钝，颈有抵抗感，腱反射亢进。

3. 脑脊液检查：外观清，压力高，细胞数正常，蛋白正常或略高。

辨证论治

中毒性脑病，首应重视原发病的治疗。在此基础上注意辨证论治。

1. 外感风邪（见于上感、肺炎并发中毒性脑病的早期）

主证：发热，头痛，咳嗽流涕，咽红，烦躁，或有鼻翼煽

动，突然神昏惊厥。舌质红，苔薄黄。

治法：疏风清热宣肺，开窍镇惊。

方药：银翘散（2）合麻杏石甘汤（9）加减

双花15克，炙麻黄6克，炒杏仁3克，生石膏24克，连翘9克，牛子9克，菊花9克，钩藤9克，石菖蒲9克，僵蚕6克，竹茹6克，板蓝根12克，甘草3克。水煎服。

加减：若表寒重，鼻塞，鼻翼煽动明显者，炙麻黄应改用生麻黄6克，并加细辛3克，以增辛温表散之力。

若夹食积，肚腹胀满，舌苔厚腻者，加焦山楂12克，槟榔12克，以消积导滞。

若因百日咳并发者，应加夏枯草15克，地龙9克，枳实6克，紫菀9克，瓜蒌15克，以增镇咳化痰之力。

若为盛暑季节，应改为香薷饮（3）加味治疗。

2. 感受湿热疫邪（见于菌痢并发中毒性脑病的早期）

主证：突然起病，持续高热，烦躁不安，口渴引饮，神昏谵语，反复抽搐。继则大便粘臭，或夹脓血。舌质红绛，苔黄燥。

治法：清热化湿，熄风开窍。

方药：葛根芩连汤（40）合白头翁汤加减。

葛根12克，黄芩12克，秦皮9克，地榆9克，黄连6克，马齿苋15克，焦楂12克，槟榔12克，钩藤9克，石菖蒲9克，郁金9克，全蝎6克。水煎服。

加减：若痰涎壅盛，喉间痰鸣者，加竹沥水10毫升，胆南星6克，以豁痰开窍。

3. 气营两燔（常见于中毒性脑病的脑水肿期）

主证：在原发病的过程中，突然出现高热。头痛，呕吐，烦躁诂妄或嗜睡，肢体强直，时而抽动，双目上视，牙关紧闭，神识不清。舌质红绛，苔黄燥。

治法：清气凉营，熄风开窍。

方药：清瘟败毒饮（89）加减

双花 18 克，连翘 9 克，黄连 6 克，生石膏 30 克，知母 9 克，丹皮 9 克，郁金 9 克，石菖蒲 9 克，犀角粉 1 克（冲），羚羊角粉 1 克（冲），莲子芯 3 克。水煎服。

加减：若出现舌厚腻满布舌面，多为湿浊重，寒凉药应慎用，治宜芳香化湿，可选用甘露消毒丹（33）、藿朴夏苓汤（90）加减施治。

4. 气阴两虚（见于中毒性脑病的恢复期）

主证：剧烈的抽搐逐渐缓解，低热不退，面色㿠白，时有午后颧赤，心烦少寐，神情呆滞，时有抽动，肢体强直瘫痪，或目盲、耳聋、失语，形体消瘦。舌质红绛，少苔或无苔。

治法：益气养阴，熄风开窍。

方药：大定风珠（91）合四君子汤（78）加减

生地 9 克，熟地 9 克，白芍 9 克，麦冬 9 克，党参 9 克，白术 9 克，当归 9 克，龟板 15 克，鳖甲 15 克，黄芪 15 克，胆南星 6 克，石菖蒲 9 克。水煎服。

5. 肝肾亏虚（见于中毒性脑病恢复期的后期）

主证：肢体僵直，瘫痪废用，或有神志障碍，失语或言语不清，目盲、耳聋，或兼有癫痫样发作性抽搐。舌红少苔。

治法：滋补肝肾，活血通络。

方药：七味都气丸（92）合补阳还五汤（93）加减

熟地 9 克，山萸肉 9 克，枸杞 9 克，当归 9 克，茯苓 9 克，地龙 9 克，石菖蒲 9 克，川芎 6 克，红花 6 克。水煎服。

加减：若肢体硬瘫者，可酌加全蝎 3 克，僵蚕 6 克，乌梢蛇 6 克。

肢体软瘫，肌肉消瘦者，酌加黄芪 15 克，党参 9 克，白术 9 克，木瓜 9 克。

目盲、耳聋者，酌加女贞子 9 克，石斛 9 克，路路通 9 克。

智力障碍者，酌加益智仁 9 克，炒枣仁 12 克，远志 3 克。

6. 痰浊阻络（见下中毒性脑病恢复期的后期）

主证：神情呆滞，或痴呆、失语、失听、，躁动不安，肢体拘挛或强直，行立不稳。舌苔薄白或腻。

治法：搜风化痰，活血通络开窍。

方药：牵正散（94）合温胆汤（69）加减

白附子 9 克，陈皮 9 克，僵蚕 6 克，全蝎 6 克，半夏 6 克，胆南星 6 克，枳实 6 克，海浮石 12 克，郁金 9 克，石菖蒲 9 克。水煎服。

其他疗法

1. 针刺疗法。针刺对醒神止痉有暂时疗效。惊厥取人中、合谷，内关、太冲、涌泉、百会、印堂。高热取曲池、大椎、十宣放血。痰鸣取丰隆。牙关紧闭取下关、颊车。均采用中强刺激手法。

2. 外治法。牙关紧闭者，用生乌梅 1 个擦牙；搐鼻散（95）、通关散（96）吹鼻取嚏，以止惊开窍。

预防与护理

1. 增强体质，避免感受外邪。注意饮食卫生，避免湿热疫毒之邪侵入。

2. 及时治疗上感、肺炎、百日咳、菌痢等原发病。

3. 及时止痉，防止窒息。随时吸出痰涎及咽喉分泌物。

4. 平放患儿，头歪向一侧，松开衣领，将多层纱布包裹的压舌板放于上下牙齿之间，以防咬伤舌体。

5. 保持环境安静，减少刺激，密切观察体温、脉搏、呼吸、瞳孔、面色等变化。

（毕可恩）

2.17 癫痫

癫痫，俗称“羊痫风”。是一种发作性意识障碍的疾病，以突然仆倒，昏不知人，口吐白沫，两目直视，四肢抽搐，或作猪羊叫声，发作过后，苏醒如常为特征。脑部病损者，称为症状性癫痫；原因不明者，称为原发性癫痫。

病因病机

癫痫可由多种因素引起，但常与痰有关，故有“无痰不成痫”之说。

1. 先天因素。主要是指胎儿在母腹中时，其母遭受大的惊恐，气血逆乱，及于胎儿，生后即发为痫证。另外，先天肝肾之阴不足，水不济火，心肝易于伤损，致肝气逆乱，神不守舍，也可发为抽搐，昏不知人。小儿后天因受惊恐而病痫者，亦与先天因素有关。凡因惊而成痫者，均称为“惊痫”。

2. 痰阻窍道。小儿脾常不足，水湿不化，聚而为痰，故小儿多痰。其次，急、慢惊风之后，风痰亦可留积不化。痰积在内，因风寒冷饮，或因惊吓，引动其痰邪上逆，清窍被蒙，则发痫证。

3. 积停中焦。乳食不节，或恣食肥甘，损伤脾胃，纳化失常，则致乳食停积。积滞日久化热，灼津炼液而成痰，痰积停滞中焦，阻遏气机升降，则病发痫证。

4. 血滞心窍。因胎产困难，或因惊恐跌仆，脑部损伤，瘀血停积，血滞心窍，以致神志昏乱而成痫证。

辨证论治

痫证有惊痫、食痫、痰痫、风痫和瘀血痫的区别。一般地说，小儿痫证，虚中夹实者多，所谓实，多指痰、食、瘀血而言。其发病的轻重，持续时间的长短，发作间歇的久暂，与痰结的深浅和正气的盛衰有密切关系。一般初起正气尚盛，痰结不深，故发作时间短，间歇期长；病久正气伤，痰结较深，则发作

时间长，间歇期短。亦可因正不胜邪，痰浊蒙心，出现昏迷持续不醒，抽搐不止的危重症候。

1. 惊痫

主证：除有痫证的一般症候外，还常有心神不宁，恐惧不安，突然啼哭，吐舌惊叫，面色乍赤乍白，喜投母怀，大便青绿粘稠等表现。舌质淡，苔薄白。

治法：镇惊安神。

方药：定魄丸（97）化裁

党参9克，天冬9克，茯神6克，天麻6克，石菖蒲6克，远志3克，炒枣仁12克，全蝎3克，僵蚕3克，朱砂1克（冲），琥珀1克（冲），甘草3克。水煎服。

加减：若有惊悸不眠者，可用温胆汤（69）。

惊痫日久，发作无常，惊悸不寐者，此心虚血少，宜服养心汤（98）。

平素神疲乏力，此正气虚弱，可用大补元煎（99）。

2. 食痫

主证：除痫证的一般症候外，尚兼有脘腹胀满，吐泻酸腐。舌苔厚腻。

治法：消食导滞，化痰熄风。

方药：保和丸（11）加减

焦山楂12克，神曲9克，槟榔9克，连翘9克，菊花9克，钩藤9克，半夏6克，枳实6克。水煎服。

加减：若大便秘结者，加大黄6克（后入）。

3. 痰痫

主证：除痫证的一般症候外，发作时痰涎壅盛，喉间痰鸣，口吐涎沫。舌苔厚腻。

治法：涤痰开窍。

方药：定痫丸（100）合涤痰汤（101）加减

天麻6克，胆南星6克，半夏6克，陈皮9克，茯苓9克，

石菖蒲 9 克，僵蚕 6 克，全蝎 6 克，竹茹 6 克，枳实 6 克，甘草 3 克。水煎服。

4. 瘀血痫

主证：本证见于有外伤史及产伤史的患儿。除痫证的一般症候外，常有头痛，痛有定处，痛重可有呕吐。舌质紫暗或有瘀点。

治法：活血化瘀，通窍定痫。

方药：通窍活血汤（102）加减

川芎 6 克，赤芍 9 克，桃仁 9 克，红花 9 克，老葱根 3 枚，丹参 12 克，红枣 5 枚，麝香 0.15 克（研末冲服）。水煎服。

痫证病久不愈，反复发作，出现肝肾阴亏症候者，可用左归丸（103）化裁，填精益肾以定痫；出现心脾亏虚症候者，可用归脾丸（60）化裁，补养心脾以定痫。

处于发作间歇期，也应给予积极治疗，主要应以补脾益肾化痰法施治。

其他疗法

加味白金丸。西青果 30 克，白矾 3 克，磁石 18 克，远志 9 克，郁金 9 克，石菖蒲 9 克，麦冬 9 克，朱砂 3 克。共研细末，每服 1.5 克，日 3 次。适应于惊痫、痰痫。

预防与护理

1. 注意孕妇身心健康，分娩时避免胎儿受损伤。

2. 对有发热惊厥史的小儿，须早服退热镇静剂。

3. 节制乳食，以防乳食停滞。

4. 勿令痫证患儿单独活动。发作时，注意呼吸道通畅，以免发生窒息，并应积极采取止痉措施。

（毕可恩）

2.18 类风湿性关节炎

类风湿性关节炎，属中医痹证范畴。其主要症状是较长期的不规则发热及关节肿痛，尤以趾、指关节为重。小儿关节症状常不明显，而全身症状较为突出，故在小儿常称为类风湿病，属于中医"热痹"、"骨痹"的范畴。

