

Pediatric ADHD under a spleen stomach Perspective

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【Abstract】 In recent years, the prevalence of pediatric ADHD has gradually increased, receiving extensive attention in the clinic, and TCM has been used to treat the disease for dozens of years. In this paper, we discuss the "central view of spleen and stomach" in the syndrome differentiation of pediatric ADHD from aspects such as the relationship between spleen and Shen, spleen and stomach and meaning, and the relationship between spleen and brain-gut axis, and discuss ideas for the treatment of pediatric ADHD in traditional Chinese medicine (TCM) by focusing on spleen and giving consideration to his spleen.

【Key words】 Spleen and stomach; Pediatric ADHD; Differentiation and treatment; Brain gut axis

The prevalence rate of ADHD in children has gradually increased in recent years. According to statistics, the prevalence rate of ADHD in children in China is 3%~5%, and it is more likely to occur in children under the age of 12^[1]. The clinical symptoms of this disease include inattention, poor self-control, impulsivity, excessive activity and learning difficulties of different degrees^[2]. There is no name for children's hyperactivity disorder in traditional Chinese medicine, which can be attributed to diseases such as irritability, forgetfulness and deafness in traditional Chinese medicine^[3]. The pathogenesis of children's hyperactivity disorder is often excess of yang and deficiency of yin, which is closely related to heart, liver, spleen and kidney^[4]. Modern scholars treat it from different viscera, such as Zheng Yanqing^[5] treating kidney yin deficiency, Zhang Jintao^[6] treating lung, and Pan Biao^[7] treating gallbladder. With the improvement of the quality of life in modern times, the diet is not controlled, and the physiological characteristics of children's spleen is often insufficient, so it is necessary to pay attention to the importance of spleen and stomach in the diagnosis and treatment of hyperactivity disorder, and have achieved ideal results. This article focuses on the treatment mechanism of spleen-stomach syndrome differentiation, combined with the theory of "brain-gut axis" in western medicine, and discusses the treatment of ADHD in children.

1. Spleen and stomach are the foundation of spirit

The spleen and stomach are closely related to the spirit. First of all, the spleen and stomach are the source of blood and the important basis for the generation of deities. "Su Wen•Eight Positive Spirits" says that "blood and gas are the gods of human beings", and "Soul Pivot•Ping Ren Jue Gu" says that "spirit is the essence of water and valley". If the spleen and stomach are insufficient, the spirit is insufficient, and if the qi and blood are insufficient, the spirit cannot be relied on. Therefore, Han Xinmin^[8] used the word "inattention" instead of attention defect, reflecting that children can't concentrate when they are learning, thinking and other attention. Secondly, the spleen and stomach affect the movement of qi and blood, and the disorder can disturb the mind. As Zhu Danxi said, "the spleen has the virtue of tranquility, but has the energy of health", the spleen and

stomach function disorder, the loss of movement of the middle focus, the accumulation of heat, or the disorder of water and moisture metabolism, the accumulation of phlegm, the exchange of phlegm and heat, the loss of movement of qi, the depression of qi and the transformation of fire, and the disturbance of the spirit, will cause confusion and anxiety. For example, Zeng Liang and Li Yan^[9] believe that the spleen and stomach disorder is the basis of mental disease. On the basis of treating the deficiency of spleen and stomach, we should treat the deficiency of qi and blood, yin fire and phlegm dampness. Li Ruixiang^[10] and Shao Jingjing^[11] paid attention to regulating the mind and nourishing the mind when treating children with ADHD. Dysfunction of the spleen and stomach movement leads to the deficiency of qi, blood, yin and yang in the human body, which leads to the accumulation of chancre, which also leads to the absence of consciousness. Therefore, children with hyperactivity often have obvious chancre syndrome at the same time of confusion. The treatment of chancre from the spleen and stomach can improve the curative effect. For example, Yu Xiumei^[12] chose Xiehuang Powder during treatment. The prescription not only cleared away the accumulated heat, but also invigorated the spleen and invigorated the spleen. The hyperactivity symptoms of the children were significantly improved. Gouyueshu^[13] is mainly based on the basic principle of tonifying the kidney and spleen, regulating the qi of the spleen and stomach, as well as clearing heat, resolving phlegm and calming the nerves. It is treated with Banxia Xiexin Decoction plus reduced formula, and the symptoms of children's inattention are significantly improved. Therefore, the spleen and stomach are the basis of transforming the essence of water and grain. The middle energizer absorbs and transports the essence of water and grain, and the qi movement is out of balance, resulting in abnormal mental activity. When treating mental disorders, the spleen and stomach should be adjusted first.

