

柴胡加龙骨牡蛎汤治疗神经系统疾病的临床应用及作用机制研究进展^Δ

孔怡梦*, 刘志勇#, 段成思, 史兰云, 赵梅娜, 张盟苑, 杨晨(河南中医药大学第二临床医学院, 郑州 450002)

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摘要 神经系统疾病发病率、致残率高,对人类健康构成了严峻威胁,临床表现为运动、感觉、认知及意识障碍等症状。柴胡加龙骨牡蛎汤源于《伤寒论》,具有和解少阳、通阳泄热、重镇安神的功效。本文系统综述了柴胡加龙骨牡蛎汤在神经系统疾病领域的临床应用及作用机制研究进展,发现其在失眠、抑郁、癫痫、眩晕、偏头痛、血管性痴呆等多种神经系统疾病中展现出良好疗效,具体作用机制与调节神经递质水平、修复神经元功能、减轻神经炎症、改善线粒体功能障碍、调节肠道菌群有关。未来应建立标准的前瞻性随访队列,明确观察指标以夯实循证依据,依托多学科研究拓展柴胡加龙骨牡蛎汤在神经系统疾病中的应用价值。

关键词 柴胡加龙骨牡蛎汤;神经系统疾病;临床应用;作用机制

Research progress on the clinical application and mechanism of Chaihu jia longgu muli decoction in the treatment of neurological diseases

KONG Yimeng, LIU Zhiyong, DUAN Chengsi, SHI Lanyun, ZHAO Meina, ZHANG Mengyuan, YANG Chen (The Second Clinical Medical College, Henan University of Chinese Medicine, Zhengzhou 450002, China)

ABSTRACT Neurological diseases have high morbidity and disability rates, posing a severe threat to human health. Clinical manifestations include motor, sensory, cognitive and conscious disorders. Chaihu jia longgu muli decoction is derived from *Treatise on Febrile Diseases*, with the effects of harmonizing Shaoyang, activating Yang and clearing heat, and tranquilizing the mind. This paper systematically reviews the research progress in clinical application and mechanism of Chaihu jia longgu muli decoction in the field of neurological diseases. It has been found that the decoction shows favorable efficacy in various neurological diseases such as insomnia, depression, epilepsy, vertigo, migraine and vascular dementia. The specific mechanisms are related to regulating neurotransmitter levels, repairing neuronal function, alleviating neuroinflammation, improving mitochondrial dysfunction and regulating intestinal flora. In the future, standardized prospective follow-up cohorts should be established, and core outcome indicators should be clearly defined to strengthen the evidence base. Furthermore, multidisciplinary research should be leveraged to expand the therapeutic value of Chaihu jia longgu muli decoction in the management of neurological diseases.

KEYWORDS Chaihu jia longgu muli decoction; neurological diseases; clinical application; mechanism of action

神经系统疾病对人类健康构成了严峻威胁,临床表现为运动、感觉、认知及意识障碍等症状^[1]。该类疾病发病率、致残率与死亡率高,发病机制涉及免疫炎症、氧化应激和细胞凋亡等过程,已成为全球第二大死亡和主要致残原因^[2]。目前,现代医学虽能借助药物、手术及康复手段对神经系统疾病的部分症状进行干预,但仍面临治疗靶点相对单一、长期疗效不理想等局限。中医经典名方通过多成分、多通路、多环节的整体调节作用发挥综

合效应,且在长期治疗中表现出较高的安全性与耐受性,为神经系统疾病的防治提供了新的选择。

柴胡加龙骨牡蛎汤首载于《伤寒论》,原文记载:“伤寒八九日,下之,胸满烦惊,小便不利,谵语,一身尽重,不可转侧者,柴胡加龙骨牡蛎汤主之”^[3]。该方以和解少阳为核心,配伍重镇安神之品,兼顾通阳泄热与扶正调气,体现调畅气机、安神定志的治疗思路。现代药理学研究表明,该方可以协同调节神经递质、抑制神经炎症与氧化应激,并在分子层面表现出突触可塑性调控潜力^[4-6],具备良好的临床应用前景。基于此,本文系统归纳了该方在神经系统疾病领域的临床应用及作用机制研究进展,以期为该方的进一步研发及临床应用提供参考。

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*第一作者 硕士研究生。研究方向:中医药防治脑病。E-mail: 204795848@qq.com

#通信作者 副主任医师,副教授,硕士生导师,博士。研究方向:中医药防治脑病。E-mail: lzy2007668@163.com