1  
00:00:02,220 --> 00:00:04,059  
好各位同学们啊  
  
2  
00:00:04,100 --> 00:00:04,660  
大家好  
  
3  
00:00:05,260 --> 00:00:07,820  
咱们接着聊咱们的金匮要略  
  
4  
00:00:08,840 --> 00:00:10,960  
今天呢是个挺特殊的日子啊  
  
5  
00:00:11,000 --> 00:00:14,360  
因为中秋节和国庆，他俩合到了一块  
  
6  
00:00:14,360 --> 00:00:15,560  
我们称之为双节  
  
7  
00:00:16,360 --> 00:00:16,560  
呃  
  
8  
00:00:16,600 --> 00:00:17,280  
我这人啊  
  
9  
00:00:17,640 --> 00:00:21,840  
从个人来讲，我对这个我们所说family time对吧  
  
10  
00:00:21,920 --> 00:00:24,170  
那么家庭事件特别呃  
  
11  
00:00:24,290 --> 00:00:26,090  
比较重视，我学生们也都知道  
  
12  
00:00:26,650 --> 00:00:27,770  
但今天是个例外  
  
13  
00:00:27,970 --> 00:00:28,930  
原因是什么呢  
  
14  
00:00:29,530 --> 00:00:29,810  
呃  
  
15  
00:00:30,270 --> 00:00:34,230  
因为我们这个课呀，断更了两回啊  
  
16  
00:00:34,960 --> 00:00:37,120  
而且有一个非常重要的一个原因啊  
  
17  
00:00:37,120 --> 00:00:38,400  
就是我的学生们呢  
  
18  
00:00:38,720 --> 00:00:40,720  
因为一开始我们这个课的缘起啊  
  
19  
00:00:40,720 --> 00:00:43,380  
本身就是好多我的诊室的学生  
  
20  
00:00:43,460 --> 00:00:45,860  
我一直学给大伙说有这么一个金桂课  
  
21  
00:00:46,500 --> 00:00:46,780  
呃  
  
22  
00:00:47,370 --> 00:00:50,130  
那么学生有本事的，我都给撵走了  
  
23  
00:00:50,130 --> 00:00:51,850  
我说你都回家好好过节去  
  
24  
00:00:52,170 --> 00:00:55,250  
呃，当然我们五湖四海的学生们有好多呢  
  
25  
00:00:55,610 --> 00:00:56,690  
呃，家在外地  
  
26  
00:00:56,730 --> 00:00:58,770  
那么我们说，团圆啊  
  
27  
00:00:58,770 --> 00:01:00,610  
我们有好多种形式啊  
  
28  
00:01:00,610 --> 00:01:01,970  
我们既可以和家人团圆  
  
29  
00:01:02,090 --> 00:01:03,590  
那么我们也可以，呃  
  
30  
00:01:03,590 --> 00:01:05,870  
本身我们已经许身于郭一，对吧  
  
31  
00:01:05,950 --> 00:01:10,520  
那我我们以这个呃中医作为学术的归宿来说啊  
  
32  
00:01:10,680 --> 00:01:12,080  
完成这个团圆  
  
33  
00:01:12,120 --> 00:01:16,680  
那么也象征了我们今天所要讲的内容，百合的含义啊  
  
34  
00:01:16,800 --> 00:01:19,520  
今天我们要聊聊一个关于金贵  
  
35  
00:01:19,760 --> 00:01:22,040  
传承历史上一个比较有争议  
  
36  
00:01:22,040 --> 00:01:25,860  
但是又非常有意思的这么一个篇目  
  
37  
00:01:26,300 --> 00:01:28,460  
百合胡玉阴阳毒  
  
38  
00:01:30,340 --> 00:01:32,460  
那么百合、胡玉阴阳毒三者  
  
39  
00:01:32,460 --> 00:01:35,460  
我之前在讲绪论的时候曾经跟大家说过  
  
40  
00:01:36,340 --> 00:01:39,420  
他们呢，虽然是三类疾病  
  
41  
00:01:39,620 --> 00:01:42,020  
但是有一个共同点都与热病有关  
  
42  
00:01:42,940 --> 00:01:44,660  
限于时间关系啊  
  
43  
00:01:44,660 --> 00:01:47,260  
那么我们今天两个学时  
  
44  
00:01:47,740 --> 00:01:49,140  
按我来讲一个单元的课  
  
45  
00:01:49,460 --> 00:01:52,180  
我们所要仅仅要讲的其实就是百合病  
  
46  
00:01:52,420 --> 00:01:52,860  
为什么  
  
47  
00:01:52,860 --> 00:01:54,140  
因为内容太多了啊  
  
48  
00:01:54,440 --> 00:01:56,000  
我给这个东西展开了之后  
  
49  
00:01:56,040 --> 00:01:58,280  
大家就发现我们这个百合病啊  
  
50  
00:01:58,320 --> 00:02:00,120  
内容不但是很复杂  
  
51  
00:02:00,280 --> 00:02:02,680  
虽然你貌似看着寥寥几条  
  
52  
00:02:03,040 --> 00:02:05,120  
那么几个方主方四个对吧  
  
53  
00:02:05,360 --> 00:02:06,440  
那么从方若干  
  
54  
00:02:07,120 --> 00:02:10,570  
但是它的核心内容一旦打开啊  
  
55  
00:02:10,770 --> 00:02:11,410  
这个课呢  
  
56  
00:02:12,370 --> 00:02:16,890  
我是觉得大家要比较认真的把它学一学啊  
  
57  
00:02:16,970 --> 00:02:19,690  
其中有很大的玄机在里面  
  
58  
00:02:20,130 --> 00:02:22,010  
而且关于这个课呢，第二点啊  
  
59  
00:02:22,330 --> 00:02:25,910  
我个人有一点个人的感情色彩  
  
60  
00:02:26,470 --> 00:02:27,070  
也就是说  
  
61  
00:02:27,990 --> 00:02:29,150  
我总觉得金贵  
  
62  
00:02:29,390 --> 00:02:31,270  
我们以杂病立论  
  
63  
00:02:32,280 --> 00:02:34,520  
实际上我们之前讲的净失业  
  
64  
00:02:35,180 --> 00:02:39,380  
他呢是尚且是介于伤寒金匮之间  
  
65  
00:02:39,420 --> 00:02:41,660  
这个我们在早的时候也说过  
  
66  
00:02:42,170 --> 00:02:44,650  
直到哪儿开始我个人认为啊  
  
67  
00:02:45,210 --> 00:02:49,320  
就是到了真正的这个金贵地界的呢，就是百合  
  
68  
00:02:49,760 --> 00:02:50,000  
打一  
  
69  
00:02:50,000 --> 00:02:52,840  
比方我们从长春，你往内蒙古开车  
  
70  
00:02:53,780 --> 00:02:56,740  
那你刚到吉林省内蒙交界的时候  
  
71  
00:02:56,740 --> 00:03:00,540  
你能感受到这种蒙古族的异族文化  
  
72  
00:03:01,480 --> 00:03:03,600  
但是你只有再往下深入  
  
73  
00:03:04,080 --> 00:03:04,640  
打个比方  
  
74  
00:03:04,640 --> 00:03:06,680  
你到了通辽啊  
  
75  
00:03:06,800 --> 00:03:08,360  
咱们往那走，往北去  
  
76  
00:03:08,440 --> 00:03:09,040  
到了通辽  
  
77  
00:03:09,960 --> 00:03:12,470  
再往北啊，朱日和乌拉盖  
  
78  
00:03:12,510 --> 00:03:14,630  
那么你到了大草原，那时候你才知道  
  
79  
00:03:14,630 --> 00:03:16,510  
哎哟，这个是真正到地方了  
  
80  
00:03:16,750 --> 00:03:19,020  
那么我们这个金金贵啊  
  
81  
00:03:19,500 --> 00:03:20,020  
蒋百合  
  
82  
00:03:20,300 --> 00:03:22,180  
我本人期待已久啊  
  
83  
00:03:22,180 --> 00:03:27,240  
我认为这个到这才是真正完全意义上的金贵的官窍啊  
  
84  
00:03:27,320 --> 00:03:30,000  
官窍未病的脏腑立论啊  
  
85  
00:03:31,000 --> 00:03:31,720  
那么首先呢  
  
86  
00:03:32,160 --> 00:03:34,480  
依旧是老规矩讲课  
  
87  
00:03:34,480 --> 00:03:37,350  
讲课，那么首先要试明啊  
  
88  
00:03:37,350 --> 00:03:39,470  
百合病第一  
  
89  
00:03:45,040 --> 00:03:45,240  
呃  
  
90  
00:03:45,440 --> 00:03:47,920  
百合百合这个名字啊  
  
91  
00:03:48,560 --> 00:03:49,000  
百合病  
  
92  
00:03:49,000 --> 00:03:50,440  
我们今天，呃  
  
93  
00:03:50,720 --> 00:03:52,720  
我们在座的也有医院的院长啊  
  
94  
00:03:53,320 --> 00:03:56,200  
那么咱们可以这么讲  
  
95  
00:03:56,680 --> 00:03:58,120  
你到哪家医院挂号  
  
96  
00:03:58,160 --> 00:04:01,610  
你说我去看百合病，恐怕都挂不上哈  
  
97  
00:04:02,090 --> 00:04:03,690  
这个没法分科是吧  
  
98  
00:04:03,690 --> 00:04:06,690  
那么我们医院里没有任何一科说这个病是治百合的  
  
99  
00:04:06,850 --> 00:04:08,720  
他是一个骨病名啊  
  
100  
00:04:08,720 --> 00:04:11,320  
我们中医中涉及到很多骨病名  
  
101  
00:04:11,400 --> 00:04:13,960  
今天考证不出来它到底是什么  
  
102  
00:04:14,290 --> 00:04:15,850  
因此百合病争议极大  
  
103  
00:04:16,170 --> 00:04:18,769  
又由于它的后头的这个叙述啊  
  
104  
00:04:19,570 --> 00:04:21,930  
多有玄奥不详之处  
  
105  
00:04:22,570 --> 00:04:23,570  
所以到今天呢  
  
106  
00:04:23,980 --> 00:04:26,980  
百合类方在临床上非常可惜啊  
  
107  
00:04:27,380 --> 00:04:30,260  
应用呢，没有受到足够的重视  
  
108  
00:04:30,590 --> 00:04:32,870  
那么因此我们讲名不正则言不顺  
  
109  
00:04:32,870 --> 00:04:34,870  
我们今天就要捋一下百合病  
  
110  
00:04:34,990 --> 00:04:37,750  
它到底是这个名字是啥意思  
  
111  
00:04:38,450 --> 00:04:39,330  
呃，关于这个呢  
  
112  
00:04:39,410 --> 00:04:40,970  
历史上存在两种观点  
  
113  
00:04:41,210 --> 00:04:41,690  
第一  
  
114  
00:04:45,460 --> 00:04:49,660  
药物命名什么意思呢  
  
115  
00:04:51,190 --> 00:04:53,430  
非常朴素的一个命名方式  
  
116  
00:04:54,660 --> 00:04:56,300  
因为我们知道金匮要略之中  
  
117  
