

# 中醫藥對白內障預防及治療的文獻綜述

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## 摘要

**目的:**白內障是目前世界上主要致盲眼病之一，其典型的臨床表現是晶狀體混濁，視力緩降，漸至失明的慢性眼病，此文獻綜述將從不同角度探討中醫藥對白內障的預防及治療，並發展適合現代人的中藥方劑，以解決因科技進步所引起的視力問題。

**方法:**此綜述涉及的文獻來自萬方資料庫、中國知網、加州中醫藥大學及華美中醫學院圖書館，搜尋臨床上常用治療白內障的中藥方及近三十年來治療白內障研究專方與著名的古今名方，合計四十二方劑，對其組成做統計分析，研究其用藥特性，及其規律。

**結果:**根據中醫藥對白內障之辨證論治，本論文提出白內障的六大症型及多種不同的治療手段。此外，對四十二個白內障專方進行分析並歸納總結，發現枸杞子是使用頻率最高的中藥達到 26/42，其次是菊花和熟地黃的 20/42，決明子為 16/42，白芍為 13/42，茯苓及白蒺藜同為是 12/42，石決明、丹參、當歸及黨參是 11/42，山藥、甘草、菟絲子和五味子皆為 10/42。以常用藥物特性分析，四十二個中藥方中以補血、補氣等補益藥佔大宗，清熱、熄風、鎮肝藥居次，最後輔以活血化癥、補脾益腎的藥加強作用。

**結論:**各種視頻終端的產品大量使用，使用者又有過敏或其他代謝性疾病，這些文明病對白內障而言，是否潛藏著對人類視力加速惡化的隱憂，值得投入更多的關切和注意。筆者提出 YES 除障基礎方，作為預防白內障，治療視頻終端綜合症的方藥，並配合其他預防、調護方法，期望對白內障的現代防護提供參考，有待今後研究驗證。

## 關鍵詞：

中藥，針灸，白內障，視頻終端綜合症，電腦視力症候群，過敏，代謝疾病

# Literature review on the preventions and treatments of cataract by Chinese Medicine

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## Abstract

**Objective:** Cataracts are the most common cause of blindness in the world. The typical clinical symptom is a clouding of the lens inside the eye which leads to a decrease, and eventually, a complete loss of vision, the literature will discuss how to prevent and treat cataracts by Chinese Medicine from different aspects, and develops a Chinese medical patent formula that fits modern people in order to resolve vision problems from technological progress.

**Methods:** The literature will collect and search references from Wan Fang database, Chinese knowledge database, libraries at Five Branches University and American College of Acupuncture and Oriental Medicine. The forty two Chinese medical formulas are from references that include ancient ophthalmology famous formulas, clinical common used formulas and some specific cataracts' formulas for researches in the past 30 years. The research paper is going to analyze and calculate components of those forty two formulas in order to find any characteristics or special regulation.

**Results:** According to the differentiations of cataracts in Chinese Medicine, the literature submits six major types of cataracts with different treatment strategies. On the other hand, the research also finds several results after analyzing the forty two formulas. First of all, Gou Qi Zi has the highest using percentage (26/42) in those forty two formulas. Second are Ju Hua (20/42) and Shu Di (20/42). Jue Ming Zi (16/42) belongs the third group, Bai Shao is 13/42, Fu Ling and Bai Ji Li both are 12/42, Shi Jue Ming, Dan Shen, Dang Gui and Dang Shen all are 11/42 and San Yao, Gan Cao, Tu Si Zi, Wu Wei Zi are 10/42. Tonify Qi and blood herbs are the major herbal medicines in the characteristics of forty two formulas, then clearing heat, extinguishing wind and anchor liver herbs are the second. Invigorating blood and removing blood stasis herbs with strengthening spleen herbs play the important roles for enhancement.

**Conclusion:** Users extremely use video display terminal products long period. It may have potential risk to deteriorate people' s vision sooner if users also have allergies or metabolic diseases, thus it is worth more concern and care the relationship between modern diseases and cataracts. The writer sets "Yes dispelling cataracts formula" to be prevention and treatment formula for cataracts and Computer Vision Syndrome. It is the expectation of this specific formula that provides modern prevention and protection for cataracts if the formula combines more cataracts' care techniques. The research evidence of "Yes dispelling cataracts formula" needs more clinical trial in the near future.

**Key Words:** Chinese medicine, Acupuncture, Cataracts, Video display terminal, Computer Vision Syndrome, Allergy, Metabolic disorder