病因病机

1. 感受风寒湿邪。小儿形气不足，腠理疏松，如因护理不周，汗出较多，或因疲劳，或睡卧受风，或触冒风雨，或寝居湿地，皆可引起风寒湿邪侵袭机体，而成本病。

小儿感受风寒湿邪，可表现为寒证，亦可表现为热证。如小儿素体虚弱，阳气不足、或素体虽壮，但感邪后过用寒凉，损伤正气，则可表现为寒证。但小儿类风湿性关节炎，表现为热证者居多，尤其是在病的早期更是如此。其机理，一是小儿有阴常不足的生理特点，体质本身具有阴虚生内热的趋向，故感受风寒湿邪易从热化，表现为热痹。其二，小儿脾常不足，易形成积滞，日久则可化热，另外，脾弱运化失职，则易生内湿，这样湿热相合，阻滞经络，则成热痹。其三，风寒湿邪稽留不解，即可化热，体壮者，表现为湿热实证，体弱者，表现为虚热夹杂之证。

2. 痰浊瘀血流注关节经络。该病如病久不愈，则外邪由表传里，由浅入深，由血脉而至筋骨、脏腑。水湿郁积可化为痰浊，痰湿阻滞血脉，则成瘀血。痰浊、瘀血流注关节经络，即表现为关节肿胀、畸型、行走不便等症，此多为"久痹"，也称"骨痹"。

诊断要点

1. 一般症状。常为弛张型发热，伴全身不适、皮疹，或有淋巴结肿大和肝脾肿大。

2. 关节症状。所有关节均可受累，以小关节多见，局部肿、热、疼痛，运动受限，日久关节可僵直变形。

3. 实验室检查。X 线检查、示骨质疏松，软组织肿胀。血沉增快，抗链球菌溶血素"O"可不增高，类风湿因子多为阳性。

辨证论治

类风湿性关节炎的症候表现，多为疼痛固定不移，故其辨证属风者少，属湿、属痰、属瘀血者多。病初热证、实证偏多，但由于小儿素体较弱，感邪后易伤气血，故病久患儿更易出现气血两虚之象，当从虚论治。

1. 热型。体温增高，关节局部红肿疼痛，痛不可近，累及一个或多个关节，活动不便，遇热加重，遇冷则舒。临床上又分为阴虚内热和湿热内盛两个类型。

(1) 阴虚内热

主证：午后潮热，自汗、盗汗，可见肌肉萎缩，口渴欲饮。舌质红，少苔。

治法：滋阴清热，通络止痛。

方药：丁氏清络饮（104）加减

双花藤 21 克，地骨皮 9 克，生地 15 克，石斛 9 克，白薇 15 克，丹皮 9 克，秦艽 9 克，威灵仙 9 克，地龙 9 克。水煎服。

加减：若低热明显者，加青蒿 12 克。

(2) 湿热内盛

主证：发热，恶心或泛泛欲吐，纳呆，大便溏泻。舌质红，苔厚腻。

治法：清热利湿。

方药：二妙散（105）加减

苍术 9 克，黄柏 6 克，苡仁 12 克，连翘 9 克，滑石 12 克，双花藤 21 克，晚蚕砂 9 克，秦艽 9 克，木瓜 6 克，茵陈 15 克，茯苓 9 克。水煎服。

加减：若热重湿轻，口渴引饮，大汗出者，加生石膏 21 克，知母 9 克，以清气分之热。

大便秘结者，加大黄3克（后入），以泄热通便。

2. 寒型

主证：形寒肢冷，怕风，易感冒，关节拘急疼痛，患处不红不热，得热痛减，遇寒加重。舌质淡，苔薄白。

治法：祛风散寒除湿。

方药：舒筋除痹汤（106）加减

黄芪15克，桂枝6克，附子6克，当归9克，赤芍6克，羌活6克，川芎6克，制乳香6克，制没药6克，茯苓9克，苡仁12克。水煎服。

加减：若属寒湿之痹反复发作，而有邪郁化热之象，表现周身关节疼痛肿大，痛处伴有热感，但无全身发热，此时可用桂枝芍药知母汤（107）加减治疗。本方寒热并用，可以起到温通除湿，清热止痛的作用。

3. 气血两虚证

主证：面色㿠白或萎黄，汗出较多，少气懒言，纳呆，大便不调，关节肿胀变形。舌质淡，苔薄白。

治法：补气养血，化湿通络。

方药：八珍汤（108）加味

党参9克，炒白术9克，茯苓9克，当归9克，赤芍9克，川芎6克，熟地9克，黄芪21克，肉苁蓉12克，白芥子9克，甘草3克。水煎服。

其他疗法

1. 热敷方。生艾叶15克，生川乌9克，生草乌9克，苍术9克，白芷9克，川芎9克，羌活9克。上药共为细末，分为2份，各装于布袋中，封口放入水中煎煮，煮时加鲜大葱4～5根，生姜1块，均捣碎，加老酒一杯，煮沸20分钟后，取出一个布袋，趁热敷贴患处。两个布袋轮流使用，每次热敷15～20分钟，日2次。每剂可用2～3天。热敷时不要受风，敷后擦干，注意保温。适用于寒证。

2. 老鹳草酒方。老鹳草 30 克，川乌 9 克，草乌 9 克，红花 9 克，牛膝 9 克，当归 9 克。白干酒 500 毫升。以酒浸泡诸药 7 天，每次饮 3～5 毫升，日 2 次，适用于寒痹。

预防与护理

1. 避免感染。类风湿性关节炎的可能原因之一是感染，故预防感染是重要的预防措施。

2. 如有关节畸型，或有肢体活动障碍，除积极治疗外，应注意功能锻炼，以促使机体功能的恢复。

（毕可恩）

2.19 儿童多动症

儿童多动症又称轻微脑功能障碍综合征，是学龄期儿童较常见的一种病证，临床以注意力不集中，活动过多而不协调，学习困难，智力一般均正常为特点。发病率占 5～10%，男孩多于女孩，给小儿学习、生活、学校教育工作、家庭精神负担带来很大的影响，近年来该综合征的治疗和教育已引起国内外儿科、精神神经科和心理学家的重视。

病因病机

1. 先天因素。胎之始成，禀受于父精母血的化生。若父母精血虚损，失于胎养，或近亲结婚，可使胎儿阴阳二气不足。《妇人良方大全》指出："阴阳平均，气质完备。"阴阳失调，则脏腑失养，尤以心、脾、肝、肾功能失调，影响胎儿生长发育，出现多动症。

阴阳平衡是维持人体精神活动正常的必要条件。《内经·阴阳应象大论》："阴静阳躁"又"阴之内，阳之守也；阳在外，阴之使也。"即阴以静为阳之守，阳以动为阴之使，故动静之变是以阴阳平衡为基础的。儿童多动症表现为阳动有余而阴静不足，阴不制阳，阳浮于外的阴虚证为主。

脏腑功能失调则以心脾肝肾为主。心主血藏神，心之声为言。《普济方》："心者，精神之舍，智意之源，常欲安静。"即人的一切精神意识活动皆归之于心。心得血养，则神得所用。心属火为阳，以动为患。小儿时期阳常有余，心火易亢；若心阴不足，血不养心，神失所藏，智窍不通，出现多动不安，注意力不集中，言语欠流利，学习困难等。脾为至阴之脏，藏意在志为思。小儿时期脾常不足，若调护失宜，饮食失节，运化失常，脾虚则思虑不周，出现情绪不稳定，兴趣多变，语言冒失等。肝为刚脏而性动，主筋藏魂，其志怒，其性急，体阴用阳。小儿肝常有余，若肝阴不足，肝阳上亢，则脾气暴躁，冲动任性，叫喊多动等。肾藏精，为先天之本，开窍于耳，脑髓赖肾精濡养。肾阴不足，则不能主骨生髓，脑髓空虚，元神不足，则动作笨拙、不协调，听觉辨别能力差，遗尿等。此外，肾虚水不涵木，则肝阳易亢；肾水不能制火，则心火有余；脾虚生湿生痰，痰热内扰心神，则神动智变等。

2. 后天因素。分娩时难产，缺氧窒息，颅脑损伤（出血、外伤），脑疾患（脑炎，脑膜炎）等致血络受损，血气外溢瘀滞，窍道不通，神府失守而出现多动不安，心神不宁等症。

另外，本症的发生与家庭环境教育、饮食等也有一定关系。

诊断要点

1. 询问病史。可能与遗传、分娩难产、缺氧窒息、颅脑损伤（出血、外伤）、感染（脑炎、脑膜炎）、家庭环境教育等有关。

2. 主要症状

(1) 运动功能障碍。小动作多，难以静坐，不能持之以恒，并有摇头、吐舌、挤眼等动作，精细动作笨拙不协调。

(2) 行为障碍。冲动任性，易激惹，性情暴躁，不遵守制度，有时说谎，打架斗殴，缺乏自制力。

(3) 学习障碍。注意力不集中，学习成绩不稳定，时好时

坏。

3. 神经系统检查。无明显神经系统阳性体征，智力正常或基本正常，有轻微脑功能障碍，如动作笨拙，轻微共济失调，对指试验慢，翻手试验慢。

4. 脑电图。无特异性，可能正常，部分有轻度弥慢性节律紊乱。

辨证论治

儿童多动症的治疗除采取药物治疗外，应结合患儿的心理、行为、取得教师、家长的配合，较长时间的耐心教育、引导，首先选择不很严重的容易纠正的行为，鼓励和树立信心，逐渐建立新行为。

1. 肝肾阴虚，阴不制阳

主证：形体消瘦，面颊发红，五心烦热，神思涣散，烦躁易怒，多语多动，或有遗尿。舌红而干，苔少，脉弦细而数。

治法：育阴潜阳，宁神益智。

方药：左归丸（103）加减

熟地9克，山药9克，丹皮9克，龟板9克，白芍9克，生龙骨、牡蛎各15克，远志9克，菖蒲12克，五味子6克，益智仁12克，枸杞子12克，甘草3克。水煎服。亦可配制成水丸或蜜丸、合剂等长期服用，连服2～3个月。

加减：若遗尿者加菟丝子12克，桑螵蛸9克，金樱子9克。

癫痫样发作的可参照癫痫节辨证施治。

2. 心脾不足，浮阳妄动

主证：面色少华，多动不安，兴趣多变，注意力不集中，易健忘，夜眠多梦，口吃或说话不清楚。舌边尖红，苔薄白，脉细弱或细数。

治法：养心安神，补虚益智。

方药：归脾汤（60）合甘麦大枣汤（109）加减

太子参 12 克，云苓 9 克，白术 9 克，当归 9 克，黄芪 12 克，远志 9 克，炒枣仁 9 克，菖蒲 9 克，五味子 6 克，大枣 10 枚，小麦 15 克，甘草 6 克。水煎服。

加减：若夜眠多梦或梦游者，加钩藤 9 克，龙齿 12 克，珍珠母 15 克

健忘者加龙骨 12 克，远志 9 克，菖蒲 12 克。

3. 湿热蕴结，痰热内扰

主证：胸闷纳呆，口渴多饮，唇红口臭，痰多口苦，便干溺赤，多语多动，神思涣散，情绪多变。苔黄腻，脉滑数。

治法：涤痰泻火，宁神定智。

方药：黄连温胆汤（110）加减

清夏 9 克，陈皮 9 克，云苓 12 克，川朴 9 克，郁金 9 克，菖蒲 12 克，滑石 9 克，枳壳 9 克，连翘 12 克，黄连 6 克，甘草 3 克。水煎服。