00:04:56,300 --> 00:04:58,140  
比如我们讲净世叶叶字啊  
  
118  
00:04:58,140 --> 00:04:59,900  
它就不是汉代的字  
  
119  
00:04:59,940 --> 00:05:03,130  
它是比汉代更古代的字  
  
120  
00:05:03,610 --> 00:05:06,890  
那么我们不能只停留在局限的历史观  
  
121  
00:05:07,400 --> 00:05:10,400  
你要知道，比如汉书里头班固就讲了叫古之方  
  
122  
00:05:10,400 --> 00:05:11,480  
记者有四对吧  
  
123  
00:05:11,900 --> 00:05:13,060  
1月1经，2月经方  
  
124  
00:05:13,060 --> 00:05:14,380  
3月房中四曰神仙  
  
125  
00:05:14,780 --> 00:05:16,580  
那么你说汉代啊  
  
126  
00:05:16,820 --> 00:05:18,380  
我们班固那个时候在西汉  
  
127  
00:05:18,780 --> 00:05:21,540  
他要讲古之方剂，那得是啥时候了  
  
128  
00:05:21,800 --> 00:05:24,360  
那我们不能说清朝以前都是古对吧  
  
129  
00:05:24,760 --> 00:05:26,200  
那么有这种历史观  
  
130  
00:05:26,520 --> 00:05:29,400  
因此古人的这种习惯啊  
  
131  
00:05:29,520 --> 00:05:32,440  
他有这种惯例，就是在金匮之中  
  
132  
00:05:32,440 --> 00:05:35,560  
有的时候他会收集一些古方和古病名  
  
133  
00:05:36,030 --> 00:05:39,110  
那么古病名它就不按后世的套路出牌了  
  
134  
00:05:39,870 --> 00:05:42,190  
他没他不一定有六经的概念啊  
  
135  
00:05:42,190 --> 00:05:45,350  
他也没有我们后世很多啊病名的那种习俗  
  
136  
00:05:46,280 --> 00:05:47,120  
比如夜夜  
  
137  
00:05:47,200 --> 00:05:48,480  
你到后头你看不到了  
  
138  
00:05:48,480 --> 00:05:49,000  
已经，对吧  
  
139  
00:05:49,040 --> 00:05:49,600  
消失了  
  
140  
00:05:49,760 --> 00:05:52,720  
但是后来我们才知道说这个是偏于我们的室温  
  
141  
00:05:53,000 --> 00:05:54,280  
伤寒物种中的室温  
  
142  
00:05:55,210 --> 00:05:58,490  
而这个百合病，它以古人来起名  
  
143  
00:05:58,530 --> 00:06:02,450  
很有可能就是一个非常非常朴素的起名方式  
  
144  
00:06:02,850 --> 00:06:05,660  
就是啥病，这个这个病是啥病啊  
  
145  
00:06:06,100 --> 00:06:07,100  
啥药能治它  
  
146  
00:06:07,260 --> 00:06:08,060  
它就是啥病  
  
147  
00:06:09,060 --> 00:06:09,740  
是这道理吧  
  
148  
00:06:09,740 --> 00:06:10,260  
打个比方  
  
149  
00:06:10,340 --> 00:06:13,100  
可能有一个病，只有甘草用上就好  
  
150  
00:06:13,300 --> 00:06:15,180  
别的药呢，用上之后效果欠佳  
  
151  
00:06:15,380 --> 00:06:17,060  
那我就给它起名叫甘草病  
  
152  
00:06:17,590 --> 00:06:19,750  
就这么简单，非常直观啊  
  
153  
00:06:19,910 --> 00:06:20,390  
百合病  
  
154  
00:06:20,870 --> 00:06:21,070  
呃  
  
155  
00:06:21,350 --> 00:06:23,150  
但是这种说法呢  
  
156  
00:06:23,900 --> 00:06:26,340  
并没有得到学界的统一认可  
  
157  
00:06:26,740 --> 00:06:27,980  
学界还有第二个认可  
  
158  
00:06:30,100 --> 00:06:31,380  
认为是从哪儿来的呢  
  
159  
00:06:32,540 --> 00:06:32,980  
定基  
  
160  
00:06:36,060 --> 00:06:37,540  
所谓百合病  
  
161  
00:06:37,860 --> 00:06:39,500  
百脉一宗，奚至其病也  
  
162  
00:06:40,740 --> 00:06:42,660  
那么所谓百是什么呀  
  
163  
00:06:42,660 --> 00:06:44,850  
就是百脉合呢  
  
164  
00:06:44,970 --> 00:06:45,970  
是百脉合宗  
  
165  
00:06:46,530 --> 00:06:49,050  
它讲的是一个生理病理的关系  
  
166  
00:06:49,730 --> 00:06:50,010  
呃  
  
167  
00:06:51,580 --> 00:06:53,340  
为啥说有难啊  
  
168  
00:06:53,420 --> 00:06:55,500  
难就难在这两方面都有道理  
  
169  
00:06:56,120 --> 00:06:57,560  
所以我们不得不惊叹啊  
  
170  
00:06:57,560 --> 00:07:01,480  
就是古人，我们发现它对人体描绘的病名  
  
171  
00:07:03,190 --> 00:07:07,530  
包括对自然界植物之间的观察，虽有不同  
  
172  
00:07:07,930 --> 00:07:09,770  
但是它真的具有重合的地方  
  
173  
00:07:10,330 --> 00:07:14,680  
因此也印证了我们中医一个非常玄奥的事情  
  
174  
00:07:14,800 --> 00:07:15,880  
也就是天人合一  
  
175  
00:07:16,920 --> 00:07:22,510  
是否天和人会在某一个瞬间有合一到你都分不开的  
  
176  
00:07:22,990 --> 00:07:24,390  
甚至你都很有疑虑的  
  
177  
00:07:24,390 --> 00:07:26,270  
这种状态也未可知啊  
  
178  
00:07:26,270 --> 00:07:28,790  
百合病就这么一个一个问题  
  
179  
00:07:29,190 --> 00:07:30,270  
那么这两者呢  
  
180  
00:07:30,470 --> 00:07:31,670  
张老师我本人啊  
  
181  
00:07:31,710 --> 00:07:33,990  
我更倾向于前者  
  
182  
00:07:35,230 --> 00:07:36,910  
就这种朴素的命名方式  
  
183  
00:07:36,910 --> 00:07:41,910  
我认为古人很可能是他发现这个病用了百合就好用啊  
  
184  
00:07:41,910 --> 00:07:43,830  
那么所以最后就起个名叫百合病啊  
  
185  
00:07:43,830 --> 00:07:46,110  
我个人更倾向于这个呃  
  
186  
00:07:46,110 --> 00:07:46,910  
至于二者呢  
  
187  
00:07:46,990 --> 00:07:47,630  
第二个呢  
  
188  
00:07:48,030 --> 00:07:49,230  
它一定是有道理的  
  
189  
00:07:49,350 --> 00:07:55,160  
但是个人认为有我们人为的发挥和人工的痕迹啊  
  
190  
00:07:55,160 --> 00:07:56,480  
我本人做学问的时候  
  
191  
00:07:56,920 --> 00:08:00,820  
呃也往往更倾向于道法自然的这种思维方式  
  
192  
00:08:00,820 --> 00:08:03,100  
我觉得有加以人工的东西  
  
193  
00:08:03,100 --> 00:08:07,070  
往往有的时候它会稍稍啊呃欠一点点  
  
194  
00:08:07,150 --> 00:08:08,950  
所以这个我我我个人观点啊  
  
195  
00:08:09,150 --> 00:08:10,550  
一家之言，呃  
  
196  
00:08:10,990 --> 00:08:12,390  
总之这个病的病名  
  
197  
00:08:13,190 --> 00:08:17,650  
它很可能是一个药物对治这个疾病有效  
  
198  
00:08:17,730 --> 00:08:19,970  
然后我们给它取这么个名叫百合  
  
199  
00:08:20,980 --> 00:08:24,540  
那么它的病因病机是怎么回事  
  
200  
00:08:24,540 --> 00:08:26,580  
我们这个要详加探讨  
  
201  
00:08:28,880 --> 00:08:31,720  
第二点是并机  
  
202  
00:08:33,679 --> 00:08:35,360  
百合病的病机  
  
203  
00:08:36,650 --> 00:08:39,210  
咱们还得看一下条文论曰，啊  
  
204  
00:08:39,370 --> 00:08:40,770  
百合病怎么说呢  
  
205  
00:08:41,330 --> 00:08:45,160  
叫百脉一宗，悉治其病也  
  
206  
00:08:46,540 --> 00:08:47,620  
呃，那么说到这啊  
  
207  
00:08:47,700 --> 00:08:50,740  
有很多住家，呃  
  
208  
00:08:50,820 --> 00:08:52,580  
也引用了很多经典啊  
  
209  
00:08:53,080 --> 00:08:54,000  
呃，在这儿呢  
  
210  
00:08:54,160 --> 00:08:55,640  
开宗明义啊  
  
211  
00:08:55,760 --> 00:08:56,560  
开宗明义  
  
212  
00:08:56,980 --> 00:08:58,580  
呃，我就写八个字吧  
  
213  
00:08:58,700 --> 00:09:00,940  
那么这是我讲课的特点啊  
  
214  
00:09:00,940 --> 00:09:03,060  
我喜欢先把你呃  
  
215  
00:09:04,050 --> 00:09:06,530  
有这么一个概括啊  
  
216  
00:09:06,930 --> 00:09:09,530  
那么这八个字你你可以记一下啊  
  
217  
00:09:13,680 --> 00:09:14,240  
废朝  
  
218  
00:09:20,200 --> 00:09:21,080  
合而不开  
  
219  
00:09:25,200 --> 00:09:28,880  
我觉得我这个说的就极其的精炼了  
  
220  
00:09:28,880 --> 00:09:30,240  
就这八个字，你把它记住  
  
221  
00:09:30,840 --> 00:09:34,000  
肺朝百脉，合而不开啊  
  
222  
00:09:36,280 --> 00:09:40,760  
我争取说到没学过医的同道也能听懂  
  
223  
00:09:41,660 --> 00:09:43,980  
肺在呼吸的时候是一个什么状态呢  
  
224  
00:09:44,580 --> 00:09:46,500  
一开一合，一开一合  
  
225  
00:09:47,060 --> 00:09:49,620  
但我在这说的绝不是肺叶啊  
  
226  
00:09:50,260 --> 00:09:52,060  
那开不开那肺肺叶开不开  
  
227  
00:09:52,060 --> 00:09:53,540  
临床上叫肺不张是吧  
  
228  
00:09:53,860 --> 00:09:56,370  
咱们都知道不是呼吸的问题  
  
229  
00:09:56,450 --> 00:09:59,170  
因为我们中医讲中医的脏腑概念  
  
230  
00:09:59,170 --> 00:10:01,690  
跟我们现代临床的脏腑概念尚且有别  
  
231  
00:10:03,070 --> 00:10:07,910  
