

天麻对高血压的药理作用机制研究进展^Δ

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摘要 天麻作为传统平肝息风类中药,其主要活性成分包括天麻素、天麻多糖、天麻苷元等,具有息风止痉、平抑肝阳、祛风通络之功,与高血压的中医病机高度契合。本文系统综述天麻活性成分、配伍药对及经典复方对高血压的药理作用与分子机制,发现天麻及其活性成分可调控血流动力学、氧化应激和炎症反应等多途径协同发挥降压作用,减轻高血压血管损伤,改善高血压所致心、脑、肾等靶器官损伤。天麻与钩藤、川芎、丹参等药材配伍可针对高血压表现出显著的协同增效作用。天麻钩藤饮、半夏白术天麻汤等含天麻经典复方可通过抗炎、抗氧化、保护血管内皮,改善高血压血管损伤、降低血压。
关键词 天麻; 高血压; 活性成分; 药对; 复方

Research progress on pharmacological mechanism of Gastrodiae Rhizoma in the treatment of hypertension
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ABSTRACT As a traditional Chinese medicinal herb for pacifying the liver and extinguishing wind, Gastrodiae Rhizoma contains main active ingredients such as gasterodin, gastrodia polysaccharides and gasterodigenin. It exerts the effects of extinguishing wind and relieving convulsions, calming liver yang, dispelling wind and unblocking collaterals, which is highly consistent with the traditional Chinese medicine pathogenesis of hypertension. This paper systematically reviews the pharmacological effects and molecular mechanisms of active ingredients of Gastrodiae Rhizoma, herb pair compatibility, and classic prescriptions in hypertension. It is found that Gastrodiae Rhizoma and its active ingredients can collaboratively exert antihypertensive effects by regulating hemodynamics, oxidative stress, inflammatory response and other pathways, alleviate hypertensive vascular injury, and ameliorate damage to target organs including the heart, brain and kidney induced by hypertension. Compatibility of Gastrodiae Rhizoma with medicinal materials such as Uncaria, Chuanxiong, and Danshen produces remarkable synergistic efficacy against hypertension. Classic prescriptions containing Gastrodiae Rhizoma represented by Tianma gouteng decoction and Banxia baizhu tianma decoction can inhibit inflammation, resist oxidation, and protect vascular endothelium, so as to ameliorate hypertensive vascular injury and lower blood pressure.
KEYWORDS Gastrodiae Rhizoma; hypertension; active ingredients; herb pairs; prescriptions

高血压是全球最常见的心血管疾病之一,血压长期控制不佳易导致心、脑、肾等多器官损害^[1]。据《中国心血管健康与疾病报告2024》统计,我国成人高血压患病率高达31.6%,疾病负担严峻^[2]。目前临床常用的降压药

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虽能有效降低血压,但常伴随干咳、电解质紊乱等不良反应,且在延缓靶器官损害、改善远期预后方面效果有限^[3]。中医药凭借多靶点、多通路的整体调节优势,在平稳降压、改善临床症状及预后优化等方面展现出良好潜力。

天麻(Gastrodiae Rhizoma)为兰科植物天麻 *Gastrodia elata* Bl. 的干燥块茎,始载于《神农本草经》,原名“赤箭”,被列为上品药材。2025年版《中国药典》记载其味甘、性平,归肝经,具有息风止痉、平抑肝阳、祛风通络之功。现代药理研究表明,天麻的主要活性成分包括天麻