4. 瘀血阻络，窍失所养

主证：有产伤和颅内出血史，除多动症状外，面色晦滞，暴躁易怒。舌暗红，脉涩。

治法：活血化瘀，宁神开窍。

方药：在以上辨证的基础上加赤芍 9 克，丹参 12 克，红花 6 克。

其他疗法

1. 针刺疗法。根据宁心安神，平肝潜阳，健脑宁神，理气宽胸的治则选穴。

主穴：内关、太冲、大椎、曲池。

配穴：注意力不集中配百会、四神聪、大陵。

活动过多配安神、安眠、心俞。

烦躁配神庭、膻中、照海。

手法：快速进针法，均用深刺。针刺后用梅花针叩刺背部夹脊、膀胱经、督脉，叩至皮肤发红为度。隔天一次。较大儿童可

用电针。

2. 耳穴压豆疗法

穴位：兴奋点、脑干、皮质下和肾。

方法：将王不留行或酸枣仁用胶布贴于耳穴上，按压刺激，每周 2 次，左右耳交替，每日按压不少于 3 次，每次半分钟至 1 分钟，15 次为一疗程，每次治疗 3 个疗程，疗程间休息 2 周。

作用：可促进皮层的觉醒兴奋，调整皮层抑制和兴奋机能的平衡，从而达到改善皮层功能活动的目的。

预防与护理

1. 做好围产期保健，预防难产和颅脑损伤。

2. 对多动症患儿不应责打、歧视，教师和家长共同配合，患儿要树立信心，通过耐心细致的帮助，逐渐纠正不正当行为，如症状稍有好转，应予表扬和鼓励。

（须鹤瑛）

3 小儿传染病

3.1 麻疹

麻疹是由麻毒时邪（麻疹病毒）引起的一种急性发疹性传染病。临床以发热、咳嗽、目赤流涕、麻疹粘膜斑和全身出现红色如麻粒大小疹子为特点。俗称"痧子"、"麻子"。本病一年四季均可发生，但以冬春两季为多。发病年龄以1～3岁的婴幼儿多见，5岁以上的小儿发病渐少。本病传染性很强，建国前曾是儿科四大要证之一，几乎每2～3年，就有一次较大的流行，严重地威胁着儿童的健康和生命，解放后，广泛进行了麻疹减毒活疫苗的预防接种，发病率明显下降、有效的控制了流行。本病患过一次后，除极少数患儿外、一般能终身免疫。

病因病机

麻毒时邪由口鼻而入，首犯肺脾两经，肺主皮毛、脾主肌肉。毒邪犯肺，故麻疹初起、表现为发热、咳嗽.流涕等肺卫症状。继则皮疹自肌肉之间、皮肤之下，由里达表向外透发，布于全身，达于四末，并可见壮热、口渴、食欲不振等脾胃症状。麻为阳毒，易伤阴液，故麻疹后期常有舌红、干咳等肺胃阴伤的表现。以上是麻疹发病的一般规律，称为顺证。

麻疹以外透为顺，内传为逆。麻疹出得透与不透与预后有着密切关系。如果小儿体质虚弱，正虚不能托邪外泄，或因麻毒壅盛，大毒内闭，或因护理不当，复感风寒，疹出不透，或失治误治，均可导致麻毒内陷、疹子透布不顺而发生逆证、险证、其中以麻毒闭肺最为常见。麻毒内归于肺，或复感外邪，致肺气失宣，肃降无权，热灼津液，痰阻肺窍，而致肺炎喘嗽；麻毒化热化火，上攻咽喉，致咽喉红肿灼痛、声嘶音暗而成喉痹；麻毒内

陷，蒙蔽心窍，引动肝风，则神昏惊厥；少数患儿因正气不足，又邪毒炽盛，正不胜邪，可出现内闭外脱的险证。

诊断要点

1. 有麻疹接触史。

2. 麻疹经过分为三期，即疹前期、出疹期、收没期。

(1) 疹前期。约 3～4 天，发热，轻微咳嗽，流涕，眼结膜充血、畏光，眼泪汪汪，神倦，纳差，于发热 2～3 天后，口腔两侧颊粘膜内可见麻疹粘膜斑，这是诊断早期麻疹的重要依据。

(2) 出疹期。约 3～5 天，体温更高，皮疹先见于耳后、颈部及发际，继则延及胸背四肢，最后手心足底见到疹点为出齐。皮疹初为鲜红色，分布均匀，后逐渐增多融合，颜色可变为暗红色，疹与疹之间有正常皮肤。此期为本病之高峰，除体温增高外，可见神倦嗜睡，烦躁不宁，两眼红肿，口渴唇干，咳嗽加剧，小便短赤等证。若无并发症，即进入收没期。

(3) 收没期。皮疹出齐后 3～4 天内，按出疹顺序渐次隐没，热退身凉，各种症状逐渐减轻而消退，胃纳增加。皮疹呈现糠状脱屑，并留下棕褐色色素沉着，一般经过 1～3 周而退净。

如用免疫制剂预防注射者，症状可不典型，全身症状轻，皮疹稀少，麻疹粘膜斑可不出现。

3. 变证。常见且病情较重的有麻毒闭肺、麻毒攻喉、邪陷心肝等证，可发生于麻疹的各期。当发生这些变证时，病情也随着进一步发展，称为麻疹逆证。

辨证论治

麻疹的辨证，首先要注意辨别病情的顺、逆。顺证是指皮疹按正常顺序透发，症状轻，预后好。在治疗上，古人有"麻宜发表透为先，形出毒解便无忧"和"麻不厌透"之说，使腠理开，微汗出，疹透毒出，疹净毒净，故透发是治疗麻疹的关键。疹前期，邪在卫分，宜以辛凉透表为主；出疹期，邪毒内盛，宜以清热透疹为主；收没期，宜以甘寒养阴为主。在用药上注意透发不

耗伤津液，不可妄用汗法，以免辛温之品助阳邪（麻为阳毒）上攻；清解勿过于寒凉，以防苦寒遏邪之弊；养阴忌滋腻，以免留邪碍胃。对于疹毒内陷的逆证，多重在清热解毒，同时注意透疹。有心阳虚衰时，宜益气固脱，回阳救逆，或配合温散补托法，使邪透毒解，气阳复元。

1. 顺证

(1) 疹前期

主证：发热，咳嗽流涕，目赤羞明，泪水汪汪，倦怠思睡，胃纳欠佳，于发热第2～3天，出现麻疹粘膜斑（口腔两颊粘膜近臼齿处，细小白色疹点，周围红晕，由少到多或融合，延及唇粘膜），小便短赤，或大便溏泻。苔薄白或微黄，脉浮数。

治法：辛凉透表。

方药：宣毒发表汤（111）加减

葛根12克，升麻3克，双花9克，薄荷6克，荆芥6克，连翘9克，竹叶6克，桔梗9克，牛蒡子6克，甘草3克。水煎服。

加减：若在寒冬，表寒较重，或复感寒邪；腠理开合失司，影响皮疹外透，证见恶寒、无汗、肢冷、苔白者，则加苏叶9克，麻黄6克，细辛3克，以辛温散寒透疹。

素体虚弱，面色少华，四肢不温，透疹不顺者，加黄芪12克，党参12克，黄精9克，以扶正透疹。

(2) 出疹期

主证：壮热口渴，目赤眵多，咳嗽加剧，烦躁嗜睡，皮肤按顺序出疹，手心足底见疹点为出齐，疹点初起细小而稀少，逐渐加密增大，疹色先红，后转暗红，皮疹稍隆起，折之碍手。舌红，苔黄，脉数。

治法：清热解毒，透疹。

方药：清解透表汤（112）加减

桑叶6克，菊花6克，连翘9克，双花12克，葛根12克，

蝉蜕 9 克，紫草 9 克，西河柳 9 克，升麻 3 克。水煎服。

加减：若疹点稠密紫暗，融合成片者，加生地 9 克，丹皮 9 克，赤芍 9 克，以清热凉血。

咳嗽较剧，喉间有痰者，加桔梗 9 克，杏仁 4.5 克，桑白皮 9 克，以清肺化痰。

壮热、面赤、烦躁者，加生石膏 30 克，出栀 6 克，知母 9 克，以清热泻火。

若透疹不顺利，除用内服药促其透发外，也可配合外治透疹法，常用芫荽 15 克，西河柳 30 克，浮萍 15 克，苏叶 15 克，煎水沾毛巾擦于周身，以助疹透。

(3) 收没期

主证：疹子出齐后，按出疹次序依次消退、脱屑，并留下棕色色素沉着，热退纳增，或干咳少痰，小便稍黄。舌质红，苔少，脉细数。

治法：甘寒养阴。

方药：沙参麦冬汤 (20) 加减

沙参 12 克，麦冬 9 克，玉竹 9 克，天花粉 12 克，焦楂 12 克，扁豆 9 克，甘草 3 克。水煎服。

加减：若气虚乏力者，加党参 12 克，以健脾益气。

余热不清者，加地骨皮 12 克，银柴胡 12 克，以清虚热。

大便干结者，加栝楼 12 克，火麻仁 9 克，以润肠通便。

2. 逆证

麻疹的逆证可出现在麻疹的全过程中，但最多见于出疹期，常由邪毒炽盛，体质虚弱，调治失宜等引起。

(1) 麻毒闭肺

主证：高热不退，咳嗽加剧，喘促鼻扇，烦躁不宁，疹出不透，或疹点密集紫暗，小便短赤。舌质红，苔黄，脉数。

治法：清热解毒，止咳化痰。

方药：麻杏石甘汤（9）加味

麻黄6克；杏仁4.5克，石膏30克，鱼腥草9克，黄芩9克，紫草9克，甘草3克，双花15克，连翘12克，葶苈子6克。水煎服。

加减：若痰热壅盛，喉间痰鸣者，加桔梗9克，鲜竹沥2.5毫升，栝楼9克，天竺黄6克，以清热化痰。

疹色紫暗，口唇青紫，四肢欠温者，加当归9克，赤芍9克，红花6克，以活血化瘀透疹。

大便秘结，高热不退，喘促气粗，腹胀者，加大黄6克（后入），枳实9克，以清热导泻。

（2）麻毒攻喉

主证：咽喉肿痛，吞咽不利，呼吸急促，声音嘶哑，咳声如犬吠状，烦躁不安。舌质红，苔黄而干，脉数。

治法：清热解毒，利咽消肿。

方药：射干消毒饮（113）加减

射干9克，牛蒡子6克，桔梗9克，连翘12克，黄芩9克，赤芍9克，板蓝根15克，蝉蜕6克，元参9克，甘草3克。水煎服。另服六神丸3～5粒。

加减：若大便干结，腹胀者，加大黄6克（后入），玄明粉9克，以泻火解毒。

病情严重，出现吸气困难，面色苍白，甚或窒息等喉梗阻征象时，应采取综合措施，必要时进行气管切开，以救危急。

（3）麻毒内陷心肝

主证：疹色紫暗，密集成片，壮热不退，烦躁谵妄，甚或神昏抽搐。舌质红绛，苔黄，脉数。

治法：清热凉营、熄风开窍。

方药：羚角钩藤汤（27）加减

羚羊角粉 0.5 克（另冲），钩藤 9 克，菊花 9 克，生地 12 克，白芍 12 克，竹叶 6 克，丹皮 9 克，茯神 9 克，甘草 3 克。水煎服。

加减：若高热、昏迷较深者，可合用紫雪丹（72）或安宫牛黄丸（28）、牛黄清心丸（68），以清心开窍，凉肝熄风，清热解毒。

出现高热，神昏，惊厥，面色㿠白，肢体厥冷，脉微欲绝等内闭外脱征时，宜急用参附汤（26）、至宝丹（114）或参附龙牡救逆汤（66），以回阳救逆，开闭固脱。

其他疗法

1. 西河柳 120 克，芫荽 30 克，加黄酒适量，水煎成 500 毫升，温擦皮肤，可助透疹。

2. 鲜芦根 60 克，或鲜茅根适量，水煎代茶饮，以清热透疹。

预防与护理

1. 预防

（1）麻疹患儿要及时隔离至出疹后 5 天。

（2）在麻疹流行期间，易感儿尽量不去公共场所或小儿比较集中的地方。若已与麻疹患儿接触，应隔离观察，一旦发病，立即隔离治疗。

（3）保护易感儿，提高易感儿童的抗病能力，按期接受麻疹减毒活疫苗的预防接种。麻疹流行期间可肌肉注射胎盘球蛋白或丙种球蛋白，或用紫草三豆饮（紫草根、绿豆、黑豆、赤小豆）或用紫草根，煎水分服，均有减轻症状和预防麻疹的作用。