但是我们不能非常故弄玄虚百乌龙啊  
  
232  
00:10:07,910 --> 00:10:09,150  
说这个区别到底在哪  
  
233  
00:10:09,150 --> 00:10:11,670  
我们要能说的清楚中医的这个脏腑呢  
  
234  
00:10:11,670 --> 00:10:13,070  
它中间包含了精气、神  
  
235  
00:10:13,590 --> 00:10:16,910  
也就是他非常有一个很大的空间概念  
  
236  
00:10:16,910 --> 00:10:18,470  
也就是这一堂课，我认为啊  
  
237  
00:10:18,750 --> 00:10:22,430  
我能给大家带来的最有价值的和思考的  
  
238  
00:10:23,210 --> 00:10:24,970  
一个非常大的空间概念  
  
239  
00:10:25,010 --> 00:10:29,210  
就是就是如下要讲的内容啊  
  
240  
00:10:30,090 --> 00:10:30,570  
为什么  
  
241  
00:10:30,570 --> 00:10:32,570  
因为我们商鞅金贵啊  
  
242  
00:10:33,250 --> 00:10:34,850  
在成书的时候  
  
243  
00:10:36,270 --> 00:10:40,470  
序言中早就说过，撰用素问九卷81难  
  
244  
00:10:40,970 --> 00:10:42,170  
那么这些东西都哪去了  
  
245  
00:10:42,610 --> 00:10:45,050  
其实我们呢，不是说非要强调内经  
  
246  
00:10:45,530 --> 00:10:50,960  
而是说有很多时候我们不强调内经这事就说不清楚  
  
247  
00:10:51,760 --> 00:10:54,960  
因此在这呢，就给就要给大家引进来一段啊  
  
248  
00:10:54,960 --> 00:10:58,660  
一大段内经关于精气神生化的一个论述  
  
249  
00:10:58,700 --> 00:11:00,660  
我们才能把百合病说清  
  
250  
00:11:01,050 --> 00:11:05,530  
而且这个才真正对我们的林正很多难以攻克的节点  
  
251  
00:11:05,900 --> 00:11:10,020  
我们才能产生真正的、深刻的、由内而外的变化啊  
  
252  
00:11:10,020 --> 00:11:10,940  
你才能有思路  
  
253  
00:11:11,780 --> 00:11:14,940  
那么这一段啊，从哪去入手  
  
254  
00:11:15,840 --> 00:11:16,040  
呃  
  
255  
00:11:16,480 --> 00:11:21,240  
因为之前啊，你们呃没没没没给大伙具体的说啊  
  
256  
00:11:21,840 --> 00:11:22,120  
嗯  
  
257  
00:11:23,170 --> 00:11:24,570  
你们可以自行翻译一下啊  
  
258  
00:11:24,570 --> 00:11:25,890  
或者不翻也行  
  
259  
00:11:25,890 --> 00:11:29,730  
我给你口述你也能知道有这么一段素问  
  
260  
00:11:32,220 --> 00:11:33,220  
经脉别论  
  
261  
00:11:37,740 --> 00:11:44,030  
静脉辩论中间有这么一段论述啊  
  
262  
00:11:44,030 --> 00:11:45,030  
他讲的是什么呢  
  
263  
00:11:45,590 --> 00:11:48,070  
整个精气神的生化过程啊  
  
264  
00:11:48,820 --> 00:11:50,340  
呃，其实我们中医啊  
  
265  
00:11:50,340 --> 00:11:51,860  
我经常跟我的学生强调  
  
266  
00:11:51,860 --> 00:11:53,260  
我们中医是有生理病理的  
  
267  
00:11:53,640 --> 00:11:55,240  
而且中医是有解剖的，对吧  
  
268  
00:11:55,680 --> 00:11:58,520  
而且我们的解剖不止存在于尸体层面  
  
269  
00:12:00,280 --> 00:12:01,480  
这个人体它是活的  
  
270  
00:12:01,480 --> 00:12:02,680  
人体和尸体不一样嘛  
  
271  
00:12:02,960 --> 00:12:05,000  
那么人是有精气神的生化的  
  
272  
00:12:06,200 --> 00:12:07,520  
千万别论说这么一个事  
  
273  
00:12:07,520 --> 00:12:08,040  
首先呢  
  
274  
00:12:09,000 --> 00:12:10,800  
食气入胃啊  
  
275  
00:12:10,800 --> 00:12:12,200  
就是饮食的食  
  
276  
00:12:13,990 --> 00:12:15,910  
就吃的东西，那民以食为天嘛  
  
277  
00:12:16,550 --> 00:12:18,790  
他要首先要走一个重要的脏腑  
  
278  
00:12:18,790 --> 00:12:20,150  
就是这个叫入味  
  
279  
00:12:21,790 --> 00:12:24,630  
食气入胃之后，那我们都知道经过了胃的辅助消化  
  
280  
00:12:25,350 --> 00:12:29,390  
那么它的相对于饮食的比较精微的物质  
  
281  
00:12:29,920 --> 00:12:32,040  
这给你描述了一下  
  
282  
00:12:32,040 --> 00:12:34,320  
他的就是我们所需要的这个路径啊  
  
283  
00:12:35,200 --> 00:12:37,160  
则浊气呢，归心  
  
284  
00:12:37,500 --> 00:12:38,260  
你注意啊  
  
285  
00:12:38,300 --> 00:12:40,940  
这个浊气它是相对于谁来说  
  
286  
00:12:40,940 --> 00:12:43,490  
它不是说把污浊之气跑到心脏里  
  
287  
00:12:43,490 --> 00:12:44,770  
那人不就死了嘛  
  
288  
00:12:44,770 --> 00:12:45,050  
对吧  
  
289  
00:12:45,050 --> 00:12:46,330  
那不心脏梗塞了吗  
  
290  
00:12:46,730 --> 00:12:47,530  
不是那个概念  
  
291  
00:12:47,890 --> 00:12:50,290  
它是相对于精微之气  
  
292  
00:12:50,790 --> 00:12:52,150  
有精有浊，对不对啊  
  
293  
00:12:52,190 --> 00:12:53,270  
精者清也啊  
  
294  
00:12:53,590 --> 00:12:54,270  
精气的精  
  
295  
00:12:54,270 --> 00:12:55,990  
你把那个米变成三点水  
  
296  
00:12:55,990 --> 00:12:57,310  
不就变成了氢气吗  
  
297  
00:12:57,760 --> 00:13:00,080  
氢气和浊气，它相当于精气来说  
  
298  
00:13:00,080 --> 00:13:00,720  
它是浊的  
  
299  
00:13:00,840 --> 00:13:02,920  
但相当于食物来说，它是清的  
  
300  
00:13:03,530 --> 00:13:04,330  
是这个道理吧  
  
301  
00:13:04,410 --> 00:13:05,290  
这是阴阳啊  
  
302  
00:13:05,290 --> 00:13:06,010  
这是一对阴阳  
  
303  
00:13:06,290 --> 00:13:07,650  
那么饮食入了胃之后  
  
304  
00:13:07,690 --> 00:13:11,810  
把相对于这个不是那么精微的给了心脏  
  
305  
00:13:12,270 --> 00:13:13,350  
给了心脏之后呢  
  
306  
00:13:16,550 --> 00:13:17,550  
银精于脉  
  
307  
00:13:18,850 --> 00:13:19,730  
有这么一句话啊  
  
308  
00:13:19,730 --> 00:13:20,650  
叫阴精于脉  
  
309  
00:13:21,090 --> 00:13:23,410  
他把谁给了心脏  
  
310  
00:13:23,570 --> 00:13:26,050  
把浊气加工了之后，把谁给了脉呢  
  
311  
00:13:29,480 --> 00:13:32,040  
就是精气，是这道理吧  
  
312  
00:13:32,480 --> 00:13:33,480  
然后我们就知道啊  
  
313  
00:13:33,480 --> 00:13:35,960  
这个脉里人的那个脉里已经有精气了  
  
314  
00:13:36,080 --> 00:13:37,720  
但是脉和经还不一样啊  
  
315  
00:13:38,080 --> 00:13:40,080  
我们还要还要这要走  
  
316  
00:13:40,990 --> 00:13:43,230  
然后呢，脉气归经  
  
317  
00:13:47,220 --> 00:13:48,620  
麦里的什么东西  
  
318  
00:13:48,620 --> 00:13:51,240  
麦里的气给了精  
  
319  
00:13:51,640 --> 00:13:53,040  
那么大家看这四个节点  
  
320  
00:13:53,360 --> 00:13:55,240  
味辛脉经都看懂了吧  
  
321  
00:13:55,720 --> 00:14:02,710  
这里头涉及到了食气、浊气、精和气的四个节点啊  
  
322  
00:14:03,190 --> 00:14:04,350  
但这四段呢  
  
323  
00:14:04,900 --> 00:14:07,700  
呃，还不是我们要论述的高峰啊  
  
324  
00:14:07,700 --> 00:14:08,980  
高峰在这出现了  
  
325  
00:14:10,660 --> 00:14:11,220  
你看啊  
  
326  
00:14:11,340 --> 00:14:12,420  
非常有意思  
  
327  
00:14:13,580 --> 00:14:15,820  
精气归于肺  
  
328  
00:14:17,690 --> 00:14:17,930  
哎  
  
329  
00:14:19,450 --> 00:14:21,730  
这个是非常重要的一个节点  
  
330  
00:14:23,240 --> 00:14:25,960  
概括一下人在吃了饭之后，啊  
  
331  
00:14:25,960 --> 00:14:29,770  
这个饭最后是要变化成我们体内的精气神的，对吧  
  
332  
00:14:30,210 --> 00:14:33,610  
那么这个变化过程大概就是从胃到心再到脉  
  
333  
00:14:33,610 --> 00:14:35,810  
再到精这一系列的  
  
334  
00:14:37,400 --> 00:14:39,480  
冷链的快递啊哈  
  
335  
00:14:39,720 --> 00:14:41,920  
我们说完成之后啊  
  
336  
00:14:42,630 --> 00:14:44,470  
最后这个产物，饮食  
  
337  
00:14:44,470 --> 00:14:49,990  
这个产物最后要归身体一个非常重要的脏器去管理  
  
338  
00:14:50,430 --> 00:14:51,390  
这个脏器是谁  
  
339  
00:14:52,710 --> 00:14:55,030  
同学们，这个脏器是谁  
  
340  
00:14:56,360 --> 00:14:57,200  
肺看到了吧  
  
341  
00:14:57,800 --> 00:14:59,280  
因此我们讲这么一个事  
  
342  
00:14:59,600 --> 00:15:03,000  
肺相当于人体的总理大臣  
  
343  
00:15:03,870 --> 00:15:09,190  
古人讲费者什么什么直观相府之官  
  
344  
00:15:09,830 --> 00:15:12,130  
出什么，出智捷啊  
  
345  
00:15:12,130 --> 00:15:13,370  
回头我们一会讲百合  
  
346  