2. If you have a good temper, you will be calm

The spleen is in the mind for thinking, and its nature is quiet and hidden. Thinking is thinking, thinking, desire, etc. It is one of the "seven emotions", mainly the change of emotion. It means memory, attention, prediction, thinking, etc., which belongs to the category of cognition and is the process of analyzing the information received by the human body, focusing on the learning stage of learning and memory activities. The material basis of thinking is Qi and blood. Spleen function is vigorous, and Qi and blood are harmonious and full. Only then can we think about stability. The camp means that the camp yin is the place where the mind lives. It lives in the spleen. If the spleen and stomach function is normal, the camp yin is sufficient, and the mind is used for hiding. Therefore, only when the spleen and stomach function is normal, the temper is sufficient, and the qi and blood are exuberant can the mind be calm, which is manifested in the normal mood, thinking, attention, memory and thinking. However, under the pathological conditions such as spleen deficiency and dampness, there will be irritability, delay, instability, and inattention, especially the symptoms of inattention are difficult to reduce or eliminate, but the intelligence level of children is generally not affected. From the perspective of traditional Chinese medicine, it is the "disordered thinking" and "willful failure" caused by "unwilling to give up". Therefore, we should start from the spleen and stomach to make the qi and blood full and harmonious, and the yin sufficient to improve the disorder and uncertainty of the emotional "thinking" and cognitive "meaning" of

children with ADHD. Liu Zhenquan[14]can significantly improve the children's attention disorder symptoms by acupuncture at Zusanli point and the third temporal needle, on the basis of improving the children's poor appetite, mental fatigue, fatigue and other spleen deficiency symptoms.

3. Intestinal-brain interaction

3. 1 Action mechanism of brain-gut axis

In recent years, western medicine has put forward the "brain-gut axis" theory in the study of children's hyperactivity disorder, and believes that "gut brain" is the second brain of human beings. The key medium is more than 3500 kinds of intestinal microbiota in the human body. The intestinal microbiota participates in the brain regulation function through a variety of ways, triggering the two-way response mechanism of the microbiota-entero-brain axis^[15]. Zhang Shan^[16]found in the experiment that at the bacterial level, the abundance of *Veronococcus* and *Enterobacter faecalis* in children with ADHD and healthy children decreased, and the abundance of *Odor bacilli* increased. At the bacterial level, the abundance of *Trichospiridae* and *Fecal bacillus pullulans* in children with ADHD decreased, while the abundance of *Bacteroides faecalis* and *Bacteroides visceralis* increased. Metabolites produced by intestinal microorganisms will have a certain impact on the secretion of neurotransmitters. *Candida*, *streptococcus* and *enterococcus* can produce 5-hydroxytryptamine. 5-hydroxytryptamine is related to the attack, impulse and other destructive behaviors of children with ADHD^[17].

Intestinal flora transmits signals to the central nervous system through the vagus nerve, producing corresponding neuronal excitation or inhibition, thus affecting brain function and behavior. According to the research, children's hyperactivity disorder and allergic diseases have a high co-incidence phenomenon^[18]. The intestinal flora regulates the immune center of the human body through the neuro-endocrine-immune network. The intestinal flora is out of balance, the permeability is increased, and inflammatory cytokines pass through the blood-brain barrier, causing immune disorder. Intestinal flora can regulate the center through the neuro-endocrine-immune system, thus affecting the development of brain function and emotional management ability, leading to the occurrence and development of ADHD in children.