2. 护理

（1）病儿应卧床休息。

（2）卧室内空气要流通，但要避免直接吹风受寒，室内光线不宜太强。

（3）饮食应注意营养，应食易于消化的食物，要给足够的水

分，忌油腻及刺激性食物。

(4) 注意保护病儿的皮肤、眼、鼻和口腔的清洁。

3.2 风疹

风疹是一种较轻的发疹性传染病。临床以发热，咳嗽，全身出现淡红色细沙样皮疹及耳后、枕部淋巴结肿大为特征。本病主要发生于冬春季节，5岁以下的小儿多见，在幼托机构可发生流行，本病预后一般良好，病后可获得持久性免疫。早期孕妇若患本病，常易影响胎儿的正常发育。

病因病机

本病因感受风热时邪（风疹病毒）而引起。风热时邪由口鼻而入，郁于肺卫，蕴于肌腠，邪毒与气血相搏，外泄于肌肤而发病。由于邪毒较轻，一般只伤及肺卫，出现发热，咳嗽，流涕等风热表证。因肺主皮毛，邪从外泄，故疹子透发后热退而解。有少许患儿邪毒炽盛，内传气营，邪毒从血络而出，外发肌肤，出现高热烦渴，疹色鲜红或紫暗，融合成片等气营证候。

诊断要点

1. 本病初起有发热，咳嗽，流涕等感冒症状。

2. 经过1～2天后开始出疹，皮疹先见于头面，一二天内布满全身，躯干密集，面部及四肢远端较稀疏，手足心多无疹。皮疹呈淡红色，形如细沙样，多有痒感。皮疹一般经过2～3天后消退，无脱屑及色素沉着。

3. 发病同时可见耳后、枕部淋巴结肿大和压痛，随皮疹消失而消退。

辨证论治

本病分邪郁肺卫和邪热炽盛两型。一般病情较轻而少传变，预后良好。临床常用疏风清热和清热解毒法治疗，以驱邪外出。

1. 邪郁肺卫

主证：发热恶风，咳嗽流涕，神倦纳少，疹色淡红，先见于

头面，继见于全身，分布均匀，细如沙样，有痒感，耳后及枕部淋巴结肿大，有压痛。舌质红，苔薄黄，脉浮数。

治法：疏风清热。

方药：银翘散（2）加减

双花 12 克，牛蒡子 9 克，连翘 9 克，葛根 9 克，荆芥 9 克，蝉蜕 6 克，薄荷 6 克，甘草 3 克。水煎服。

2.邪热炽盛

主证：高热口渴，烦躁不宁，唇干面红，小便短赤，疹色鲜红或紫暗成片。舌质红，苔黄，脉细数。

治法：清热解毒。

方药：透疹凉解汤（115）加减

双花 15 克，桑叶 6 克，赤芍 9 克，丹皮 9 克，紫草 9 克，竹叶 6 克，连翘 9 克，地丁 9 克，薄荷 6 克，菊花 6 克，蝉蜕 6 克，牛蒡子 6 克，甘草 3 克。水煎服。

加减：若渴甚者，加花粉 9 克，芦根 12 克，以清热生津。

便结者，加大黄 4.5 克（另包后下），栝楼 9 克，以泻热通便。

预防与护理

1. 预防

（1）隔离病儿至出疹后 5 天。

（2）流行期间，易感儿避免去公共场所，更不宜与风疹病儿接触。

（3）保护孕妇，尤其是妊娠初 3～4 个月内，勿使接触，如已接触，应于接触后 5 日内肌注丙种球蛋白，以预防胎儿的生长发育受影响。

2. 护理

（1）病儿应卧床休息，避免风寒，给以清淡、营养丰富、易于消化的食物，忌辛辣油腻煎炸食物。

（2）防止皮疹瘙痒时搔抓损伤皮肤而引起感染。

3.3 幼儿急疹

幼儿急疹是小儿一种急性发疹性传染病。临床以发热，热退疹出为特征。本病一年四季均可发生，冬春两季较多见。多见于哺乳期的婴儿，故有奶麻、假麻之称。预后良好，患病后可获持久性免疫。

病因病机

风热时邪（病毒）首犯肺脾两经，邪郁肺卫，正邪交争，则可见风热表证，因邪轻正气充沛，故虽高热而精神良好。邪热内传肺脾，与气血相搏，则见皮疹，或不思乳食、吐泻。正气充盛，能抗邪托毒外泄肌表，故见热退疹透。

诊断要点

1. 大多起病急骤，发热较高，精神稍烦，胃纳稍差，或有呕吐、腹泻，重者可有发惊。

2. 发热持续 3～4 天后，于热退同时或热退之后，全身皮肤随即出现玫瑰红色小丘疹，以躯干、腰、臀部明显，疹出后 1～2 天消退，无脱屑。

辨证论治

本病分发热期和出疹期两型，治疗中以疏风清热解毒为主。

1. 发热期

主证：突发高热，咽红轻咳，纳少，或呕吐泄泻，精神稍烦。热度较轻时神情嬉笑如常。苔薄黄，指纹红紫浮露。

治法：疏风清热。

方药：银翘散（2）加减

双花 9 克，葛根 9 克，竹叶 4.5 克，连翘 6 克，蝉蜕 6 克，薄荷 3 克，桔梗 6 克，甘草 1.5 克。水煎服。

2. 出疹期

主证：发热 3～4 天后热退身凉，全身出现玫瑰红色小丘疹皮疹稀疏无痒感。舌质红，苔黄，指纹紫红。

治法：清热解毒。

方药：化斑解毒汤（116）加减

生地6克，赤芍6克，丹皮6克，竹叶4.5克，连翘9克，知母9克，甘草3克。水煎服。

预防与护理

1. 预防

（1）隔离病儿，发现与本病患儿接触过的乳幼儿，应隔离观察7～10天。

（2）本病流行期间，勿带婴儿去公共场所或上街串门。

2. 护理

（1）病儿应安静休息，避受风寒，注意营养，饮食要清淡易消化，多喝开水。

（2）注意防止高热惊厥，高热时应用物理降温或药物降温，以退热镇静。

（须鹤瑛）

3.4 水痘

水痘是小儿时期常见的急性发疹性传染病。临床以发热，皮肤粘膜分批出现斑丘疹、疱疹、结痂的痘疹为特征。一年四季均可发生，多流行于冬春季，以1～6岁的小儿发病率较高，传染性强，易造成流行，但病情经过一般较轻，预后良好，病后可获终身免疫。

病因病机

时疫邪毒（疱疹病毒）由口鼻而入肺卫，肺合皮毛，主肃降，外邪袭肺，则卫表失宣、气化失常。卫表失宣可见发热、流涕、咳嗽等肺卫表证；气化失常则水津不化而生湿。时疫邪毒化热挟湿透达肌表，故皮肤有水痘疱疹布露。本病多属于邪留卫气的风热轻证，少数患儿毒热炽盛，邪入气营，痘点稠密，色红

赤、紫暗，为重证。

诊断要点

1. 有与水痘患者接触史。

2. 轻微的发热、流涕、咳嗽等上呼吸道症状，于发热当日或第二日开始出现皮疹。

3. 皮疹分批出现，初起为红色斑丘疹，数小时后发展成皮薄浆清外围红晕的疱疹，经1～2日后疱疹中心干瘪结痂。疱疹形态大小不一，小如米粒，大如豌豆，多呈椭圆形。皮疹呈向心性分布，躯干多，头面四肢少；在同一部位可同时见到斑丘疹、疱疹、结痂。一般经3～5天透发完毕，干痂于1～2周内脱落，脱痂后不留疤痕，但有短期的色素沉着。口腔、眼、耳、外阴等粘膜上的疱疹可呈水疱、红斑、溃疡等形式出现，易于自愈。

辨证论治

水痘病情有轻重之分。一般症状轻、皮疹稀疏，疱顶较薄，皮薄如水泡，根盘稍红晕者，谓之轻证，治宜疏风清热解毒；重证水痘则见皮疹密集，疱顶较厚，疱浆较混，根盘红晕明显，治宜清热凉营解毒。轻重两型均应酌加淡渗利湿之品。

1. 轻证：临床多见。

主证：发热轻或无热，鼻塞流涕，轻咳，1～2日后出疹，先见于头面、躯干，疹色红润，疱浆清亮，痘粒稀疏，此起彼伏，微痒。苔薄白或微黄，脉浮数。

治法：疏风清热，利湿。

方药：银翘散（2）加减

双花12克，连翘9克，板蓝根12克，竹叶6克，蝉蜕6克，荆芥9克，薄荷6克（后入），桔梗9克，滑石9克，茯苓12克。水煎服。

加减：若热重面赤苔黄者，加生石膏18克，知母9克。

疱疹搔痒者，加僵蚕6克，白蒺藜9克。

2. 重证

主证：壮热不退，烦躁不安，面赤唇红，口渴欲饮，口舌生疮，大便干结，小便黄赤。水痘分布较密，根盘红晕明显，疹色紫暗，疱浆混浊。苔黄厚或黄燥，舌质红或红绛，脉洪数。

治法：清营凉血解毒。

方药：清营汤（117）加减

生石膏 30 克（先煎），双花 15 克，生地 9 克，丹皮 9 克，知母 9 克，紫草 9 克，连翘 9 克，赤芍 9 克，滑石 9 克，木通 3 克，甘草 3 克。水煎服。

加减：若唇燥口干，津液耗伤者，加麦冬 9 克，芦根 12 克，以养阴生津。

口舌生疮，大便干结，舌红苔黄厚者，加大黄 6 克（另包后入），枳实 9 克，以泻火通腑。

其他疗法

1. 皮疹抓破出水或感染者，用青黛散（118）或茶青散（119）外敷，以消炎解毒燥湿，并促进结痂；未破者，可用紫药水外涂。

2. 轻证水痘可用双花 12 克，芦根 12 克，野菊花 9 克，水煎服，连服 2～3 天。

预防与护理

1. 预防

（1）隔离患儿至全部痘疹呈现干痂。

（2）集体托幼机构在水痘流行期间，定时进行室内空气消毒，被褥用品的消毒可用曝晒、煮沸等方法。

2. 护理

（1）保持皮肤清洁，避免继发感染。不宜沐浴。

（2）发病期间，对口、眼等进行清洁护理。

（3）饮食宜清淡，忌食辛辣等刺激性食物。常饮绿豆汤，有清热解毒作用。

（须鹤璞）

3.5 流行性腮腺炎

流行性腮腺炎是由风温邪毒引起的一种急性传染病。临床以发热，耳下腮部漫肿疼痛为主要特征。本病一年四季均可发生，但以冬春多见，以散发为主，也可引起流行。学龄儿童发病率较高，6个月以下婴儿很少发病。病情一般较轻，预后良好。年长儿童偶可并发睾丸肿痛，个别病例可并发脑膜脑炎，一次感染后可获得终身免疫。