00:15:13,370 --> 00:15:15,490  
会详细的给大家扣这个字眼啊  
  
347  
00:15:15,890 --> 00:15:16,930  
智捷是啥意思  
  
348  
00:15:17,270 --> 00:15:18,030  
这个捋不清  
  
349  
00:15:18,070 --> 00:15:18,870  
临床上有很多地方  
  
350  
00:15:18,870 --> 00:15:21,430  
你一到那你就发懵啊，就懵了  
  
351  
00:15:21,760 --> 00:15:23,000  
那么大家就注意一个事  
  
352  
00:15:23,240 --> 00:15:25,400  
那么我们吃了那么多东西啊  
  
353  
00:15:25,520 --> 00:15:27,040  
吃喝说1000道1万  
  
354  
00:15:27,040 --> 00:15:30,300  
最后他经过了一系列的代谢过程  
  
355  
00:15:30,980 --> 00:15:33,060  
这个过程最后是往哪儿走呢  
  
356  
00:15:33,060 --> 00:15:35,050  
往肺走啊  
  
357  
00:15:36,890 --> 00:15:39,450  
呃，其实我们还有一段非常经典的饮食入味  
  
358  
00:15:39,450 --> 00:15:40,130  
由于精气  
  
359  
00:15:40,510 --> 00:15:42,430  
记得吧，大家那段基本张口就来  
  
360  
00:15:42,630 --> 00:15:43,510  
他讲的是水液  
  
361  
00:15:43,830 --> 00:15:45,150  
但我们这段讲的是精气神  
  
362  
00:15:45,430 --> 00:15:48,190  
从两个不同的侧面去看一件事啊  
  
363  
00:15:48,470 --> 00:15:50,590  
这二者他是非但不矛盾  
  
364  
00:15:50,590 --> 00:15:53,740  
而且是不同角度，不同角度看一件事啊  
  
365  
00:15:54,420 --> 00:15:56,580  
但是我们今天单讲就精气神这个事啊  
  
366  
00:15:57,110 --> 00:15:57,870  
精气归于肺  
  
367  
00:15:58,230 --> 00:16:02,150  
那么这种现象我们给他最后取了个名  
  
368  
00:16:02,270 --> 00:16:03,110  
古人取了个名  
  
369  
00:16:03,190 --> 00:16:04,630  
这种现象叫什么呢  
  
370  
00:16:08,240 --> 00:16:10,480  
肺朝百脉  
  
371  
00:16:12,700 --> 00:16:13,900  
大家现在明白了吧  
  
372  
00:16:15,020 --> 00:16:17,300  
我们从学中基的时候啊  
  
373  
00:16:17,300 --> 00:16:18,260  
我们每天  
  
374  
00:16:20,130 --> 00:16:22,530  
都跟你念叨肺朝百脉，肺朝百脉  
  
375  
00:16:22,530 --> 00:16:23,730  
那么啥叫肺朝百脉  
  
376  
00:16:23,890 --> 00:16:25,010  
现在大家明白了吧  
  
377  
00:16:25,450 --> 00:16:28,410  
所谓肺朝百脉，讲的是肺脏  
  
378  
00:16:29,190 --> 00:16:33,750  
以国之相府的身份，统摄周深之百脉  
  
379  
00:16:34,030 --> 00:16:35,030  
要归于费  
  
380  
00:16:35,390 --> 00:16:36,310  
归于肺，干什么  
  
381  
00:16:36,550 --> 00:16:37,150  
再分配  
  
382  
00:16:38,380 --> 00:16:39,220  
这个大家懂了吧  
  
383  
00:16:39,980 --> 00:16:43,620  
就是国有千口，主事一人  
  
384  
00:16:43,900 --> 00:16:45,980  
就像我们国家的运行也是一样  
  
385  
00:16:46,400 --> 00:16:46,600  
呃  
  
386  
00:16:46,760 --> 00:16:49,080  
我们士农工商各安生业  
  
387  
00:16:49,360 --> 00:16:50,840  
但是我们都要纳税  
  
388  
00:16:50,880 --> 00:16:51,960  
纳税给给谁啊  
  
389  
00:16:51,960 --> 00:16:53,600  
给国家，国家干什么  
  
390  
00:16:53,840 --> 00:16:57,120  
要有一个统一的调度和分配去做事情对吧  
  
391  
00:16:57,430 --> 00:16:58,510  
去解决民生问题  
  
392  
00:16:58,510 --> 00:16:59,870  
解决国家的问题  
  
393  
00:16:59,870 --> 00:17:00,670  
国防啊等等  
  
394  
00:17:00,910 --> 00:17:03,590  
那么这个总理大臣不是心脏  
  
395  
00:17:04,210 --> 00:17:05,210  
心脏干不了这事  
  
396  
00:17:05,210 --> 00:17:05,849  
心为君主  
  
397  
00:17:06,650 --> 00:17:08,569  
心脏如果这么忙，这国家就完了  
  
398  
00:17:08,770 --> 00:17:11,369  
就像当年我们讲崇祯皇帝一样  
  
399  
00:17:11,369 --> 00:17:12,250  
是不是这个道理啊  
  
400  
00:17:12,450 --> 00:17:14,290  
啥事他自己亲自上，这就完了  
  
401  
00:17:14,450 --> 00:17:17,730  
这时候得有一个人代君行令，就是废费  
  
402  
00:17:17,730 --> 00:17:19,490  
是相府，也就是总理的意思  
  
403  
00:17:19,810 --> 00:17:21,609  
那么这种现象称之为肺朝百脉  
  
404  
00:17:21,890 --> 00:17:25,589  
它的整个的税收归到宰相这儿啊  
  
405  
00:17:26,230 --> 00:17:29,150  
整个人的精气神气血归到肺  
  
406  
00:17:29,400 --> 00:17:31,880  
这种现象称之为肺朝百脉  
  
407  
00:17:32,120 --> 00:17:34,240  
那么你想想它是一个合的过程  
  
408  
00:17:34,240 --> 00:17:35,240  
还是一个开的过程  
  
409  
00:17:36,880 --> 00:17:38,160  
非常重要，非常重要  
  
410  
00:17:38,160 --> 00:17:39,320  
这个概念非常重要  
  
411  
00:17:39,480 --> 00:17:43,120  
合还是开校准一点和没错啊  
  
412  
00:17:44,970 --> 00:17:45,490  
答对了  
  
413  
00:17:46,090 --> 00:17:49,490  
那么我们废朝外卖第一阶段完成任务啊  
  
414  
00:17:50,050 --> 00:17:52,950  
那么上海也好，金贵也罢  
  
415  
00:17:52,990 --> 00:17:57,040  
他的立法垂方总是仿生的状态  
  
416  
00:17:57,200 --> 00:17:59,200  
我跟大家经常说这个问题对不对  
  
417  
00:17:59,380 --> 00:18:00,780  
它就是一个仿生仲景方  
  
418  
00:18:00,780 --> 00:18:02,660  
很多都是仿生仿造人的生理  
  
419  
00:18:02,900 --> 00:18:06,380  
那么你生理上的任何链条你都要明白它是怎么运转的  
  
420  
00:18:06,620 --> 00:18:08,660  
这就是我讲的中医的生理、病理和解剖  
  
421  
00:18:09,140 --> 00:18:10,620  
但是你明白了之后  
  
422  
00:18:11,100 --> 00:18:14,660  
你到了临床上，你就能发现谁不是按这个走的  
  
423  
00:18:15,260 --> 00:18:19,820  
而且是在哪一个片段发生了扭曲、断裂和错位  
  
424  
00:18:20,260 --> 00:18:21,860  
那么我们就知道怎么去治了  
  
425  
00:18:21,860 --> 00:18:24,340  
这就是中医的生理和病理  
  
426  
00:18:24,820 --> 00:18:27,500  
古人讲叫平人气象论啊  
  
427  
00:18:27,940 --> 00:18:28,980  
评人如何对吧  
  
428  
00:18:28,980 --> 00:18:33,350  
我们讲这个素问，最早的王冰以前的叫全员其本  
  
429  
00:18:33,870 --> 00:18:37,160  
他开篇不是上古天真论  
  
430  
00:18:37,480 --> 00:18:38,640  
它叫平人气象论  
  
431  
00:18:38,640 --> 00:18:39,320  
讲的是什么  
  
432  
00:18:39,320 --> 00:18:40,560  
是评人，什么是病人  
  
433  
00:18:40,760 --> 00:18:42,760  
那么你知评人才能治病人，对吧  
  
434  
00:18:43,240 --> 00:18:43,560  
哎  
  
435  
00:18:44,440 --> 00:18:46,880  
那么这个废朝百脉，它是百脉之合  
  
436  
00:18:47,560 --> 00:18:48,840  
废朝百脉之后呢  
  
437  
00:18:50,050 --> 00:18:51,970  
它又有下一个片段啊  
  
438  
00:18:52,010 --> 00:18:52,810  
下一个片段  
  
439  
00:18:56,640 --> 00:18:58,000  
它不会停在肺里对吧  
  
440  
00:18:58,000 --> 00:18:59,520  
就像国家的税收也是啊  
  
441  
00:18:59,840 --> 00:19:02,520  
不可能说就放在银行里，它就不动了  
  
442  
00:19:02,840 --> 00:19:05,980  
下一步前方高能啊哈  
  
443  
00:19:09,860 --> 00:19:12,460  
输精于皮毛  
  
444  
00:19:13,740 --> 00:19:15,620  
这有意思了  
  
445  
00:19:15,620 --> 00:19:18,940  
我们同学们，你们听过一个词叫肺和皮毛吧  
  
446  
00:19:19,420 --> 00:19:20,620  
知道它是哪来的了吧  
  
447  
00:19:21,140 --> 00:19:22,860  
它不是一个概念上的核  
  
448  
00:19:23,500 --> 00:19:25,380  
它是真的和人体  
  
449  
00:19:25,380 --> 00:19:30,780  
你记住人体周身之这个精精气啊  
  
450  
00:19:30,860 --> 00:19:32,900  
我们讲这个经脉之中的这个精气啊  
  
451  
00:19:33,100 --> 00:19:33,860  
不是那个精气  
  
452  
00:19:34,540 --> 00:19:37,210  
那么经过了收藏运化  
  
453  
00:19:38,170 --> 00:19:40,250  
那么合合为精气  
  
454  
00:19:40,970 --> 00:19:42,090  
输精于哪儿呢  
  
455  
00:19:44,270 --> 00:19:44,790  
皮毛  
  
456  
00:19:46,380 --> 00:19:48,300  
呃，我在这不举例子了  
  
457  
00:19:48,300 --> 00:19:52,740  
就是说人的周身的皮损可能会导致人的死亡啊  
  
458  
00:19:52,740 --> 00:19:54,420  
这个我们现代医学常识啊  
  
459  
00:19:55,250 --> 00:19:57,370  
那么我们这就要说它的生理  
  
460  
00:19:57,890 --> 00:20:02,650  
其实肺呢，把所有的这个精气最后给了皮毛  
  