3. 2 Brain and spleen and stomach

The brain is the mansion of the primordial spirit, the highest center of the human body, and is closely related to the spleen and stomach. On the one hand, the spleen and stomach follow the meridians and brain, and the "Lingshu•Dynamic Transmission Chapter" says: "The stomach qi is injected into the lungs, and its fierce qi is injected into the collaterals and brain. . . and the Yang Ming is combined, and the next person is greeted". On the other hand, the spleen and stomach control the movement of qi and blood and the rise of clear and turbid, which can transfer the essence of water and grain into the brain and nourish the brain marrow. For example, according to the book, "The mind is the memory of the brain, because the diet generates qi and blood, grows muscle, and the essence is clear, it turns into marrow, and goes up from the spine into the brain, which is called the brain marrow. "It can be seen that the basis of the normal physiological function of the brain is the qi and blood generated by the spleen and stomach, which can not be separated from the regulation of the qi of the

central focus. Ji Xiaodong^[19]In order to further observe the clinical effect of acupuncture on children with ADHD and the difference between the treatment effect and that of common western medicine, 60 children with ADHD were selected and divided into treatment group and blank group with 30 cases each. The treatment group was treated with acupuncture. The acupoints included fontanel, Naohu, Sishencong, Shenting, Yintang and Zusanli. The blank group was treated with Ritalin. After a course of treatment, the total effective rate of the blank group was 80%, and the total effective rate of the treatment group was 96. 7%. When the scalp acupoints were punctured with a filiform needle, their anatomical positions were located in the anterior central gyrus, the posterior central gyrus, the paracentral lobule, as well as the frontal and parietal lobes of the brain, which could inhibit the autonomous power generation of the cortex and regulate the brain function. Zusanli point is the combined point of the foot-yang ming meridian, which can regulate the spleen and stomach and regulate qi and blood.

In traditional Chinese medicine, the function of spleen and stomach covers the process of digestion and absorption of dietary food. The dysfunction of spleen and stomach will affect the diversity, quantity and balance of intestinal flora, and the abundance of some bacteria will increase or decrease. The above conclusions can be obtained from the analysis of intestinal flora in animal models of diarrhea due to spleen deficiency.

According to the theory of traditional Chinese medicine, the dysfunction of the spleen and stomach is closely related to the abnormality of brain function, as well as the imbalance of intestinal flora. By adjusting the function of the spleen and stomach, we can effectively adjust the mind and restore the balance of flora. The theory of "brain-gut axis" of western medicine is not in line with it. This provides ideas for the treatment from the spleen and stomach to improve the symptoms of children with ADHD such as inattention, hyperactivity and poor memory. "Su Wen·Gu Kong Lun" contains: "Ren Mai originates from the lower part of the middle pole. . . above the hairline, along the abdomen and inside, and above the yuan, along the face, and into the eye". Intestine and brain communicate with meridians, qi and blood, and affect each other physiologically and pathologically. On the basis of mutual regulation in treatment, traditional Chinese medicine believes that the brain and intestines are connected and communicated with each other, which is corroborating with the brain-gut axis theory of modern medicine. Huang Ling^[20]observed the therapeutic effect of abdominal acupuncture combined with acupoint pressing along the meridian on children's hyperactivity disorder. The treatment group used abdominal acupuncture combined with acupoint pressing along the meridian to treat 60 cases of children's hyperactivity disorder, and the control group used oral methylphenidate to treat 50 cases. The total effective rate of the treatment group was 95%, and the total effective rate of the control group was 76%. Abdominal acupuncture therapy directly acts on the abdomen and is closely related to the twelve meridians and the eight channels of the strange meridians. Abdominal acupuncture can play a role in regulating the balance of qi and blood and yin and yang.

4. Regulate the spleen and stomach to calm the viscera

Focusing on the spleen and stomach is not only about the spleen and stomach, but also about the relationship between other viscera and the spleen and stomach, so as to restore the balance between the viscera, "treat the

middle energizer as balance, and maintain the duration", so as to achieve the goal of restoring the balance of yin and yang in the body. Attention should be paid to the relationship between spleen and stomach, kidney, heart and liver in the treatment of children with ADHD.

4. 1 Treatment based on spleen and kidney

Kidney is the congenital origin, plays a key role in the growth and development of children, echoes the acquired origin of the spleen and stomach, and affects each other physiologically and pathologically. The essence stored in the kidney and the qi and blood generated by the spleen and stomach are the material basis of the mind. If the spleen and stomach are insufficient, children cannot nourish the kidney essence with the essence of water and grain. The treatment is based on regulating the spleen and stomach to achieve the purpose of both spleen and kidney. Li Ji^[21]believed that the pathogenesis of ADHD in children was the deficiency of marrow sea and deficiency of kidney qi, and proposed to use rehmannia decoction to tonify the kidney and replenish essence.