病因病机

风温邪毒（流行性腮腺炎病毒）从口鼻而入，壅阻少阳经脉，郁而不散，结于腮部，使气血流通受阻。因足少阳经绕耳而行，故表现耳下腮部漫肿作痛。又少阳与厥阴互为表里，足厥阴经脉环绕阴器至少腹。邪毒内窜厥阴肝经，蕴结不散，故年长儿童和成人罹患本病时，可并发睾丸肿痛；若邪毒炽盛，迫及营血，内陷心包，则出现高热、头痛、项强，甚至出现昏迷和惊厥等症。

诊断要点

1. 有与流行性腮腺炎患儿的接触史。

2. 多数患者以耳下腮部肿胀疼痛为首发症状，大多无前驱症状，少数患儿开始有发热、咽痛、食欲不振等全身症状。腮肿可先见于一侧，1～3天后波及于对侧，或两侧同时肿大，或仅限于一侧。其特点是以耳垂为中心漫肿，边缘不清楚，外表皮肤不红，触诊有压痛和弹性感，咀嚼时疼痛加重。颊内腮腺管口可见红肿，进食酸性食物时有胀痛感。附近的颌下腺、舌下腺和颈部淋巴结也可肿大。腮腺肿胀可持续4～5天，以后逐渐消退，全病程约1～2周。

3. 并发症

(1) 睾丸炎。多见于年长儿童和成人，常常腮肿后1周出现局部坠胀肿痛，约10天左右消肿，严重者可并发睾丸萎缩，少

数可影响生育。

(2) 脑膜脑炎。常并发于腮肿后 1～2 周，也可见于腮肿前，经治疗大多数于病后 10 天内痊愈，一般预后良好。

辨证论治

病情有轻有重，温毒在表者属轻证，治宜疏风清热，散结消肿；热毒蕴结者属重证，治宜清热解毒，软坚散结。此外可配合外治法，有助于局部消肿止痛。

1. 温毒在表

主证：轻微发热，腮部一侧或两侧肿痛，咀嚼不便，或有咽红。舌质红，苔薄白，脉浮数。

治法：疏风清热，消肿散结。

方药：银翘散 (2) 加减

双花 12 克，板蓝根 12 克，夏枯草 9 克，桔梗 9 克，薄荷 6 克，牛蒡子 6 克、甘草 3 克。水煎服。

加减：若咽喉肿痛者，加芦根 12 克，马勃 6 克，以清热利咽。

2. 热毒蕴结

主证：壮热烦躁，头痛，口渴，食欲不振，精神倦怠，或伴呕吐，腮部漫肿胀痛，拒按，张口不利，咀嚼困难，咽红肿痛，大便干结，小便短赤。舌质红，苔黄，脉滑数。

治法：清热解毒，软坚散结。

方药：普济消毒饮 (120) 加减

黄芩 9 克，黄连 3 克，板蓝根 12 克，连翘 9 克，僵蚕 9 克，元参 9 克，薄荷 6 克，夏枯草 12 克，蒲公英 9 克，牛蒡子 9 克。水煎服。

加减：若热重者，加生石膏 30 克，大青叶 9 克，野菊花 9 克，丹皮 9 克，以清热解毒。

腮肿明显硬痛者，加牡蛎 15 克，昆布 9 克，海藻 9 克，以消肿散结。

热毒壅盛，大便秘结者，加大黄6克，玄明粉9克，以清热泻火。

外治法：以上二证均可使用，轻证可单用外治法。

1. 如意金黄散（121），温水调匀后外敷腮部。

2. 紫金锭（即玉枢丹）（71）或青黛散，用醋调研，外敷腮肿部，每日1～2次。

3. 鲜蒲公英、鲜马齿苋、鲜芙蓉花或叶，可任选一种，捣烂外敷患处，每日1次。

病情严重者出现以下变证。

邪毒内窜厥阴肝经：证见发热、呕吐，睾丸一侧或两侧肿胀疼痛，少腹痛，舌红，脉数。治宜清肝泻火，清热散结镇痛，常用龙胆泻肝汤（67）加减（龙胆草9克，山栀6克，黄芩9克，柴胡12克，木通3克，赤芍9克，延胡索9克，枳壳9克，桃仁6克，水煎服。

邪毒内陷心肝：壮热，头痛项强，甚则嗜睡，昏迷、抽搐，舌绛，脉数。治宜清热解毒，镇惊熄风，普济消毒饮（120）加僵蚕9克，地龙9克，钩藤9克，菖蒲9克，另服紫雪丹（72）或至宝丹（114），以清热解毒，熄风开窍。

其他疗法

1. 单方验方

（1）夏枯草、板蓝根各15克，水煎服，每日1剂，连服2～4天。

（2）全蝎七条，香油炸后研末顿服，每日1次，连服3日。

2. 针灸。针刺翳风、颊车、合谷，均用强刺激。高热加曲池；并发睾丸肿痛加三阴交、血海，每日1次。

3. 拔火罐。患者腮肿明显时，可局部拔火罐，每日1次，1～2次即愈。

预防与护理

1. 隔离患儿至腮肿完全消退为止。

2. 发热期间应卧床休息。饮食应以流质、半流质为宜，避免辛辣和酸性食物的刺激。多饮开水。注意口腔清洁，可用温开水漱口。

3. 有接触史的易感儿童，可用板蓝根 15～30 克，水煎服，每日 1 剂，连服 3 日。

（须鹤琪）

3.6 猩红热

猩红热是一种急性出疹性传染病。临床以发热，咽喉肿痛或伴腐烂，全身出现弥漫性猩红色皮疹及疹退后脱屑为特征。本病主要发生于冬春季节，任何年龄均可发病，但以 2～8 岁的儿童多见，病后可获持久免疫。其预后一般较好，少数病儿因体弱，或失治，于病后并发心、肾等疾患，应注意防治。

病因病机

疫毒之邪（A 组 B 族溶血性链球菌）从口鼻侵入人体，蕴于肺胃，并迅速传里化热化火。咽喉为肺胃之门户，火毒蒸腾，循经上攻咽喉，则咽喉肿痛，甚则灼伤肌膜而现白腐。肺合皮毛，胃主肌肉，疫毒之邪内迫血络，外泄肌表，则发为痧疹，色猩红如丹。疫毒化火、火易归心，舌为心之苗，心火燔灼，故舌质红绛，舌刺肿胀，状如杨梅，故有“杨梅舌”之称。如邪毒炽盛，内陷心肝，则出现谵妄、抽搐、昏迷等重证；邪毒内灼营血，则疹色呈紫红或瘀点。疾病后期，因邪毒化火伤阴耗津，常见皮肤脱屑，面色潮红，食欲不振，口唇干燥，神倦，大便秘结等肺胃阴伤之证。

部分患儿，在病程中或恢复期，可出现变证。如毒热伤及心阴，心失所养，出现心悸，脉结代；如血分毒热未清，流注筋骨关节，可引起关节痹痛；如疫毒余邪未清，内归肺脾肾，引起肺气不宣，脾气不运，肾气不化，水液通调失职，水湿内停，外溢

肌肤，可见水肿等证。

诊断要点

1. 发病急骤，突然高热、头痛、咽喉肿痛或腐烂。

2. 发热 12～36 小时内出现皮疹，自颈胸背部迅速遍及全身，皮疹猩红如丹，同时还有环口苍白、线状疹、杨梅舌等证。体温在皮疹布满后逐渐下降。发病后 1 周左右，皮疹消退，皮肤呈小片或大片脱屑，约经 2 周左右脱尽。

3. 辅助检查。血液白细胞总数和嗜中性粒细胞比值均明显增高。

辨证论治

猩红热的病情轻重个体差异较大，轻者症状不显著，仅有低热，皮疹稀少，常在发现皮肤脱屑或并发急性肾炎时才能确诊；重者可见持续高热，呕吐，惊厥，皮疹深红或出血性瘀点，或引起局部脓肿，如不及时治疗，可危及生命。

本病的治疗应根据不同的病程而异。病之初期，邪在肺胃，宜辛凉清透，使邪从汗泄；疹将透达，热毒已炽，重用清法，以泻火解毒，清气凉营；疹退后应以甘寒养阴，和中健脾为主。

1. 邪在肺胃

主证：突然起病，高热，口渴，头痛，呕吐，咽喉肿痛，或见白腐糜烂，面红，皮肤潮红，丹痧隐约可见。舌质红，苔薄黄，脉浮数。

治法：辛凉清透，解毒利咽。

方药：银翘马勃射干汤（122）加减

双花 15 克，连翘 9 克，射干 9 克，桔梗 9 克，大青叶 12 克，赤芍 9 克，薄荷 6 克，蝉蜕 6 克，竹茹 6 克，甘草 3 克。水煎服。

加减：若热甚烦躁口渴者，加生石膏 30 克，知母 9 克，以泻火除烦。

2. 毒入气营

主证：壮热面赤，口渴，烦躁不安，咽喉肿痛白腐糁色猩红弥漫全身，大便干结，小便黄赤。舌质红绛，或舌红生刺，苔少，脉洪数。

治法：清气凉营，泻火解毒。

方药：清瘟败毒饮（89）加减

生地9克，丹皮9克，赤芍9克，连翘12克，黄芩9克，生石膏30克，竹叶6克，栀子4.5克，元参9克，芦根12克，犀角粉1.5克（冲）。水煎服。

加减：若丹痧布而不透，壮热无汗者，去生石膏，加浮萍6克，薄荷9克（后入），以解表透疹。

热毒深重内陷心营，化火动风，出现神昏谵语，惊惕不安，舌红绛，苔黄燥时，可用清营汤（117）加紫雪丹（72）、安宫牛黄丸（28），以清营凉解，清心开窍。

咽喉腐烂，气味秽臭，便秘，苔黄燥者，加大黄6克，玄明粉9克，以通腑泻火。

3. 肺胃阴虚

主证：皮疹渐消，皮肤干燥脱屑，身热渐退，咽痛减轻，神疲纳少，唇干。舌红少津，脉细数。

治法：养阴和中，清解余热。

方药：沙参麦冬汤（20）加减

沙参12克，麦冬9克，太子参9克，生地9克，花粉9克，扁豆6克，白芍9克，知母9克，甘草3克。水煎服。

加减：若大便干结者，加火麻仁9克，栝楼仁9克，以润肠通便。

干咳较频者，加川贝3克，杏仁3克，以润肺止咳。

若因毒邪留恋日久，耗气伤阴较甚，则出现心悸，脉结代；若余毒流注关节筋脉，则引起关节红肿疼痛；若邪毒透而未彻，侵犯三焦，气机失畅，致水液输布失常，则引起周身水肿等证。以上心悸、关节肿痛、水肿等变证的辨证论治，可参见有关章

节。

其他疗法

1. 验方。双花 18 克，板蓝根 15 克，连翘 12 克，黄芩 9 克，牛蒡子 9 克，桔梗 9 克，赤芍 9 克，僵蚕 9 克，生石膏 30 克，甘草 3 克，水煎服。每日 1 剂，连服 5 日。

