

淺談 溫病 與 流感

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溫病是由溫邪引起的外感熱病，症狀以發熱為主，具有熱象偏重、容易化燥傷陰等特點。中醫很早便對溫病有所認識，在《素問·陰陽應象大論》中已載有「冬傷於寒，春必病溫」這類與溫病病機相關的概念。

隨着歷代醫家不斷研究探討，進一步充實和發展溫病學說。簡單來說，溫病是由特異的致病因素「溫邪」引發，具有較高的傳染性，容易在人群中流行；而不同類型的溫病，亦有其特定的發病季節和氣候，並以起病急驟、傳變較快、發熱為主及容易出現高熱、神昏、痲厥等危重證候為共通臨床表現。

溫病的發病類型可分為「伏邪自發」和「新感引發」兩種。「伏邪自發」是指發病時單純表現為灼熱、煩躁、口渴、尿赤、舌紅等裏熱熾盛的症狀；而「新感引發」則在初起病時以發熱、惡寒、頭痛、咳嗽、苔薄白、脈浮數等衛表證候為主。如此看來，「新感引發」這種類型的溫病，與現代醫學的流行性感冒（簡稱「流感」）的臨床表現甚為相似。

流感是由流感病毒引起的急性呼吸道傳染病，傳染源為病人及隱性感染者，經飛沫傳播，急性發病，以畏寒、高熱、顯著頭痛、乏力、全身酸痛等為主要症狀，同時兼有咽痛、鼻塞、流涕等呼吸道症狀，但一般以全身症狀較重。由於流感病毒致病力強，易發生變異，人群缺乏免疫力，容易引起暴發流行，危害人類，故醫學界與衛生組織均非常重視。

中醫對重視預防溫病傳播，與衛生當局強調預防流感爆發，原則上是一致的。除了教育人群加強衛生措施外，中醫更強調日常調攝。《素問遺篇·刺法論篇》所指的「正氣存內，邪不可干」，就是強調正氣在對抗邪氣上的作用。因此，平時要注意正氣的保養，作息有常，勞逸適度，飲食營養均衡，重視保健調理，配合適量運動，增強體質，時常保持精力充沛，這樣對預防感染本病及減輕病情是十分重要的。



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Warm Disease and Influenza

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“Warm diseases” is a TCM (Traditional Chinese Medicine) term for fevers caused by external warm pathogenic factors and would be similar in nature to what in English is known as infectious diseases. The major symptom of warm diseases is fever with characteristics of significantly high body temperature, causing dry and damaging body fluids. Chinese medicine professionals have known about warm diseases for a long time. “Suwen – Great Theory of Yin Yang Ying Xiang” published around 230BC discussed the concept and mechanisms of warm diseases. “If people were hurt by cold in winter, then they will have warm diseases in spring.”

Throughout continuous study by historical scholars in Chinese medicine, theories about warm diseases have been further enriched and developed. Basically, warm diseases are caused by warm pathogen-specific factors. They have relatively high pathogenicity and could cause outbreak easily. Different types of warm diseases have their specific onset seasons and climates. Their common clinical manifestations are acute onset, relatively fast change, fever, and easily developed critical syndromes such as high fever, coma and spasm.

Two types of incidence, “latent diseases” and “new infections”, can be identified in warm diseases. Simply internal heat symptoms like excess heat, irritability, thirst, “red” urine and “red” tongue will occur in “latent diseases”. While wei-biao symptoms like fever, chills, headache, cough, thin-white coating on the tongue and quick shallow pulse will occur in early stages of “new infections”. From this point of view, the clinical manifestations of “new infections” type warm diseases are quite similar to those of influenza described in modern medicine.

Influenza is an acute respiratory disease caused by the influenza virus. Droplets of saliva of influenza patients and “hidden” infected people are sources of infection. The onset of influenza is always acute. The major symptoms include chills, high fever, significant headache, fatigue and body aches while other respiratory symptoms such as sore throat, stuffy nose and runny nose also occur simultaneously. However, those systematic symptoms are always more serious. Because of its characteristics of high pathogenicity, easy mutation, and that the population lacks immunity leading to easy outbreak, medical professions and health organisations attach great importance to the disease.

The underlying principles of emphasis on prevention of warm diseases in traditional Chinese medicine and prevention of influenza by health organisations are the same. In addition to educating people on strengthening hygiene measures, TCM emphasises more on daily living conditioning. “Suwen Left Over Part – Manipulative Techniques in Acupuncture” mentioned that: “If healthy qi is kept inside, pathogenic factors cannot invade your body.” It emphasises the importance of healthy qi against pathogenic factors. Therefore, attention should be focused on maintaining healthy qi, working and resting regularly, exercising and relaxing adequately, and keeping a balanced diet. It helps to build up your body strength and maintain your energy. These basic guidelines are of vital importance in preventing infectious diseases.