4. 2 Treatment from heart and spleen

The heart is "the official of the monarch", and "the gods come out". The spleen dominates the mind, and the mind is formed from the spleen; The mind hides the spirit, which is the source of the meaning. The meaning is generated after the mind knows and observes the external things, and is generated through the processing, integration and coding of the information by the mind. The heart and spleen are not only related to the meridians, but also closely related to the generation and operation of qi and blood. Children with ADHD often have insufficient spleen. In addition, the spleen and stomach may be damaged due to improper diet, which leads to insufficient heart qi and blood, inability to nourish the mind, and lack of concentration. For example, Li Wenlong^[22]and Zhang Fengchun^[23]believed that children with ADHD were mostly responsible for the deficiency of the heart and spleen, and it was appropriate to strengthen the spleen and stomach to nourish the heart and calm the nerves. Zhang Xueqiang^[24]chose Guipi Decoction plus the treatment of the spleen with the focus on the same treatment. After 1 month and 2 months of treatment, the score of the diagnostic scale was significantly reduced, and the total effective rate was high.

4. 3 Treatment from liver and spleen

Both the liver and the spleen and stomach are located in the middle energizer. The liver governs the release of blood and helps the spleen regulate emotions. The spleen and stomach generates blood to help soften the liver. Wang Xiaoqing^[25]believes that emotional factors are closely related to children's spleen and stomach diseases. The spleen and stomach control the biochemistry of qi and blood, and blood deficiency leads to insufficient thinking, unable to think comprehensively, lack of blood to nourish the liver, and lack of liver blood leads to irritability and poor self-control. Li Xiang^[26]and Cheng Gengtian^[27]believed that the deficiency of the spleen and soil was easy to be insulted by the liver and the wood, the disorder of the liver and qi, and the depression of the fire were the reasons why children were stubborn, willful, impulsive and hyperactive. We should start with the regulation of the spleen and stomach, and pay attention to the regulation of the liver, so as to clear the liver and strengthen the spleen. Ding Jie^[28]believes that the pathogenesis of spleen deficiency, liver hyperactivity and

wind-driven phlegm disturbance is also the key to solve the problem. Ding Yiyun^[29] used Jianpi Zhidong Decoction to treat children with ADHD according to the method of supporting the soil and restraining the wood, and Li Ling^[30] used Jinggan Fupi Decoction to improve the irritability, inattention and restlessness of children with ADHD. Its efficacy is better than that of methylphenidate hydrochloride controlled-release tablets.

5. Conclusion

The etiology of ADHD is still unclear. Western medicine is often treated with drugs combined with psychotherapy. In clinical practice, western medicine can easily cause children to have major side effects such as lethargy and anorexia. Traditional Chinese medicine believes that children with ADHD have insufficient innate endowment, acquired loss of nourishment, and deficiency of qi and blood is the root cause. The treatment must be based on Taiyin and Yangming. The treatment must be based on Naga, generate blood to turn essence, calm the nerves and calm the mind, and make the mind hidden. Only by this way can children's viscera function be coordinated, and the movement and static balance be appropriate, and the main symptoms of ADHD children such as hyperactivity, inattention, slow thinking, and poor memory can be improved.

The relationship between the spleen and stomach, qi and blood, spirit, mind and brain in traditional Chinese medicine and the theory of "brain-gut axis" in western medicine can confirm each other. The theory also provides effective support for the effective treatment of children with hyperactivity disorder by adjusting the intestinal flora imbalance in clinical practice. The main treatment principle is to replenish the spleen and stomach and regulate the qi mechanism of the spleen and stomach by taking medicine, massage, acupuncture, ear point pressing beans and other treatment methods in traditional Chinese medicine. At the same time, we should pay attention to the relationship between the spleen and stomach and the kidney, heart, liver and other organs, and adjust the functions of various organs, so as to make them calm and avoid hyperactivity.

To sum up, in the treatment of ADHD in children, the concept of differentiation and treatment centered on spleen and stomach is extremely important. Although ADHD is a kind of mental disorder in children with multiple pathogenic factors and multiple levels of pathogenesis, it can be treated from the basis of spleen, regulating qi and blood, and stabilizing mind.