2. 吹喉药。冰硼散（123）、锡类散（124），吹喉，每日 3～4 次。

预防与护理

1. 预防

（1）及时隔离患儿，隔离期为适当治疗后 1 周。

（2）流行期间，易感儿童应少去公共场所。

（3）与患儿有密切接触的儿童，应及时服预防药。可用双花 15 克，板蓝根 12 克，连翘 12 克，水煎服，连服 3 日。

2. 护理

（1）注意休息，供给充分营养和水分，保持皮肤和口腔清洁，

（2）病愈后 2～3 周内注意检查小便和心脏的变化，防止并发症的发生。

（须鹤璞）

3.7 百日咳

百日咳又称顿咳、鹭鸶咳、天哮呛、疫咳。临床上以阵发性、痉挛性咳嗽，伴吸气性喉鸣为特征。四季都可发病，以冬春季最多。多呈散发，也可流行。病后可获得持久的免疫力。好发于 5 岁以下的小儿，年龄越小病情越重。近年由于广泛推行了预防接种，发病率已明显下降。

病因病机

百日咳的发病，与内蕴伏痰，继感时行疫邪侵袭肺卫有关。

风邪与伏痰搏结，郁而化热，煎熬津液，酿为痰浊，阻遏气道，使肺气壅塞不宣，以致肺气上逆而痉咳阵作。待粘稠痰涎经剧咳咯出，气机通畅，痉咳始暂缓解。发痉咳时，气机受阻，血行不畅，故可见面红耳赤，颈脉怒张，甚则大小便遗出。若邪热恋肺，痉咳日久不已者，每可伤及肺络而致咯血、衄血。两岁以内的婴幼儿，由于脏腑娇嫩，神气怯弱，容易出现肺闭或痰热上蒙清窍，而见昏迷、抽搐等变证。

若小儿素体虚弱，中阳不振，则常有寒痰内积，如继感风寒之邪，则可呈现一派寒象，出现痰涎清稀，大便稀溏，舌淡苔薄等症。

诊断要点

1. 询问发病前 1～3 周有否百日咳接触史，可助诊断。

2. 如见典型痉咳伴有回声，即可确诊。对本病的早期诊断，应注意与感冒鉴别，若经治好转，而咳嗽不减反而加重，且夜间咳甚，肺部又无明显阳性体征者，应疑为本病。

3. 实验室检查。初咳期末，血液白细胞总数增高，一般在 1.5 万／立方毫米左右，有的可达 3～5 万／立方毫米。淋巴细胞多在 60%以上；痉咳期用咳碟法作百日咳细菌培养，阳性率较高。

辨证论治

本病初起，多见咳嗽流涕，或有轻微寒热，经 2～3 日，寒热退而咳嗽反日趋加重，夜间咳嗽为甚，肺部又无阳性体征者，应疑为本病。如有典型痉咳伴有回声，则诊断不难。

1. 初咳期。自发病第一天起至出现痉挛性咳嗽为初咳期，一般 7～10 天，此期传染性最强。

主证：咳嗽喷嚏流涕，或微发寒热，咳嗽日趋加剧，昼轻夜重，痰粘稠或稀薄。舌苔薄白。

治法：解表宣肺止咳。

方药：金沸草散（125）加减

旋复花 9 克，前胡 6 克，白芥子 6 克，细辛 3 克，炙百部 9 克，川贝母 3 克，半夏 6 克。水煎服。

加减：若风寒表证明显，咳声重浊，恶寒无汗，加生麻黄 3 克，炒杏仁 3 克。

风热表证明显，咳声频繁，咽红，加桑叶 9 克，菊花 9 克，连翘 9 克。

2. 痉咳期。一般在发病后 2 周，出现阵发性痉挛咳嗽，即是痉咳期开始，一般持续 4～8 周。

主证：咳声急迫而频频发作，伴吸气喉鸣及呕吐，昼轻夜重。咳重时可见面目浮肿及鼻衄、目衄或肌衄，剧咳时可见二便失禁、脱肛等症。

治法：祛痰止咳。

方药：苏葶滚痰丸（126）加减

炒苏子 9 克，炒葶苈子 9 克，五味子 6 克，青礞石 6 克，桔梗 9 克，枳实 6 克，瓜蒌 12 克，大枣 5 枚。水煎服。

加减：若痉咳频作而剧烈，加僵蚕 6 克，地龙 6 克，以解痉镇咳。

痉咳痰少，舌红少苔者，加沙参 12 克，天冬 12 克，麦冬 12 克，以润养肺气。

咳血、衄血者，加白茅根 15 克，侧柏叶 6 克，以凉血止血。

3. 恢复期。阵发性咳嗽减少，回吼声亦渐消失，约 2～3 周可恢复健康。

(1) 气虚证

主证：形体虚弱，咳声低微，神疲面白，自汗，纳少便溏。舌质淡，苔薄白。

治法：补脾益肺。

方药：人参五味子汤（25）

党参 9 克，茯苓 9 克，炒白术 9 克，麦冬 12 克，五味子 6

克，甘草3克，生姜3片，大枣5枚。水煎服。

(2) 阴虚证

主证：干咳无力，颊赤唇红，手足心热，神烦盗汗。舌质红，舌苔极少或无苔。

治法：滋阴润肺。

方药：清燥救肺汤（127）加减

沙参9克，炙枇杷叶9克，炒杏仁6克，麦冬9克，天冬9克，桔梗9克，火麻仁12克，阿胶9克（烊），大枣5枚。水煎服。

其他疗法

1. 胆汁疗法。新鲜胆汁，加白糖适量，调成糊状，蒸熟内服。一岁以内，3天服1个，1岁以上，每天服1个。猪、牛、羊胆均可，亦可用干燥粉剂，每次0.3～0.5克，1日2次。或用百咳灵片（为市售胆汁制剂），每次每岁服1片，日3次。

2. 大蒜疗法。以紫皮大蒜制成50%糖浆，每次10毫升，5岁以上服20毫升，1日3次，疗程7天。

3. 蜈蚣、生甘草各等分，为细末，每次1～2克，日3次，蜜水调服，连服1周。

预防与护理

1. 从发病开始隔离病人40天，或从痉咳开始30天。病儿居室宜空气流通，阳光充足，尽量避免各种引起咳嗽的不良刺激。

2. 易感儿应及时接种"百日咳白喉破伤风"三联菌苗，必须完成全程3次注射，才能获得免疫效果，以后定期加强。

3. 不足6个月的患儿，痉咳发作频繁时，应有专人守护，以防呕吐物吸入气道，或突然发生窒息。

（毕可恩）

3.8 乙脑

流行性乙型脑炎，简称"乙脑"。属中医"暑温"范畴。是由暑温疫邪引起的一种急性传染病。以高热、嗜睡、头痛、惊厥、昏迷为主要临床表现。蚊子是传播的媒介。流行于夏秋季的7～9月份，南方发病早于北方。易发于10岁以下的小儿，但1岁以下的婴儿极少患病。一次感染可获持续数年或永久性免疫。

病因病机

本病是由于感受暑温邪毒所致，其临床表现符合温病的传变规律。暑温邪毒侵袭人体，由表入里，由卫气内传营血。暑邪为阳热邪毒，化火炽烈，传变迅速，故卫、气、营、血之间的界限难以分清，临床多见卫气同病，气营两燔和热陷营血的证候。由于发病急暴，尚可见到直陷营血，逆传心包的危候。

1. 邪在卫气。暑温邪毒首袭卫表，并迅速由表传里，里热炽盛，故壮热、口渴而不恶寒。邪热与里滞互结，灼津耗阴，则呈现热结阳明的里实热证。若暑邪挟湿，交阻于中，则表现为胸闷、恶心、渴不欲饮的暑湿症候。

2. 邪入气营。气分邪热炽盛，可迅速入营，营阴受损，心神被扰，则神志时清时昧；热极化火，引动肝风则惊厥。

3. 邪陷营血，因温毒炽盛，耗伤正气，则邪毒内陷营血。热极化火动风，并煎熬津液成痰，痰热蒙蔽清窍，故现昏迷、惊厥等闭证。邪毒盛，正气伤，则可出现邪盛正衰，内闭外脱的危候。

本病至恢复期，由于热毒耗损气阴，伤津耗液，甚至耗劫肝肾阴精，筋脉失养，则可出现阴亏阳亢，虚风内动之象。如痰浊未清，蒙蔽心窍，则可痴呆、失语等证。

诊断要点

1. 有明显的季节性，一般在夏秋之交。

2. 急性期。病初1～2天仅有发热，2～3天后体温更高。

轻型，脑膜刺激征可不明显，普通型较为明显，并有嗜睡或浅昏迷，有短暂的惊厥。重型，体温达 40℃以上，深度嗜睡或昏迷，头剧痛，狂躁，频繁惊厥，浅反射及腱反射消失。婴儿可有前囟膨隆。暴发型，体温急骤上升至 41℃以上，迅速昏迷，惊厥不止，伴中枢性呼吸衰竭，可并发严重的脑水肿与脑疝。

3. 恢复期。少数重症病人可见强直性瘫痪、失语、痴呆、震颤及精神异常。6 个月后不恢复者，称为后遗症。

4. 实验室检查。血液白细胞 1～3 万／立方毫米，以中性粒细胞占多数。发病第 3～4 天，脑脊液细胞数增高至 50～500，少数可达 1000 以上，以淋巴细胞为主、蛋白轻度增高，一般 2～3 周后脑脊液恢复正常。发病早期及病后一个月取血清作补体结合试验，后者为前者 4 倍以上为阳性，可证实临床诊断。

辨证论治

乙脑发病急骤，传变迅速，其主要表现为发热、神昏、抽搐。凡夏至以后、立秋以前发病，症见发热，头痛、项强、呕吐、壮热口渴、嗜睡或烦躁不宁者，或发病重笃，在发热呕吐同时，迅即转入抽风、昏迷，甚则突然出现喉间痰鸣或呼吸不整、四肢厥冷、脉微欲绝等由闭及脱的危象，都应想到可能是本病。

本病由于发病急，传变快，很少出现卫分证，多数发病后迅即传入气分、营分，甚则径入营血。暑常挟湿，对意识障碍，时清时昧者，应想到为暑温挟湿蒙蔽清窍，须予化湿法施治，避免过用苦寒而遏湿，使窍闭加重。

1. 急性期

(1) 卫气证

主证：突然发热而不恶寒，头痛，轻度嗜睡，口渴，尿短赤。舌苔薄白或微黄。

治法：透表解暑，清热解毒。

方药：香薷饮 (3) 合白虎汤 (128) 化裁

双花 15 克，连翘 9 克，香薷 6 克，厚朴 9 克，鲜扁豆花 9

克、生石膏 30 克，知母 6 克。水煎服。

加减：若舌苔燥，大便秘结者，加大黄 6 克（后入），芒硝 6 克，以通腑泻热。

湿邪较重，舌苔厚腻者，加藿香 9 克，佩兰 9 克。

嗜睡者，加石菖蒲 9 克。

(2) 气营证

主证：壮热，谵语，口渴，肌肤灼手，头痛，烦躁或嗜睡，颈项强直，或反复惊厥。舌质红绛、苔黄厚或黄燥。

治法：清气凉营，益阴熄风。

方药：白虎汤（128）合清营汤（117）加减

生石膏 30 克，知母 12 克，生地 15 克、元参 15 克，麦冬 15 克，犀角粉 2 克（冲），生甘草 6 克。水煎服。

加减：若高热，反复惊厥者，可加用紫雪丹 1～2 克，或安宫牛黄丸半丸～1 丸，化服，日 2 次。

昏迷，喉间痰声漉漉者，加郁金 9 克，石菖蒲 9 克，天竺黄 9 克，或鲜竹沥每次 10～50 毫升顿服。

毒火已成燎原之势，应用"釜底抽薪"法，所谓"温病下不厌早"，可加生大黄 9 克（后入），芒硝 9 克。

(3) 营血证

主证：壮热灼手，深度昏迷，反复惊厥，甚则全身强直，角弓反张，喉间痰声漉漉，唇干。舌质绛红而干，少苔。

治法：凉血解毒，清心开窍。

方药：神犀丹（129）加减

犀角粉 2 克（冲），石菖蒲 9 克，黄芩 9 克，生地 15 克，元参 15 克，紫草 15 克，板蓝根 18 克，牛黄 0.1 克（冲），生甘草 6 克。水煎服。