461  
00:20:02,650 --> 00:20:03,170  
为什么  
  
462  
00:20:04,070 --> 00:20:06,110  
你想想就是运输的问题  
  
463  
00:20:07,510 --> 00:20:09,910  
人体的皮毛遍布周身  
  
464  
00:20:10,910 --> 00:20:11,710  
无处不走  
  
465  
00:20:11,710 --> 00:20:12,390  
无处不到  
  
466  
00:20:12,630 --> 00:20:13,710  
临近于内外  
  
467  
00:20:14,700 --> 00:20:16,060  
统周身之经脉  
  
468  
00:20:16,060 --> 00:20:18,420  
你看哪一个经脉不是在皮毛之上呢  
  
469  
00:20:20,220 --> 00:20:24,540  
全在这，它是最快的一个中转运输的地方  
  
470  
00:20:24,920 --> 00:20:26,800  
而且跟肺相合，这个你懂了吧  
  
471  
00:20:27,080 --> 00:20:29,120  
所以肺要把它精气先给皮肤  
  
472  
00:20:29,520 --> 00:20:31,080  
皮肤最后再给谁呢  
  
473  
00:20:31,080 --> 00:20:32,400  
你看啊，这个有意思了  
  
474  
00:20:33,150 --> 00:20:33,990  
输精于皮毛  
  
475  
00:20:35,750 --> 00:20:37,830  
毛脉合经  
  
476  
00:20:43,580 --> 00:20:44,180  
什么意思  
  
477  
00:20:44,740 --> 00:20:45,980  
也就是通过皮肤  
  
478  
00:20:47,060 --> 00:20:49,460  
让各个精气的脉  
  
479  
00:20:49,540 --> 00:20:51,450  
就像我们今天的那个，呃  
  
480  
00:20:51,610 --> 00:20:52,570  
快递似的啊  
  
481  
00:20:53,110 --> 00:20:55,030  
先给你这所有快递，你先别管  
  
482  
00:20:55,070 --> 00:20:55,790  
反正都给你  
  
483  
00:20:56,030 --> 00:20:57,350  
比如我们长春市啊  
  
484  
00:20:57,790 --> 00:20:58,870  
先送到长春市  
  
485  
00:20:58,870 --> 00:21:01,470  
就是有一个长青集散地是吧到那  
  
486  
00:21:02,190 --> 00:21:05,910  
那么这个皮肤就是这个作用吧到这儿之后好了  
  
487  
00:21:05,950 --> 00:21:06,990  
各自归类吧  
  
488  
00:21:08,770 --> 00:21:10,410  
精气归于皮肤之后各自归类  
  
489  
00:21:10,650 --> 00:21:11,770  
你归守太阳的  
  
490  
00:21:12,210 --> 00:21:13,170  
你归足太阴的  
  
491  
00:21:13,850 --> 00:21:15,010  
它归守太阳  
  
492  
00:21:15,950 --> 00:21:17,870  
它归足阳明，归好类  
  
493  
00:21:17,870 --> 00:21:21,390  
之后毛脉合经，归于相应之脉络  
  
494  
00:21:21,750 --> 00:21:22,510  
然后怎么办  
  
495  
00:21:23,590 --> 00:21:24,430  
行气与腹  
  
496  
00:21:30,480 --> 00:21:31,440  
新区预谱你看啊  
  
497  
00:21:32,720 --> 00:21:34,080  
到脉络还不算完  
  
498  
00:21:35,120 --> 00:21:37,160  
要把这个精气给谁呢  
  
499  
00:21:37,960 --> 00:21:38,960  
脉络只是通路  
  
500  
00:21:39,930 --> 00:21:41,450  
他不是最后收快递的啊  
  
501  
00:21:42,050 --> 00:21:44,730  
他要通过这个脉络把它归给谁，归给六福  
  
502  
00:21:45,870 --> 00:21:47,550  
咱们说过六腑干什么  
  
503  
00:21:48,550 --> 00:21:51,030  
传化物而不藏，还记得吧  
  
504  
00:21:51,510 --> 00:21:53,590  
它是一个巨大的传导通路  
  
505  
00:21:53,590 --> 00:21:56,150  
也是三阳经的这个部位啊  
  
506  
00:21:56,470 --> 00:21:57,990  
三阳经的实实体  
  
507  
00:21:58,680 --> 00:22:01,320  
那么要给它，它是一个巨大的输送链  
  
508  
00:22:01,680 --> 00:22:03,760  
那么给六腑之后，六腑呢  
  
509  
00:22:04,250 --> 00:22:06,330  
中间就产生了一个非常微妙的作用  
  
510  
00:22:06,330 --> 00:22:08,530  
因为六腑已经是脏腑之一了  
  
511  
00:22:08,820 --> 00:22:10,580  
它不像刚才我们那个你  
  
512  
00:22:10,580 --> 00:22:12,580  
你是皮肤也好，还是脉也好  
  
513  
00:22:12,580 --> 00:22:12,860  
对吧  
  
514  
00:22:13,140 --> 00:22:13,660  
经也好  
  
515  
00:22:13,860 --> 00:22:14,820  
它不是这个层面  
  
516  
00:22:14,820 --> 00:22:16,460  
他已经是入入脏腑了  
  
517  
00:22:16,900 --> 00:22:18,820  
已经是有五脏神明参与了  
  
518  
00:22:19,100 --> 00:22:20,460  
所以到六腑才有神  
  
519  
00:22:21,250 --> 00:22:24,290  
精是没有神的，太阳膀胱经没有对不对呀  
  
520  
00:22:24,730 --> 00:22:27,170  
只有到六腑才有五脏神的概念啊  
  
521  
00:22:27,570 --> 00:22:28,210  
因此呢  
  
522  
00:22:28,790 --> 00:22:30,830  
这就说了一句话，叫俯精神明  
  
523  
00:22:37,600 --> 00:22:41,160  
其实这个呢呃，抚精神明是为了押韵  
  
524  
00:22:42,540 --> 00:22:44,380  
因为都是四言嘛啊  
  
525  
00:22:44,460 --> 00:22:46,900  
汉代常用的这种四言描述方式  
  
526  
00:22:47,180 --> 00:22:49,060  
他这重点说的是这俩字  
  
527  
00:22:50,400 --> 00:22:51,040  
精河神  
  
528  
00:22:52,680 --> 00:22:57,080  
五脏之精，五脏最终的我们升华的核心的形态啊  
  
529  
00:22:57,360 --> 00:22:58,240  
那么精、气神  
  
530  
00:22:58,520 --> 00:22:58,880  
精气  
  
531  
00:22:58,880 --> 00:23:03,150  
最终核心的这种升华的状态，就是神的状态啊  
  
532  
00:23:03,270 --> 00:23:07,350  
也是我们中国人自古以来我们任何的医药  
  
533  
00:23:07,830 --> 00:23:08,910  
我们中国的艺术  
  
534  
00:23:09,540 --> 00:23:10,540  
我们中国的文学  
  
535  
00:23:10,540 --> 00:23:12,300  
最后他求的都是神的东西  
  
536  
00:23:12,700 --> 00:23:14,740  
你看那个，比如你到梵蒂冈  
  
537  
00:23:14,820 --> 00:23:18,320  
你看他们的雕刻你，你发现纤毫入发  
  
538  
00:23:18,360 --> 00:23:22,000  
他把人的肌肉血管刻画到让你很惊叹的程度  
  
539  
00:23:22,440 --> 00:23:24,890  
但是反观我们中国人啊，呃  
  
540  
00:23:24,930 --> 00:23:27,570  
顾恺之啊，顾弘中  
  
541  
00:23:28,590 --> 00:23:28,790  
呃  
  
542  
00:23:29,430 --> 00:23:31,230  
武宗元你，你你你  
  
543  
00:23:31,230 --> 00:23:32,830  
你看他们画的画啊  
  
544  
00:23:32,870 --> 00:23:33,710  
包括吴道子  
  
545  
00:23:34,670 --> 00:23:37,910  
你看不到血管、皮肤，甚至是汗腺啊  
  
546  
00:23:38,470 --> 00:23:41,240  
但是你就觉得有一种代入感  
  
547  
00:23:41,640 --> 00:23:42,840  
因为他求的是神  
  
548  
00:23:43,450 --> 00:23:45,690  
外国人把形的层面发挥到了极致  
  
549  
00:23:46,130 --> 00:23:48,250  
中国人把神的层面发挥到了极致  
  
550  
00:23:48,450 --> 00:23:50,690  
这个是文化之延续  
  
551  
00:23:51,040 --> 00:23:53,160  
那么我们最终呢，抚精神明  
  
552  
00:23:53,320 --> 00:23:55,960  
他就是精和神的在其中啊  
  
553  
00:23:56,520 --> 00:23:58,300  
这种状态，呃  
  
554  
00:23:58,460 --> 00:24:00,460  
上药三品神与气精啊  
  
555  
00:24:00,540 --> 00:24:03,380  
那么最后是恍惚要明之状态  
  
556  
00:24:03,380 --> 00:24:04,580  
他是变成了神  
  
557  
00:24:04,860 --> 00:24:07,780  
那么这个精神最后归于谁呢  
  
558  
00:24:10,840 --> 00:24:12,840  
归于四藏  
  
559  
00:24:14,600 --> 00:24:14,800  
哎  
  
560  
00:24:14,880 --> 00:24:17,920  
这个概念就是我们最终的节点  
  
561  
00:24:18,440 --> 00:24:20,280  
那么把百合并要理解  
  
562  
00:24:20,480 --> 00:24:23,780  
就要把这个整个的过程，你看  
  
563  
00:24:24,700 --> 00:24:25,900  
呃，在这儿呢  
  
564  
00:24:25,900 --> 00:24:27,780  
我说了四站对吧  
  
565  
00:24:28,460 --> 00:24:33,900  
1234就要把它都非常明确  
  
566  
00:24:34,180 --> 00:24:38,180  
这个呢，大家我建议就不是说背下来这么简单了啊  
  
567  
00:24:38,420 --> 00:24:40,260  
你要非常深刻的理解  
  
568  
00:24:40,260 --> 00:24:42,020  
刻画到你的脑海里  
  
569  
00:24:42,500 --> 00:24:44,580  
落实到你的临证上  
  
570  
00:24:44,970 --> 00:24:48,570  
这个是我们非常非常重要的一个精气神生化的概念  
  
571  
00:24:48,850 --> 00:24:51,130  
用两个字来形容，就是开合  
  
572  
00:24:51,780 --> 00:24:53,940  
大家还记得我刚才说到肺朝百脉  
  
573  
00:24:53,940 --> 00:24:55,020  
它是一个什么状态啊  
  
574  
00:24:55,540 --> 00:24:56,220  
合的状态  
  
575  
00:24:56,580 --> 00:24:59,490  
但是就等于你把钱最后汇到一块  
  
576  
00:25:00,170 --> 00:25:01,250  