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脾胃中心观下的小儿多动症辨治

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【摘要】近年来, 小儿多动症的患病率逐渐升高, 在临床上受到广泛的关注, 中医治疗该疾病已有数十载。本文从脾胃与神、脾胃与意、脾胃与脑-肠轴关系等方面对小儿多动症辨证中的“脾胃中心观”进行探讨, 对脾胃为中心、兼顾他脏的中医小儿多动症治疗思路进行论述。

【关键词】脾胃; 小儿多动症; 辨治; 脑肠轴

小儿多动症患病率近年逐渐升高,据统计我国儿童多动症患病率为3%~5%,且好发于12岁以内的儿童^[1]。本病临床症状为注意力涣散、自控能力差、冲动、活动过度并伴有不同程度学习困难^[2]。中医本无小儿多动症这一名称,可将其归于中医学中脏躁、健忘、失聪等病^[3],小儿多动症的病机为阳常有余,阴常不足,主要与心肝脾肾等脏腑关系密切^[4]。现代诸家分别从不同脏腑论治,如郑燕清^[5]从肾阴虚论治,张金涛^[6]从肺论治,潘彪^[7]从胆论治。随着现代生活质量的提高,饮食不以节制,加之小儿脾常不足,纳运无度的生理特点,因此需要重视脾胃在多动症辨治中的重要性,并取得了较理想疗效。本文重点从脾胃辨治机理,结合西医学“脑肠轴”理论进行论述和相互印证,对小儿多动症的治疗思路进行探讨。

1. 脾胃是神之基础

脾胃与神关系密切。首先脾胃为气血化生之源,是生神化神的重要基础,《素问·八正神明论》称“血气者,人之神”,《灵枢·平人绝谷》则曰“神者,水谷之精气也”,脾胃不足则神不足,气血不足则神无以依托。因此,韩新民^[8]用“神思涣散”一词代替注意力缺陷,反映儿童在学习,思考等注意力集中的时候不能集中精力。其次脾胃影响气血运行,失调则可乱神,正如朱丹溪曰“脾具坤静之德,而有乾健之运”,脾胃功能失调,中焦失运,积而化热,或水湿代谢失常,聚而生痰,痰热交阻,气机失运,郁而化火,上扰神明,则会导致神乱而不安,如曾亮、李艳^[9]等认为脾胃失调是神志疾病的基础,在治疗脾胃亏虚的基础上,再针对气血不足,阴火,痰湿进行治疗。李瑞香^[10]及邵晶晶^[11]等人治疗小儿多动症时注重调神养神。脾胃运化功能失调,导致人体的气血阴阳亏虚而生积生痞,又导致神无所居,所以多动患儿在神乱的同时又常有较明显痞证表现,由脾胃入手、从痞论治能提高疗效。如于秀梅^[12]在治疗时选用泻黄散,方中既清泻积热,同时醒脾健脾,患儿多动症状明显好转。勾月璇^[13]主要以益肾健脾、调节脾胃气机为基本原则,兼以清热、化痰、宁神,采用半夏泻心汤加减方进行治疗,患儿注意力不集中症状明显改善。因此,脾胃运化水谷精微物质是化神的基础,中焦纳运无度,气机升降失调,致使神志活动失常,治疗神志病时需先调脾胃。

2. 脾气足则思定意安

脾在志为思,其性静而藏意。思即思考、思虑、愿望等,为“七情”之一,主要为情感的变化。意即记忆、注意、预测、思维等,属于认知的范畴,是人体对感官接受的信息进行分析的过程,侧重于学习记忆活动的学习阶段。思之物质基础在于气血,脾功能健旺,气血调和且充盛,方能思虑安定。营舍意,营阴为意所居之地,营生于脾,脾胃功能正常则营阴充足,意有所藏所用。因此,只有脾胃功能正常,脾气足,气血旺盛方能思定意安,表现为情绪、思虑、注意力、记忆力以及思维方面的正常。而在脾虚失运或脾虚湿盛等病理状况下,则会出现烦躁、迟缓、不稳定、不集中等现象,特别是注意力不集中的症状较难减少或消除,但患儿智力水平一般不受影响,以中医角度看正是“营不舍意”而导致的“思乱”“意不守”的表现。因此从脾胃入手,使气血充盛而调和,营阴充足,改善多动症患儿情志之“思”与认知之“意”乱而不定之像。刘振全^[14]通过针刺足三里穴、颞三针等,在改善患儿纳差、神疲乏力等脾虚症状基础上,可显著改善患儿注意力障碍症状。