加减：若昏迷惊厥重者，加安宫牛黄丸（28）半丸～1 丸，化服。

耗血动血，鼻衄者，加大黄 6 克（后入）。

2. 恢复期

(1) 气阴两虚

主证：低热，倦怠嗜睡，或心烦不安，纳呆，自汗盗汗。舌质红，少苔或无苔。

治法：益气养阴，清热除烦。

方药：人参五味子汤（25）加减

太子参 15 克，黄芪 15 克，炒白术 9 克，五味子 6 克，黄精 9 克，麦冬 9 克，炒扁豆 12 克，炒山药 12 克，甘草 3 克。水煎服。

(2) 风痰阻络闭窍

主证：神情呆滞，言语蹇涩，肢体拘急，吞咽困难。舌质红，苔白腻。

治法：清心涤痰，通络舒筋。

方药：涤痰汤（101）合补阳还五汤（93）加减

姜半夏 6 克，胆南星 6 克，枳实 6 克，竹茹 6 克，石菖蒲 9 克，桃仁 9 克，红花 9 克，地龙 9 克，黄芪 15 克，当归 9 克，赤芍 9 克。水煎服。

(3) 肝肾亏虚，虚风内动

主证：神情呆滞，肢体强直，手足震颤或瘛疭，时时龂齿。舌质红绛无苔。

治法：育阴潜阳。

方药：大定风珠（91）加减

生地 15 克，白芍 15 克，麦冬 15 克，麻仁 15 克，龟板 12 克，鳖甲 12 克，牡蛎 12 克，五味子 9 克，阿胶 9 克（烊化）。

其他疗法

1. 大青叶 30 克，板蓝根 30 克，紫草 15 克，水煎服；或板蓝根 60 克，水煎服。连用 2 周。

2. 水牛角汤。将水牛角 9 克磨成粉或切成片、煎煮 3 小时，口服或鼻饲，用至热退。

3. 止痉。针刺人中、合谷，或加用太冲、后溪。

预防与护理

1. 预防

(1) 防蚊灭蚊。

(2) 对病人要早发现、早隔离、早治疗，以控制传染源。

(3) 开展"乙脑"疫苗预防注射。

(4) 牛筋草 30～50 克，水煎服，每日一剂，连服七日；或大青叶 15 克，板蓝根 15 克，水煎服，日一剂，连服 7 日。

2. 护理

(1) 密切观察体温、神志、呼吸、脉搏等变化。

(2) 昏迷病儿要常翻身，变换体位，清洁皮肤，防止褥疮。

(3) 及时降温止痉。

(4) 饮食宜清淡流质饮食，必要时鼻饲。

(毕可恩)

3.9 小儿麻痹症

小儿麻痹症，现代医学称脊髓灰质炎。属温病范畴，也称"软脚瘟"。在麻痹前期有发热、咳嗽、咽红、呕吐、腹泻、肢体疼痛等症状，继而肢体痿软，肌肉弛缓。后期以肌肉萎缩，骨骼畸形为主要临床特征。

本病流行于夏秋季节，多见于 1～5 岁小儿。轻者可完全恢复，重者瘫痪较重。肢体瘫痪日久不能恢复者，称后遗症。患病后可获得终身免疫。

病因病机

本病多由风、湿、热一类时行疫邪，经口鼻侵入肺胃二经所致，故病初多有发热、咳嗽、咽红或呕吐、腹泻等邪犯肺胃的症状，继而疫邪流注经络，气血失调，出现肢体疼痛等症。

肺主气，朝百脉，使气血周流于全身；胃为水谷之海，气血

生化之源，主濡润全身之宗筋，有束筋骨、利关节之功能。若肺胃为湿热蕴蒸，化燥伤津，可致肺肾水枯，不能涵养肝木，故后期出现筋软骨萎、弛纵不收之症。

诊断要点

1. 流行季节，夏秋季节多见。

2. 症状。发热，头痛，咽痛，恶心，全身肌痛等症状。发热可有双峰热，常于第二次发热后出现肌痛和感觉过敏，肢体瘫痪；但亦有单峰热，或直接出现瘫痪的。

3. 瘫痪特点。瘫痪为弛缓性，不对称，下肢多于上肢，近端肌甚于远端肌。腱反射消失，但感觉存在。腹肌、肋间肌、膈肌均可受累。

4. 实验室检查：脑脊液细胞大多增加，一般不超过 500，以淋巴细胞占多数，2～3 周后细胞减少时，蛋白反增高，呈细胞、蛋白分离现象。

辨证论治

1. 邪郁肺胃（前躯期）

主证：发热，汗出，咳嗽流涕，咽红咽痛，并见呕吐，腹泻或腹痛，伴嗜睡或烦躁不安。舌质红、苔薄腻。

治法：疏风解表，清热利湿。

方药：葛根芩连汤（40）合甘露消毒丹（33）加减

葛根 9 克，黄芩 6 克，藿香 9 克，茵陈 18 克，茯苓 9 克，连翘 9 克，石菖蒲 9 克；板蓝根 12 克，桔梗 6 克。水煎服。

加减：若湿邪偏重，舌苔厚腻者，加苡仁 12 克，厚朴 9 克，半夏 6 克。

大便秘结者，加全瓜蒌 12 克。

2. 邪注经络（瘫痪前期）

主证：再度发热，肢体疼痛，转侧不利，不喜抚抱，烦躁或嗜睡，继则出现瘫痪。舌质红，苔腻。

治法：清热化湿，舒通经络。

方药：三妙散（63）合清络饮（130）加减

炒苍术 9 克，牛膝 9 克，秦艽 9 克，葛根 9 克，苡仁 12 克，络石藤 12 克，黄柏 6 克，赤芍 9 克，当归 9 克，丹参 9 克，双花藤 30 克。水煎服。

加减：若风痰偏盛，口眼歪斜者，加白附子 6 克，僵蚕 6 克，全蝎 6 克。

湿重者，加茵陈 15 克。

3. 气虚血滞（瘫痪期～恢复期）

主证：热退后，肢体麻痹，瘫软无力或有口眼歪斜。舌淡苔薄白。

治法：补气养血，活血通络。

方药：补阳还五汤（93）加减

黄芪 15 克，鸡血藤 15 克，当归 9 克，川芎 6 克，桃仁 6 克，地龙 6 克，赤芍 9 克，桑枝 9 克，路路通 9 克，甘草 3 克。水煎服。

加减：若上肢瘫者，加桂枝 9 克。

下肢瘫者，加杜仲 9 克，牛膝 9 克，桑寄生 9 克。

口渴、舌红者，加知母 9 克，麦冬 9 克。

4. 肝肾亏损（后遗症期）

主证：瘫痪日久，肌肉萎缩，肌肤不温，肢体纵缓不收，畸型。舌质淡，无苔。

治法：补益肝肾，温通经络。

方药：右归丸（83）加减

熟地 12 克，山药 12 克，山萸肉 9 克，菟丝子 12 克，杜仲 9 克，枸杞 9 克，鹿角胶 9 克（烊化），当归 9 克，地龙 9 克，附子 6 克，肉桂 6 克，鸡血藤 15 克。水煎服。

加减：若舌光红无苔，潮热者，去桂附，加知母 6 克，元参 15 克，或服虎潜丸（131），每次 3～6 克，日 2～3 次。

其他疗法

1. 猪或牛脊髓加黄豆适量煮食，适用于瘫痪期或后遗症期。

2. 针刺。上肢瘫痪取肩髃、肩贞、臑上、曲池、外关、合谷等穴。下肢瘫痪取环跳、风市、足三里、伏兔、阳陵泉、阴陵泉、悬钟、昆仑、太溪、肾俞、大肠俞等穴。足外翻，针内侧穴位，足内翻针外侧穴位。

预防与护理

1. 流行期，避免过劳与受凉，推迟进行各种预防注射和不急需的手术，以免使顿挫型发展为瘫痪型。

2. 患儿应从发病日起，至少隔离 40 天。粪便应消毒，衣物应曝晒。

3. 2 个月～7 岁的小儿，应口服脊髓灰质炎减毒活疫苗糖丸，免疫效果可靠，且无全身或胃肠局部反应。

4. 患儿应卧床休息，有肌痛者，局部湿热敷。有瘫痪时，应将肢体置于功能位置，防止手足下垂等畸型发生。

（毕可恩）

3.10 中毒性菌痢

中毒性菌痢，中医称疫毒痢，是痢疾中的一种特殊类型，是小儿时期的一种剧烈的急性传染病。临床以发病急骤，突然出现发热、昏迷、抽搐为临床特征，并可迅速出现"内闭外脱"的危象。开始往往无里急后重及脓血便等症状。

本病具有强烈的传染性，在古代文献中属于"疫痢"范畴。治疗以清肠解毒为主，伴惊厥时，应按实热内闭证处理，伴见虚脱症候时，应佐以回阳救逆法。危急症候消失后，再按一般痢疾辨证施治。

病因病理

本病的病因是饮食不洁，使湿热疫毒之邪侵入人体，蕴伏肠胃，与正相争而发病。如邪正俱盛，则化热化火，内窜营分，热入心包，引动肝风，表现为实热闭证。如邪毒炽盛，正不胜邪，则可在出现"闭证"的同时，又可伴见正气虚衰的"脱证"，形成"内闭外脱"，虚实夹杂，寒热并见的错综局面。

湿热疫毒之邪与肠内气血相搏，致肠道气血瘀滞，气滞则腹痛、里急后重，血瘀则化为脓血，表现为脓血便。如热深毒重，结于肠内，则可在邪毒窜入营血，内陷心包，出现一系列闭、脱危症时，无脓血便表现。

诊断要点

1. 夏秋季节突然高热抽痉，宜考虑本病，不洁饮食及菌痢接触史有助诊断。

2. 一般高热在 40℃ 上下，可有意识障碍、惊厥、面灰肢冷、脉数、血压正常或稍低。重者可见神志昏迷，惊厥频发，血压下降，皮肤花纹等严重循环衰竭或呼吸衰竭征象，并可见瞳孔大小不等、散大，对光反射消失等脑水肿征象。

3. 实验室检查

(1) 大便镜检见成堆脓细胞或红白细胞及吞噬细胞。白细胞每高倍视野在 10 个以上，可结合临床考虑诊断。临床怀疑中毒性菌痢而无腹泻者，宜用冷盐水或肥皂水灌肠获取标本。

(2) 大便培养，约 50～60%阳性。

(3) 血白细胞计数及中性粒细胞增高。

辨证论治

本病在程度上有轻重之别。如仅有高热，而惊厥轻微短暂，神志尚清楚，为病情较轻；若持续抽搐，深度昏迷，为病情险恶。应辨清是闭证还是脱证。闭为邪实，热毒内闭，陷于厥阴，证见壮热、神昏、抽搐，若见脓血便，为邪毒有外泄之机。脱为正不胜邪，阳气暴脱于外，证见冷汗肢厥，息微脉弱。