这是一个合的状态吧  
  
577  
00:25:01,650 --> 00:25:03,290  
但最后你这钱不能汇一块  
  
578  
00:25:03,290 --> 00:25:06,470  
你得分给大伙教育部门要多少  
  
579  
00:25:06,990 --> 00:25:07,510  
是不是啊  
  
580  
00:25:07,870 --> 00:25:09,870  
然后你那个国防部门要多少  
  
581  
00:25:10,540 --> 00:25:12,580  
咱们农业部门要多少  
  
582  
00:25:12,940 --> 00:25:13,980  
你得分得均匀  
  
583  
00:25:14,380 --> 00:25:16,100  
得分的正常，分的通畅  
  
584  
00:25:17,210 --> 00:25:19,610  
这个叫开，大家明白了吧  
  
585  
00:25:20,050 --> 00:25:21,930  
百合病是哪病了  
  
586  
00:25:22,860 --> 00:25:23,540  
上头病了  
  
587  
00:25:24,060 --> 00:25:26,060  
病到什么程度，怎么回事  
  
588  
00:25:26,180 --> 00:25:29,740  
就是合了之后发现一个问题，没打开  
  
589  
00:25:30,920 --> 00:25:31,720  
大家，明白了吧  
  
590  
00:25:32,080 --> 00:25:34,200  
什么叫百合并百脉一宗  
  
591  
00:25:34,700 --> 00:25:38,100  
全国最后的钱都给谁了，就给他了  
  
592  
00:25:38,140 --> 00:25:39,220  
他那儿出问题了  
  
593  
00:25:39,220 --> 00:25:43,260  
所以西治起病，这回大家明白了吧  
  
594  
00:25:44,100 --> 00:25:44,300  
哎  
  
595  
00:25:44,420 --> 00:25:47,860  
他得病了，就是最后我们那个国家的相府部门  
  
596  
00:25:47,860 --> 00:25:49,740  
总理部门出现了问题  
  
597  
00:25:50,360 --> 00:25:54,200  
他不能很好的把精气传导给大家，那么得病了  
  
598  
00:25:54,440 --> 00:25:57,000  
因此最后大家要理解一个问题啊  
  
599  
00:25:58,580 --> 00:25:59,500  
肺朝百脉之后  
  
600  
00:25:59,540 --> 00:26:02,300  
这个百脉之中的精气最后的目的地是谁呢  
  
601  
00:26:02,300 --> 00:26:03,660  
这个名词叫四藏  
  
602  
00:26:05,070 --> 00:26:06,990  
大家记住这四藏分别是谁呢  
  
603  
00:26:08,310 --> 00:26:08,870  
猜一猜  
  
604  
00:26:09,890 --> 00:26:10,970  
那你看五脏  
  
605  
00:26:10,970 --> 00:26:11,890  
五脏除了肺  
  
606  
00:26:11,890 --> 00:26:13,730  
那最后剩四个没错  
  
607  
00:26:13,730 --> 00:26:14,770  
你们都猜对了啊  
  
608  
00:26:15,000 --> 00:26:16,800  
那扒拉手指头咱们就想出来了  
  
609  
00:26:16,800 --> 00:26:19,320  
肯定有心有脾，有肝有肾  
  
610  
00:26:20,130 --> 00:26:20,650  
明白了吧  
  
611  
00:26:21,170 --> 00:26:21,970  
就这么一个过程  
  
612  
00:26:22,210 --> 00:26:26,050  
所以百合并我，从道理上我想大家现在已经听懂了吧  
  
613  
00:26:26,580 --> 00:26:31,010  
就是由于某种原因造成了废行相府啊  
  
614  
00:26:31,010 --> 00:26:32,850  
也就是志节废行志杰的时候  
  
615  
00:26:32,850 --> 00:26:34,490  
因为它制节就是总调度嘛  
  
616  
00:26:34,850 --> 00:26:39,210  
你调度的时候，把所有的精气都聚敛到肺了之后  
  
617  
00:26:39,250 --> 00:26:42,010  
然后它就没有没有下文了  
  
618  
00:26:43,180 --> 00:26:45,220  
这就是百合病啊  
  
619  
00:26:45,380 --> 00:26:46,580  
从这个角度非常简单  
  
620  
00:26:46,580 --> 00:26:51,220  
用我最后给你总结的八个字叫什么肺朝百脉  
  
621  
00:26:51,980 --> 00:26:53,100  
合而不开啊  
  
622  
00:26:54,070 --> 00:26:54,750  
非常简单  
  
623  
00:26:54,750 --> 00:26:56,750  
我们讲至简至简啊  
  
624  
00:26:56,750 --> 00:26:59,510  
它没有任何复杂的和玄幻的东西  
  
625  
00:26:59,750 --> 00:27:03,310  
这里头你也听不到任何我们说不接地气的  
  
626  
00:27:03,310 --> 00:27:06,340  
或者说你理解不了的啊  
  
627  
00:27:06,420 --> 00:27:09,260  
需要顿悟的东西没有非常简单  
  
628  
00:27:09,260 --> 00:27:11,980  
就跟老老百姓日用是一模一样吗  
  
629  
00:27:12,490 --> 00:27:14,050  
那么百姓日用而不知啊  
  
630  
00:27:14,690 --> 00:27:16,170  
道其出口淡乎而无畏  
  
631  
00:27:16,250 --> 00:27:18,820  
视之不足见用之不足闻啊  
  
632  
00:27:19,060 --> 00:27:20,420  
就这就这么简单啊  
  
633  
00:27:21,930 --> 00:27:26,930  
那么是什么原因造成的这种肺合而不开  
  
634  
00:27:27,360 --> 00:27:28,080  
呃，这个呢  
  
635  
00:27:28,360 --> 00:27:30,000  
仲景先师没说  
  
636  
00:27:30,720 --> 00:27:34,360  
我们通过对内经的了解印证  
  
637  
00:27:34,920 --> 00:27:39,740  
通过对这个方的临证体会和斟酌啊  
  
638  
00:27:40,620 --> 00:27:43,140  
呃，我只能说说我个人的一家之言  
  
639  
00:27:43,740 --> 00:27:44,820  
我认为啊  
  
640  
00:27:47,360 --> 00:27:50,960  
四个字是它的核心并集啊  
  
641  
00:27:50,960 --> 00:27:52,240  
不是并集，是病因啊  
  
642  
00:27:53,360 --> 00:27:54,080  
这个是病因  
  
643  
00:27:55,120 --> 00:27:56,760  
病因和病机不是一回事  
  
644  
00:27:59,960 --> 00:28:00,960  
四个字叫什么  
  
645  
00:28:00,960 --> 00:28:02,400  
叫热盛伤肺  
  
646  
00:28:04,560 --> 00:28:06,240  
呃，所谓伤寒有五  
  
647  
00:28:07,320 --> 00:28:08,840  
有中风有伤寒  
  
648  
00:28:08,960 --> 00:28:14,240  
这是我们伤寒论当家的这个封商尉韩商营啊  
  
649  
00:28:14,680 --> 00:28:16,910  
两条主线有室温  
  
650  
00:28:17,030 --> 00:28:19,910  
室温上把讲那个净世液的时候给大家提过  
  
651  
00:28:20,070 --> 00:28:20,910  
大家可能有感觉  
  
652  
00:28:20,910 --> 00:28:22,960  
当然这是我张老师本人版的啊  
  
653  
00:28:23,000 --> 00:28:26,320  
这个不代表金匮要略我们那个那个教材观点啊  
  
654  
00:28:27,090 --> 00:28:28,890  
有热病，有温病  
  
655  
00:28:28,890 --> 00:28:33,490  
温病就是我们后世讲的那个外感温热啊，那个呃  
  
656  
00:28:33,850 --> 00:28:36,330  
跟瘟疫他俩就接轨了吧，啊  
  
657  
00:28:37,090 --> 00:28:38,130  
热病是什么  
  
658  
00:28:38,940 --> 00:28:40,780  
热者火也啊  
  
659  
00:28:44,040 --> 00:28:46,240  
热者火也火呀  
  
660  
00:28:46,320 --> 00:28:47,720  
它有一个天然的属性  
  
661  
00:28:48,240 --> 00:28:49,040  
火太大了  
  
662  
00:28:49,040 --> 00:28:51,440  
它就伤五脏之中，首先伤谁呢  
  
663  
00:28:58,200 --> 00:28:59,840  
伤肺，这叫火克金  
  
664  
00:29:00,320 --> 00:29:01,440  
我们讲肺为娇脏  
  
665  
00:29:01,440 --> 00:29:05,280  
是不是中国人用五行仰观天文，俯察地理  
  
666  
00:29:05,720 --> 00:29:08,160  
那么去印证了人体生理病理的变化  
  
667  
00:29:08,520 --> 00:29:12,250  
火热太过一定会伤费劲，伤了肺金之后  
  
668  
00:29:12,610 --> 00:29:16,010  
那么肺金在它突然之间瘫痪了之后  
  
669  
00:29:17,200 --> 00:29:19,680  
它就会形成这种合而不开的状态  
  
670  
00:29:19,960 --> 00:29:20,840  
原因很简单  
  
671  
00:29:20,880 --> 00:29:22,080  
就像是打个比方  
  
672  
00:29:22,360 --> 00:29:25,480  
两个国家就像当年德国闪击波兰，对吧  
  
673  
00:29:25,840 --> 00:29:28,870  
那么波兰波兰的那个总理，总理大臣  
  
674  
00:29:29,070 --> 00:29:31,470  
国家政府把财财都收上来了吧  
  
675  
00:29:31,670 --> 00:29:32,510  
钱都收上来了  
  
676  
00:29:32,750 --> 00:29:35,550  
突然间一周之内国家没了  
  
677  
00:29:36,070 --> 00:29:39,690  
没了之后这些钱还没有来得及给大伙怎么办啊  
  
678  
00:29:39,730 --> 00:29:43,060  
就都在国库里，战争经常有这场景吗  
  
679  
00:29:43,060 --> 00:29:44,620  
那么敌方来了之后  
  
680  
00:29:44,620 --> 00:29:46,580  
首先把对方的银行都先贴上封条  
  
681  
00:29:47,260 --> 00:29:48,300  
就是百合并吗  
  
682  
00:29:49,290 --> 00:29:50,250  
这个大家明白了吧  
  
683  
00:29:50,490 --> 00:29:52,130  
那火热伤肺啊，非常简单  
  
684  
00:29:52,650 --> 00:29:52,850  
呃  
  
685  
00:29:53,130 --> 00:29:57,530  
因此说呢，就造成了他的一系列的问题啊  
  
686  
00:29:57,930 --> 00:29:59,050  
其实这个讲清楚之后  
  
687  
00:29:59,050 --> 00:30:01,870  
后面的内容也就非常的简单了  
  
688  
00:30:01,910 --> 00:30:03,350  
后头内容都很好讲  
  
689  
00:30:03,710 --> 00:30:05,790  
我们可以这回回来看条文了  
  
690  