3. 肠脑互为影响

3.1 脑肠轴的作用机制

近年来,西医学在小儿多动症研究中提出了“脑-肠轴”理论,认为“肠脑”是人的第二个大脑。其中的

关键媒介是人体超过 3500 种的肠道微生物菌群，肠道微生物群借助多种途径参与大脑调节功能，触发微生物-肠-脑轴双向应答机制^[15]。张珊^[16]在实验中发现多动症患儿与健康组儿童在菌属水平上，多动症患儿组的韦荣球菌属、粪肠杆菌属丰度降低，气味杆菌属丰度增高，在菌种水平上，多动症患儿组毛螺科菌、普氏栖粪杆菌等丰度降低，而粪拟杆菌、内脏拟杆菌等丰度增高。肠道微生物产生的代谢物会对神经递质的分泌造成一定影响，念珠菌，链球菌，肠球菌可产生 5-羟色胺，5-羟色胺与多动症儿童的攻击、冲动等破坏性行为发生有关^[17]。

肠道菌群通过迷走神经向中枢神经系统传入信号，产生相应的神经元兴奋或抑制作用，因此对大脑功能和行为产生影响。据研究发现，小儿多动症与过敏性疾病呈高共患现象^[18]，肠道菌群则通过神经-内分泌-免疫网络调节人体免疫中心，肠道菌群失调，通透性增加，炎性细胞因子通过血脑屏障，引起免疫失调。肠道菌群可通过神经-内分泌-免疫系统调节中枢，从而影响了大脑功能发育以及情绪管理能力，导致儿童多动症的发生发展。

3.2 脑与脾胃

脑为元神之府，为人体最高级中枢，与脾胃关系密切。一方面，脾胃循经络脑，《灵枢·动输篇》云：“胃气上注于肺，其悍气上冲头者，……入络脑……合阳明，并下人迎”。另一方面，脾胃主气血运化及升清降浊，可以将化生的水谷精微运化至脑，营养脑髓，如《医林改错·脑髓说》云：“灵机记性在脑者，因饮食生气血，长肌肉，精汁之清者，化而为髓，由脊骨上行入脑，名曰脑髓。”可见，脑发挥正常生理功能的基础是脾胃所化生的气血，亦离不开中焦之气机调节。纪晓东^[19]为了进一步观察针刺治疗小儿多动症的临床效果及其与常用西药之间治疗效果的差异性，选取了 60 例小儿多动症患者，分为治疗组和空白组各 30 例，治疗组采取针刺治疗，穴位包括囟门，脑户，四神聪，神庭，印堂，足三里穴。空白组给予利他林治疗，经一个疗程治疗后，空白组的总有效率为 80%，治疗组的总有效率为 96.7%，用毫针针刺头部穴位时，其解剖位置位于中央前回，中央后回，旁中央小叶，以及大脑额叶，顶叶，可抑制皮层的自主发电作用，调节脑部功能。足三里穴为足阳明经的合穴，可起到调脾胃，理气血的作用。

中医学中脾胃功能涵盖了人体对饮食食物的消化吸收过程，脾胃功能失调则会影响肠道菌群的多样性、数量以及菌群之间的平衡，某些菌属的丰度增加或减少。有研究对脾虚泄泻的动物模型进行肠道菌群分析，可得到上述结论。

中医学理论下脾胃功能失调与脑功能异常关系密切，并与肠道菌群失调有着密切关系，通过调整脾胃功能可以达到有效调整神志、恢复菌群平衡的目的，西医学的“脑-肠轴”理论正与之不谋而合。这为从脾胃论治，改善多动症患儿注意力不集中、多动、记忆力差等症状提供思路。《素问·骨空论》载：“任脉者，起于中极之下……以上毛际，循腹里，上关元循面，入目”，肠和脑有经络、气血沟通，在生理、病理上相互影响。在治疗上相互调控，基于此，中医学认为脑肠相互联系、上下沟通，正与现代医学的脑-肠轴理论相互印证。黄玲^[20]观察腹针疗法合穴位循经按压法治疗儿童多动症的疗效，治疗组采用腹针疗法合穴位循经按压法治疗儿童多动症 60 例，对照组采用口服哌醋甲酯口服治疗 50 例，治疗组总有效率为 95%，对照组总有效率为 76%。腹针疗法直接作用于腹部，与十二正经，奇经八脉有密切联系，通过腹针针刺可起到调节气血，阴阳平衡的目的。