治疗上，闭者宜开，宜泄，宜清；脱者宜固脱救逆。闭开、脱回之后，再治痢之本证。

1. 邪毒内闭

主证：突起高热，烦躁谵妄，反复惊厥，神志昏迷，小便短赤，或已见痢下脓血，或未见下痢，但肛门指诊或灌肠可见脓血大便，舌质红，苔黄燥。

治法：清热解毒，泻火开闭。

方药：三黄枳补丸（132）加味

黄连3克，黄芩9克，黄柏6克，大黄3克（后入），枳实6克，厚朴9克，槟榔9克，连翘9克，郁金9克，石菖蒲9克。水煎服。

加减：若神昏惊厥，反无下痢，加元明粉3克，以助荡涤疫毒外出；若神昏不醒，抽搐频繁，加犀角粉、羚羊角粉各1克(冲服)，或合用安宫牛黄丸（28）半丸，日2次。

2. 内闭外脱

主证：突然面色苍白或青灰，四肢厥冷，或有冷汗出，呼吸微弱急促，目光无神，神志不清，肢体皮肤可见紫瘀花纹，脉微细而数。

治法：回阳固脱，益气救逆。

方药：参附龙牡救逆汤（66）

人参3克，附子9克，龙骨12克，牡蛎12克，白芍12克，炙甘草9克。水煎服。

加减：若呼吸浅促不匀，乃肾气失纳之故，可重用五味子15克，山萸肉30克以固摄肾气；待脱回闭开之后，即宗治痢之法随证施治。

其他疗法

针灸疗法，可作配合抢救治疗。

1. 高热惊厥。先刺人中、百会，再刺内关、风池，以中强刺激为宜。

2. 脱证。针刺人中、中冲，采用间歇性刺激法，进针后每隔4～5分钟捻针1次。同时艾灸气海、百会。

3. 呼吸不匀。频频针刺会阳穴。

预防与护理

1. 注意饮食卫生，避免接触痢疾患者，病室应予隔离消毒。

2. 抽搐、昏迷患者，按惊风病证护理，给药应以鼻饲为宜。

4 新生儿疾病

4.1 新生儿黄疸

新生儿黄疸是指新生儿全身皮肤、粘膜及巩膜出现黄疸的一种病证。多与胎孕因素有关。本节只讨论黄疸出现早，消退晚，或日益加深，并兼见其他症状的黄疸。

病因病机

1. 湿热熏蒸。母体素蕴湿热，传于胎儿，因胎儿脾运不健，湿热内蕴，未能及时输泄，致使湿热滞留胎儿体内，透发于肌表，而出现面目皮肤黄染之症。

2. 寒湿阻滞。孕妇素体阳虚，胎儿亦脾阳不振，或因阳黄失于治疗，正气受伤，运化无权，湿邪从寒而化，寒湿阻滞，溢于肌肤而发黄。

辨证论治

新生儿黄疸有阳黄、阴黄之分。

1. 阳黄

主证：黄疸色泽鲜明，小便深黄，大便秘结，或有发热。舌红苔黄腻。

治法：清热利湿。

方药：茵陈蒿汤（133）加味

茵陈 15 克，炒栀子 3 克，滑石 12 克，车前子 9 克，大黄 3 克（后下）。水煎服。

加减：若湿重于热者，表现舌苔厚腻，黄疸不如热重鲜明者，加厚朴 9 克，藿香 9 克，以芳香利湿化浊。

2. 阴黄

主证：黄疸颜色晦暗，精神疲乏，四肢欠温，大便灰白或

溏。舌淡苔白腻。

治法：健脾温阳化湿。

方药：茵陈理中汤（134）加味

茵陈 15 克，党参 9 克，炒白术 9 克，干姜 3 克，甘草 3 克。水煎服。

加减：若面色苍白，精神萎靡，属气血虚弱者，加黄芪 12 克，当归 6 克。

大便不畅呈灰白色者，加生大黄 1.5 克（后入）。

其他疗法

1. 茵陈 15 克，车前草 12 克，水煎服。适用于阳黄。

2. 茵陈 15 克，炒白术 9 克，干姜 3 克，水煎服。适用于阴黄。

预防与护理

1. 妊娠期间，注意饮食卫生，忌食辛热炙煿食物，避免滥用药物。

2. 孕母有黄疸史或肝病史，或曾娩出有病理性黄疸婴儿者，均应积极检查和预防。

3. 婴儿娩出后，即应观察黄疸有无过早出现，或过迟消退，或逐渐加深的情况，以尽早考虑病理性黄疸的诊断。

4. 应密切观察黄疸婴儿的精神、吮乳，以及是否有惊惕、两目斜视、抽搐等症候。

（毕可恩）

4.2 新生儿败血症

新生儿抵抗力薄弱，易受各种化脓性细菌的感染，并可迅速扩散进入血液循环，形成新生儿败血症。主要感染途径为脐部、皮肤，口腔及呼吸道病灶。

病因病机

1. 邪毒炽盛。新生儿皮肤粘膜娇嫩，在胎内、产时或产后，易感受秽浊之邪，更因稚阴未充，故邪气易化热化火，表现为热毒炽盛的症候。或致邪毒耗血动血，内窜厥阴，引动肝风。

2. 邪毒内陷。新生儿禀赋不足，气血虚弱，阳气稚弱，故邪毒炽盛，可致正不胜邪，或疮毒内攻，正气内溃，出现亡阳欲脱症候。

诊断要点

1. 有感染病史。如母产前及临产感染、胎膜早破、羊水污染，脐部及皮肤粘膜破损感染等，并见精神不振、拒食，发热或体温不升，皮肤苍白，或黄疸加重，肝脾肿大，甚则皮肤有出血点或见抽搐。

2. 实验室检查。血液白细胞少于 4000 或超过 2.5 万／立方毫米，有助于诊断该病，血液细菌培养阳性则可确诊。

辨证论治

1. 邪毒炽盛型

主证：发病急，壮热，烦躁，汗多，或见斑疹隐隐，昏迷抽搐，舌红或绛，苔黄。

治法：清热解毒凉血。

方药：黄连解毒汤（135）合犀角地黄汤（74）

黄连 1.5 克，黄柏 3 克，炒栀子 3 克，黄芩 6 克，犀角 1 克（先煎），生地 9 克，赤芍 6 克，丹皮 3 克。水煎服。

加减：若高热神昏，加紫雪丹（72）0.3 克化服。

昏迷抽搐，加安宫牛黄丸（28）1／3 丸化服。

黄疸明显者，加茵陈 15 克。

2. 阴虚火旺型

主证：发热不退，午后热甚，口干舌燥，烦躁神倦。舌光红有裂纹。

治法：养阴清热解毒。

方药：清营汤（117）加减

生地9克，元参9克，麦冬9克，丹参9克，双花12克，连翘6克，黄连1.5克，犀角1克（先煎），地骨皮9克，银柴胡9克。水煎服。

3. 邪陷阳虚型

主证：面色苍白，汗多，神萎，拒食，或有四肢厥冷，体温不升。舌淡。发病或缓或急。

治法：温阳扶正托毒。

方药：四逆汤（136）加味

人参3克，黄芪9克，附子3克，干姜3克，甘草3克，川芎3克，当归9克，双花12克，黄连1.5克。水煎服。

加减：若疮疡未溃，加穿山甲3克，白芷3克。

病情危急，冷汗出，可用独参汤（63）或参附汤(26)，待阳气回复后，再予清热解毒以祛邪。

预防与护理

1. 孕妇临产前应避免感染。

2. 新生儿脐部及皮肤皱折处应保持干燥、清洁，要保护皮肤粘膜，避免损伤，防止感染。

3. 应密切观察新生儿的精神、食欲及体温情况。有轻微感染，即应隔离，及时治疗。

（毕可恩）

4.3 新生儿硬肿症

新生儿硬肿症是新生儿特有的疾病，多见于1周以内的新生儿，在寒冷季节发病率高，早产儿、体弱儿更易罹患。临床以全身皮肤和皮下脂肪变硬发冷，体温低，或伴水肿、哭声低微，吸吮困难等为特征。如不及时治疗，预后多不良，严重者可合并肺出血而危及生命，病死率较高。

病因病机

小儿先天禀赋不足，元阳不振，若护理不当，感受寒邪，使阳气更亏，元阳不能温煦皮肤，寒邪凝滞经脉，气血运行失常，血脉不能营于四肢，故肢冷硬肿，肤色紫暗，关节不利。脾肾阳虚，寒湿内盛，故病变从小腿、大腿向上发展。元阳不振，中气虚弱则哭声低微无力。阳虚不能温煦皮肤，则全身冰冷，体温不升。脾阳不振，水湿内停则水肿，按之凹陷。

诊断要点

1. 多见于早产体弱儿，发病多在生后1周内，寒冷季节多见。

2. 症状。皮肤硬肿，先从小腿、大腿外侧开始，继及于臀部、腹部，重则达于全身，累及于面颊部时则吸吮困难，皮肤板硬，不易捏起，伴硬肿者则按之凹陷，肤色紫暗，全身冰凉，体温不升，哭声低下，肢体少动，呼吸微弱，吸吮力弱。

辨证论治

根据临床证候分寒凝血滞和阳气虚衰两型，治疗上主要以益气活血，温阳祛寒为主，同时配合细心护理，注意保暖复温和喂养。

1. 寒凝血滞

主证：全身欠温，四肢发凉，皮肤硬肿，僵硬不能捏起，先从小腿、大腿外侧，继及上肢、面颊等部，皮肤色暗或青紫。唇红，舌暗红，指纹紫滞。

治法：当归四逆汤（137）加减

当归6克，桂枝1克，黄芪6克，鸡血藤6克，白芍6克，甘草1.5克。水煎服。

加减：若肢厥寒甚者，加吴茱萸6克，以祛寒通经。肤紫血瘀较甚者，加红花1克，丹参6克，以活血祛瘀。

2. 阳虚气虚

主证：面色苍白，气息微弱，哭声低微，吸吮力弱，昏睡，

体温不升，全身皮肤僵硬冰冷，苍白肿亮，按之凹陷，关节不利，僵卧少动。唇舌淡白，指纹淡滞。

治法：益气温阳。

方药：参附汤（26）加减：

人参0.5克（先煎），附子1克，桂枝1克，当归3克，黄芪6克，红花1克。水煎服。

其他疗法

1. 复温保暖。复温是治疗本病的重要措施，可用热水袋、棉毯包裹，或用暖箱，但不可直接接触皮肤，以免烫伤，更不宜急速加温，以免引起突然出血死亡。也可让患儿紧贴人体抱于怀中，使患儿体温逐渐上升。

2. 喂养。应给足够热量，不能吸吮者可用滴管喂奶，或鼻饲，或静脉滴注葡萄糖、血浆等。

3. 川芎红花注射液，每毫升含生药川芎1克，红花0.6克。按每次每公斤体重0.1～0.3毫升加入10%葡萄糖液20～50毫升，静点，每日2～4次，症状好转后减量。（《湖南医药杂志》）

预防与护理

1. 做好孕妇产前保健工作，避免早产。

2. 加强新生儿护理，对早产体弱儿，要做好保温工作。

3. 注意喂养，对吸吮力弱的新生儿，应采用滴管、鼻饲喂奶和水，或静点葡萄糖、血浆，以保证足够的热量和水分。

（须鹤瑛）

THE ENGLISH-CHINESE ENCYCLOPEDIA OF PRACTICAL TCM

(Booklist)

英汉实用中医药大全

(书目)

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4	SIMPLE AND PROVEN PRESCRIPTION	单验方
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19	EMERGENTOLOGY	急症学
20	NURSING	护理
21	CLINICAL DIALOGUE	临床会话

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