00:30:07,080 --> 00:30:08,760  
刚才我们说过一个问题啊  
  
691  
00:30:08,760 --> 00:30:11,280  
大家别忘了这个所谓  
  
692  
00:30:12,820 --> 00:30:14,740  
呃，龟是归于哪儿啊  
  
693  
00:30:16,160 --> 00:30:16,360  
啊  
  
694  
00:30:16,400 --> 00:30:17,960  
流于四藏，是不是  
  
695  
00:30:18,440 --> 00:30:20,000  
哎府精神明流于四脏  
  
696  
00:30:20,360 --> 00:30:23,640  
那么四脏受邪各有不同啊  
  
697  
00:30:23,720 --> 00:30:25,770  
比如说脾  
  
698  
00:30:27,010 --> 00:30:28,690  
首先脾它供应不上了  
  
699  
00:30:29,010 --> 00:30:32,450  
咱们讲脾供应不上之后它就会有一个啥问题呢  
  
700  
00:30:35,720 --> 00:30:38,240  
抑欲食腹不能使  
  
701  
00:30:40,060 --> 00:30:40,780  
很明确吧  
  
702  
00:30:41,620 --> 00:30:42,900  
想吃还吃不下  
  
703  
00:30:43,380 --> 00:30:45,300  
那为什么脾的精微没有了  
  
704  
00:30:46,020 --> 00:30:46,860  
为啥想吃啊  
  
705  
00:30:46,900 --> 00:30:49,340  
没有精微它一定是饿吧  
  
706  
00:30:50,020 --> 00:30:51,300  
但为啥又不想吃呢  
  
707  
00:30:51,780 --> 00:30:53,900  
没有精气，他没有办事职能了  
  
708  
00:30:54,630 --> 00:30:57,110  
你让它消化它，消化不了他  
  
709  
00:30:57,110 --> 00:30:59,710  
他就说我想我们没有工资了  
  
710  
00:30:59,710 --> 00:31:00,430  
我们想要工资  
  
711  
00:31:01,030 --> 00:31:02,430  
但是我们现在干不了活  
  
712  
00:31:03,830 --> 00:31:05,910  
非常难受吧，这种状态啊  
  
713  
00:31:05,990 --> 00:31:07,470  
抑欲食腹不能食  
  
714  
00:31:08,500 --> 00:31:09,780  
呃，那么肾呢  
  
715  
00:31:09,820 --> 00:31:13,860  
一旦受邪，就就这个这个得不到那个营养之后啊  
  
716  
00:31:14,690 --> 00:31:17,290  
肾气失氧会造成一个啥问题呢  
  
717  
00:31:18,050 --> 00:31:18,810  
常漠然  
  
718  
00:31:19,940 --> 00:31:21,140  
肾者作强之官吧  
  
719  
00:31:21,620 --> 00:31:22,700  
技巧出焉啊  
  
720  
00:31:22,740 --> 00:31:25,020  
那么它是人的一个原始动力  
  
721  
00:31:25,500 --> 00:31:28,020  
那么这个动力一下就没了  
  
722  
00:31:28,380 --> 00:31:29,460  
就像汽车没油了  
  
723  
00:31:29,860 --> 00:31:31,180  
那这个人就是什么状态了  
  
724  
00:31:31,380 --> 00:31:31,980  
瘫软了吧  
  
725  
00:31:32,300 --> 00:31:36,010  
就像当年呃德军打苏联的时候  
  
726  
00:31:36,330 --> 00:31:37,130  
一到了冬天  
  
727  
00:31:37,850 --> 00:31:40,770  
整个这个现代化设备  
  
728  
00:31:40,770 --> 00:31:42,130  
那那那油都冻上了  
  
729  
00:31:42,370 --> 00:31:43,490  
所有部队都瘫痪了  
  
730  
00:31:43,490 --> 00:31:44,210  
就讲这个问题  
  
731  
00:31:44,210 --> 00:31:45,410  
常漠然就说这个问题  
  
732  
00:31:45,730 --> 00:31:47,760  
他怕你不懂，老先师呢  
  
733  
00:31:47,760 --> 00:31:48,400  
非常慈悲  
  
734  
00:31:48,400 --> 00:31:50,840  
他又从侧面给你解释了一下啊  
  
735  
00:31:51,000 --> 00:31:53,120  
说啥叫常默然欲卧不能卧  
  
736  
00:31:53,120 --> 00:31:54,400  
我想想躺吧  
  
737  
00:31:54,770 --> 00:31:55,770  
我也不是想躺  
  
738  
00:31:56,250 --> 00:31:57,290  
所以我躺着也难受  
  
739  
00:31:57,290 --> 00:31:58,130  
不躺着也难受  
  
740  
00:31:58,570 --> 00:31:59,570  
欲行不能行  
  
741  
00:32:00,070 --> 00:32:01,190  
我想出去走啊  
  
742  
00:32:01,270 --> 00:32:01,990  
我还走不了  
  
743  
00:32:02,110 --> 00:32:03,670  
走两步累了啊  
  
744  
00:32:03,670 --> 00:32:04,350  
欲行不能行  
  
745  
00:32:05,030 --> 00:32:05,310  
呃  
  
746  
00:32:06,390 --> 00:32:07,390  
这种状态啊  
  
747  
00:32:08,310 --> 00:32:09,390  
饮食或有美食  
  
748  
00:32:10,190 --> 00:32:13,750  
那么有的时候觉得我今天想吃，想吃点啥  
  
749  
00:32:14,470 --> 00:32:15,430  
我就馋这个  
  
750  
00:32:15,910 --> 00:32:16,590  
但是呢  
  
751  
00:32:17,640 --> 00:32:20,480  
一端了不想吃了，加一块头撂下了  
  
752  
00:32:20,480 --> 00:32:21,000  
这叫什么  
  
753  
00:32:21,440 --> 00:32:24,160  
或有不用闻石秀史啊  
  
754  
00:32:25,050 --> 00:32:26,090  
那么这种状态呢  
  
755  
00:32:26,410 --> 00:32:28,290  
其实我们说那个五脏五脏啊  
  
756  
00:32:28,330 --> 00:32:30,810  
虽然肺脏它不归于这啊  
  
757  
00:32:30,850 --> 00:32:32,290  
但是，呃  
  
758  
00:32:33,120 --> 00:32:34,000  
打一个比方啊  
  
759  
00:32:34,120 --> 00:32:38,880  
总理大臣，可能他是主管财政啊  
  
760  
00:32:39,530 --> 00:32:41,330  
但是不是说这些钱给他  
  
761  
00:32:41,330 --> 00:32:43,090  
就他直接用，他也得开工资  
  
762  
00:32:43,130 --> 00:32:44,210  
咱们说这道理对吧  
  
763  
00:32:44,610 --> 00:32:46,330  
那费本身不开工资了啊  
  
764  
00:32:46,560 --> 00:32:48,160  
那么他自己适应了  
  
765  
00:32:48,160 --> 00:32:49,080  
适应了之后怎么办啊  
  
766  
00:32:49,400 --> 00:32:51,520  
为表不顾，于是乎呢  
  
767  
00:32:51,840 --> 00:32:56,000  
所谓如寒无寒，如热无热  
  
768  
00:32:56,000 --> 00:32:57,640  
那就是皮毛不能输精呗  
  
769  
00:32:58,510 --> 00:32:59,110  
是这样吧  
  
770  
00:32:59,270 --> 00:32:59,470  
唉  
  
771  
00:32:59,470 --> 00:33:00,590  
不能输精于皮毛吗  
  
772  
00:33:01,510 --> 00:33:03,270  
哎，之后心气失痒  
  
773  
00:33:03,750 --> 00:33:04,790  
口苦小便赤  
  
774  
00:33:06,500 --> 00:33:11,570  
你发现他写文章的次第非常的明确啊  
  
775  
00:33:11,650 --> 00:33:12,450  
非常的明确  
  
776  
00:33:12,930 --> 00:33:13,770  
口苦小便赤  
  
777  
00:33:13,890 --> 00:33:15,090  
口又苦，小便又赤  
  
778  
00:33:15,570 --> 00:33:17,450  
呃，而且心则主神明啊  
  
779  
00:33:18,360 --> 00:33:19,760  
这时候得病就吓人了  
  
780  
00:33:20,720 --> 00:33:21,120  
叫什么  
  
781  
00:33:21,120 --> 00:33:22,360  
叫诸药不能治  
  
782  
00:33:23,080 --> 00:33:25,640  
你请了好多医生，来了一个折一个来  
  
783  
00:33:25,640 --> 00:33:28,840  
一个折一个，叫什么得药则聚土利  
  
784  
00:33:29,040 --> 00:33:29,960  
我喝了药还不行  
  
785  
00:33:29,960 --> 00:33:30,680  
喝完药还吐  
  
786  
00:33:31,110 --> 00:33:31,990  
然后怎么样呢  
  
787  
00:33:31,990 --> 00:33:33,470  
如有神灵者啊  
  
788  
00:33:33,710 --> 00:33:37,430  
就好像嘶这个这个中邪了一样  
  
789  
00:33:37,430 --> 00:33:39,030  
我们那么讲吧啊  
  
790  
00:33:39,390 --> 00:33:40,910  
然后身形如何  
  
791  
00:33:41,030 --> 00:33:42,350  
我一检查到医院  
  
792  
00:33:42,510 --> 00:33:46,410  
一拍核磁派的ct  
  
793  
00:33:46,410 --> 00:33:46,930  
对吧  
  
794  
00:33:48,050 --> 00:33:48,770  
啥事没有  
  
795  
00:33:49,490 --> 00:33:51,330  
一看血项都正常啊  
  
796  
00:33:51,850 --> 00:33:52,490  
就是难受  
  
797  
00:33:53,850 --> 00:33:55,690  
就是难受啊  
  
798  
00:33:56,290 --> 00:34:01,140  
额，那么这个时候还告诉你一事啊  
  
799  
00:34:02,110 --> 00:34:04,430  
其脉微弱，每逆时头痛者啊  
  
800  
00:34:04,470 --> 00:34:05,510  
他讲讲一个问题  
  
801  
00:34:05,870 --> 00:34:06,990  
一小便头疼呢  
  
802  
00:34:06,990 --> 00:34:07,990  
为啥小便头疼呢  
  
803  
00:34:07,990 --> 00:34:10,190  
我们说气机不能输，精于肝  
  
804  
00:34:11,310 --> 00:34:11,750  
肝呐  
  
805  
00:34:11,750 --> 00:34:14,510  
我们说肝经与督脉会于巅  
  
806  
00:34:15,690 --> 00:34:17,650  
他是入络脑的啊  
  
807  
00:34:17,650 --> 00:34:18,409  
入络脑的  
  
808  
00:34:19,250 --> 00:34:21,570  
呃，那么脑中空虚  
  
809  
00:34:22,290 --> 00:34:23,050  