4. 调脾胃以安诸脏腑

以脾胃为中心并不是仅关注脾胃，同时亦需要关注其他脏腑与脾胃之间的关系，恢复脏腑间平衡，“治中焦如衡，以平为期”，从而达到恢复机体阴阳平衡的目的。在多动症儿童治疗中应注重脾胃与肾、心、肝各脏腑之间的关系。

4.1 从脾肾论治

肾为先天之本，在儿童生长发育中起着关键的作用，与脾胃后天之本相呼应，在生理和病理上两脏相互影响。肾所藏之精与脾胃所化生气血为神志的物质基础，小儿脾胃不足，则无以化水谷之精而滋养肾精，其治疗之本在于通过调节脾胃达到脾肾双补的目的。李霁^[21]认为小儿多动症发病机制为髓海不足，肾气亏虚，并提出运用地黄饮子以补肾益精。

4.2 从心脾论治

心为“君主之官”，“神明出焉”。脾主思藏意，思发于脾而成于心；心藏神，为意之源，意是心认识和观察外界事物以后才对事物产生的，通过心神对信息的加工、整合和编码所产生。心脾既有经络相互联系，又有气血生成和运行上的密切关系。多动症小儿脾常不足，加之饮食不节则易脾胃受损，从而导致心气血不足，无以养神，心神涣散不收等情况的出现。如李文龙^[22]、张凤春^[23]认为小儿多动症多责之于心脾两虚，宜健运脾胃以养心安神。张学强^[24]选用归脾汤加减着重心脾同治，治疗1个月和2个月月后诊断量表评分显著降低，总有效率高。

4.3 从肝脾论治

肝与脾胃皆位于中焦，肝主疏泄助脾调畅情志，脾胃生血以助柔肝。王晓晴^[25]认为情志因素与儿童脾胃病有密切关系。脾胃主气血生化，血虚则思虑不足，不能全面思考，无血以养肝，肝血不足则易怒、自控力差。李想^[26]及程耕田^[27]认为脾土虚易肝木相侮，肝气横逆失调达，郁而化火，是小儿表现为执拗任性、冲动多动的原因，需从脾胃调理入手，并注重肝之疏调，治以清肝健脾。丁杰^[28]认为脾失健运、痰火内生扰心，生化无源、肝血不足、肝阳上亢，形成脾虚肝亢、风动痰扰的病机，解决关键亦在肝脾。丁一芸^[29]根据扶土抑木法运用健脾止动汤治疗，李玲^[30]使用静肝扶脾汤改善儿童多动症性急易怒、神思涣散、多动不宁，其疗效优于盐酸哌甲酯控释片。

5. 结语

小儿多动症病因尚不明确。西医治疗上多以药物配合心理治疗进行治疗，临床中西药易使儿童产生如嗜睡厌食等较大副作用。中医学认为多动症患儿先天禀赋不足，后天失养，气血亏虚是其根本，治疗必求之于太阴、阳明，以纳谷为度，生血化精，安神定思，使意有所藏，方可使小儿脏腑功能调和，动静相宜，改善多动症儿童出现的多动、注意力不集中、思维较慢、记忆力不佳等主要症状。

中医学脾胃、气血、神、意、脑之间的关系，与西医学“脑-肠轴”理论之间可以相互印证，临床中通过调整肠道菌群失调可对多动症儿童起到有效治疗为该理论也提供了有效支持，通过中医学治疗方法8内服药物、推拿、针刺、耳穴压豆等多种治疗方法，以补益脾胃、调畅脾胃气机为主要治则，同时注重脾胃与肾、心、肝等脏的关系，调整诸脏腑功能，从而使其神安而避免多动之像。

综上所述，小儿多动症治疗中，以脾胃为中心的辨治观对其治疗极其重要。虽然多动症是一种致病因素多源性、发病机制多层次的儿童精神异常类疾病，但从脾论治、调和气血、安定神志，就可从本而治。

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