

血府逐瘀汤药理作用与临床应用的现代研究进展^Δ

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摘要 血府逐瘀汤为活血化瘀法的经典名方, 异病同治特色显著。气滞血瘀证作为该方的主治证候, 现代医学研究发现其本质与微循环障碍、血液流变学异常、炎症反应及内皮功能障碍等广泛的病理生理过程密切相关, 这为古方新用开辟了广阔的空间。在药理作用及机制方面, 该方可从调节凝血功能、维护血管结构与功能、抗炎与调节免疫、抗氧化应激及干预程序性细胞死亡(如焦亡、铁死亡)等多个关键病理环节发挥协同调控作用, 系统体现了其通过多成分、多靶点、多通路整合调控的科学内涵。在临床应用方面, 该方已从心血管疾病拓展至消化、呼吸、泌尿、神经、内分泌、妇科及男科等多个学科领域, 循证医学证据不断积累。当前研究仍存在临床证据等级偏低、复方配伍机制的系统生物学解析不足、质控指标与药效关联薄弱等瓶颈。未来应聚焦优势病种开展多中心随机对照试验, 深化整合药理学与谱效关联研究, 推动经典名方的精准应用与制剂创新。

关键词 血府逐瘀汤; 入血成分; 药理作用; 临床应用; 异病同治

Modern research progress on the pharmacological effects and clinical applications of Xuefu zhuyu decoction
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ABSTRACT Xuefu zhuyu decoction is a classic formula for promoting blood circulation and resolving blood stasis, characterised by its remarkable ability to treat different diseases with the same approach. Qi stagnation and blood stasis, the primary syndrome for which this formula is indicated, has been found through modern medical research to be intrinsically linked to a wide range of pathophysiological processes, including microcirculatory disorders, abnormalities in hemorheology, inflammatory responses and endothelial dysfunction; which opens up vast scope for the innovative application of traditional formulas. In terms of pharmacological effect and mechanism, the formula exerts a synergistic regulatory effect across multiple key pathological pathways, including the regulation of coagulation function, the maintenance of vascular structure and function, anti-inflammatory and immunomodulatory actions, the mitigation of oxidative stress, and the modulation of programmed cell death (such as pyroptosis and ferroptosis). This systematically demonstrates its scientific rationale, which is based on integrated regulation through multiple constituents, multiple targets and multiple pathways. In terms of clinical application, the formula has expanded from cardiovascular diseases to multiple disciplines, including gastroenterology, respiratory medicine, urology, neurology, endocrinology, gynaecology and andrology, with evidence-based medical evidence continuing to accumulate. Current research still faces bottlenecks such as a relatively low level of clinical evidence, insufficient systems biology analysis of the mechanisms underlying the compound's formulation, and a weak correlation between quality control indicators and therapeutic efficacy. Future efforts should focus on conducting multicentre randomised controlled trials for conditions where the formula demonstrates particular efficacy, deepening research into the relationship between integrated pharmacology and spectrum-efficacy relationship, and promoting the precise application and formulation innovation of classical herbal formulas.

KEYWORDS Xuefu zhuyu decoction; blood-absorbed components; pharmacological effect; clinical application; treating different diseases with the same approach

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血府逐瘀汤出自清代医家王清任所著的《医林改错》, 是活血化瘀治法的经典方剂, 被誉为“治瘀第一方”^[1]。该方由桃仁、红花、当归、生地、川芎、赤芍、牛膝、桔梗、柴胡、枳壳、甘草组成, 具有活血化瘀、行气止痛的功效, 主治“胸中血府血瘀”所致诸证。从中医理论来