小便头疼  
  
810  
00:34:23,810 --> 00:34:27,250  
一小便的时候，他不就这个这个耗气血嘛啊  
  
811  
00:34:27,290 --> 00:34:28,290  
非常简单啊  
  
812  
00:34:29,710 --> 00:34:31,389  
后头说了一组数字啊  
  
813  
00:34:31,389 --> 00:34:32,310  
就特别有意思  
  
814  
00:34:33,389 --> 00:34:33,590  
呃  
  
815  
00:34:34,389 --> 00:34:38,440  
他说，逆时头痛的60日与逆时不疼的巳时日愈  
  
816  
00:34:39,040 --> 00:34:42,560  
它是用撒尿快不快的那个来判断愈后啊  
  
817  
00:34:42,949 --> 00:34:46,750  
如果很痛快就是头晕20天好说三个事  
  
818  
00:34:47,150 --> 00:34:49,280  
头疼头不疼，呃  
  
819  
00:34:49,320 --> 00:34:50,360  
很痛快是吧  
  
820  
00:34:50,880 --> 00:34:51,880  
讲了三种程度  
  
821  
00:34:52,120 --> 00:34:55,449  
那这个三个时间节点咋解释啊  
  
822  
00:34:56,610 --> 00:34:56,850  
啊  
  
823  
00:34:57,690 --> 00:35:00,290  
这个有点有点有点意思了啊  
  
824  
00:35:00,410 --> 00:35:01,810  
这个三个时间节点  
  
825  
00:35:02,760 --> 00:35:05,880  
这大家都已经照下来了吧  
  
826  
00:35:06,400 --> 00:35:06,600  
啊  
  
827  
00:35:06,720 --> 00:35:08,280  
都有了，我就擦掉了  
  
828  
00:35:10,330 --> 00:35:11,690  
这三个时间节点啊  
  
829  
00:35:13,160 --> 00:35:14,200  
我们有的时候呢  
  
830  
00:35:14,360 --> 00:35:16,520  
讲伤寒也好，金贵也罢  
  
831  
00:35:16,960 --> 00:35:21,850  
我们通常都会主观的去认为一个问题啊  
  
832  
00:35:22,450 --> 00:35:25,650  
也就是古人有好多时间概念呢  
  
833  
00:35:27,010 --> 00:35:27,930  
它是模糊的  
  
834  
00:35:29,160 --> 00:35:30,520  
我们主观的都会这么想  
  
835  
00:35:31,520 --> 00:35:34,480  
我也承认很多概念可能确实是模糊的  
  
836  
00:35:34,920 --> 00:35:39,200  
但是我非常执着地相信一个问题  
  
837  
00:35:39,760 --> 00:35:44,240  
所有时间概念，它其实并不是告诉我们这个病  
  
838  
00:35:45,370 --> 00:35:49,530  
咱们像赌彩票那样说哪天什么时候预后  
  
839  
00:35:50,130 --> 00:35:53,250  
而是古人通过时间在教我们  
  
840  
00:35:54,830 --> 00:35:56,150  
他这是想教我们什么  
  
841  
00:35:56,790 --> 00:36:00,110  
我们回到内经的这段生理病理啊  
  
842  
00:36:00,150 --> 00:36:02,670  
所谓抚精神明留于四藏  
  
843  
00:36:09,800 --> 00:36:10,360  
四脏呢  
  
844  
00:36:10,360 --> 00:36:11,600  
就是四个脏器，对吧  
  
845  
00:36:12,240 --> 00:36:13,400  
哎，那么四脏呢  
  
846  
00:36:14,800 --> 00:36:15,560  
我们说  
  
847  
00:36:21,420 --> 00:36:23,620  
呃，你把它呢  
  
848  
00:36:26,240 --> 00:36:27,240  
归归经啊  
  
849  
00:36:27,560 --> 00:36:30,360  
归经的时候，那么他就会有一个时间概念  
  
850  
00:36:30,860 --> 00:36:32,460  
就是也就是这个精气归于四脏  
  
851  
00:36:32,500 --> 00:36:33,380  
它有一个时间概念  
  
852  
00:36:33,700 --> 00:36:35,500  
那么所以百合病治好  
  
853  
00:36:36,500 --> 00:36:37,620  
我们说他是什么病啊  
  
854  
00:36:37,620 --> 00:36:40,420  
他是不是肺朝百脉之后不能分于四藏了  
  
855  
00:36:40,820 --> 00:36:41,420  
这就是病  
  
856  
00:36:41,940 --> 00:36:42,820  
那么怎么治疗  
  
857  
00:36:42,860 --> 00:36:43,660  
什么叫愈后  
  
858  
00:36:44,300 --> 00:36:46,740  
就是他把精气分到四藏就愈后了  
  
859  
00:36:47,100 --> 00:36:47,820  
这个没错吧  
  
860  
00:36:48,340 --> 00:36:51,060  
所以预后的时间三个时间你你仔细看啊  
  
861  
00:36:51,060 --> 00:36:51,900  
非常有意思啊  
  
862  
00:36:52,430 --> 00:36:53,830  
那个一个是60天  
  
863  
00:36:54,630 --> 00:36:55,310  
一个是40天  
  
864  
00:36:55,310 --> 00:36:55,950  
一个是20天  
  
865  
00:36:56,470 --> 00:37:01,750  
它不过就是从肺脏到四脏  
  
866  
00:37:02,030 --> 00:37:03,830  
精气传递的时间长短  
  
867  
00:37:05,150 --> 00:37:06,590  
这我一说大家都能听懂吧  
  
868  
00:37:07,990 --> 00:37:10,070  
从肺脏到四脏，时间长  
  
869  
00:37:10,110 --> 00:37:10,670  
病得重  
  
870  
00:37:11,590 --> 00:37:14,590  
从肺脏到四脏时间短，用20天病得轻  
  
871  
00:37:15,630 --> 00:37:16,390  
是不是这理啊  
  
872  
00:37:16,830 --> 00:37:18,590  
那么它既然有这么一个时间格律  
  
873  
00:37:18,830 --> 00:37:20,310  
我们说以什么为基数啊  
  
874  
00:37:20,310 --> 00:37:21,390  
这块要有一个前提  
  
875  
00:37:21,390 --> 00:37:23,750  
我们讲任何一个时间它都要有一个换算基数  
  
876  
00:37:23,990 --> 00:37:24,670  
你是阳数七  
  
877  
00:37:24,670 --> 00:37:26,940  
阴数六，还是男子八八  
  
878  
00:37:26,940 --> 00:37:29,620  
女子七七，他都有不同的时间节律啊  
  
879  
00:37:29,860 --> 00:37:31,220  
天有八风经有五风  
  
880  
00:37:31,860 --> 00:37:35,890  
我们讲这个道理，你是12还是五还是八都有前提  
  
881  
00:37:36,210 --> 00:37:37,330  
那么我们这个时候  
  
882  
00:37:37,330 --> 00:37:42,050  
用的就是咱们伤寒杂病论自己的一个时间量化表格  
  
883  
00:37:42,290 --> 00:37:45,290  
也就是我之前经常跟大家提到的伤寒例  
  
884  
00:37:46,830 --> 00:37:48,710  
四时八节，24气  
  
885  
00:37:48,830 --> 00:37:49,510  
72候  
  
886  
00:37:50,270 --> 00:37:54,590  
在这问一下大家，一猴几天很好啊  
  
887  
00:37:55,870 --> 00:37:56,550  
51猴  
  
888  
00:37:59,140 --> 00:38:01,460  
5日以后啊，都是5日  
  
889  
00:38:02,870 --> 00:38:06,190  
那么归于四藏，5日一侯  
  
890  
00:38:09,340 --> 00:38:10,100  
这是多少天  
  
891  
00:38:11,980 --> 00:38:15,380  
四葬五天，20天没错吧  
  
892  
00:38:15,900 --> 00:38:16,180  
哎  
  
893  
00:38:17,670 --> 00:38:18,750  
你看啊，这都没错  
  
894  
00:38:19,450 --> 00:38:20,410  
这都是20日  
  
895  
00:38:20,690 --> 00:38:22,890  
其实咱们中医用数学啊，不用太高  
  
896  
00:38:23,490 --> 00:38:26,090  
小学加减乘除除法用的都不多啊  
  
897  
00:38:26,530 --> 00:38:29,530  
主要是加减和乘20日啊  
  
898  
00:38:29,690 --> 00:38:31,850  
但是我们的数学主要是空间数学啊  
  
899  
00:38:31,850 --> 00:38:32,570  
跟那个不一样  
  
900  
00:38:33,650 --> 00:38:34,370  
啊哈  
  
901  
00:38:36,880 --> 00:38:40,240  
那么这个20日、20日、20日是它的一个基本数  
  
902  
00:38:41,340 --> 00:38:43,380  
那么我们说5日为一候  
  
903  
00:38:44,140 --> 00:38:45,180  
三候为一气吧  
  
904  
00:38:46,290 --> 00:38:47,890  
因此说这块就有一个递增  
  
905  
00:38:48,090 --> 00:38:50,450  
它不是从五天一直到直接到一气  
  
906  
00:38:50,450 --> 00:38:52,890  
是不是就有了三个不同层级  
  
907  
00:38:55,640 --> 00:39:01,200  
一喉病的最轻的是一喉病的比他重一点  
  
908  
00:39:01,200 --> 00:39:03,440  
用两喉病的再重  
  
909  
00:39:04,570 --> 00:39:05,970  
三猴也就是一气  
  
910  
00:39:06,770 --> 00:39:07,770  
一气必有一变  
  
911  
00:39:08,370 --> 00:39:09,410  
5日一候有变化  
  
912  
00:39:09,410 --> 00:39:11,210  
一气就有一个大变化  
  
913  
00:39:11,690 --> 00:39:12,930  
一个气一个节是吧  
  
914  
00:39:12,970 --> 00:39:13,810  
一个一个节律  
  
915  
00:39:14,010 --> 00:39:15,290  
那么你把它乘起来之后  
  
916  
00:39:15,290 --> 00:39:19,060  
你就会惊人的发现三猴是多少天  
  
917  
00:39:23,760 --> 00:39:27,920  
看多少天二猴，多少天一猴  
  
918  
00:39:31,600 --> 00:39:32,400  
大家看懂了吧  
  
919  
00:39:33,680 --> 00:39:38,340  
不要觉得古人给我们很多时间概念都是可有可无的  
  
920  
00:39:38,700 --> 00:39:40,060  
仲景先生，那个时代啊  
  
921  
00:39:40,060 --> 00:39:41,300  
写字虽然有造纸术  
  
922  
00:39:41,300 --> 00:39:43,540  
但是主要都是还只没那么普及  
  
923  
00:39:43,540 --> 00:39:44,660  
都是在竹简上刻  
  
924  
00:39:45,500 --> 00:39:47,580  
他不可能把一个完全没有用的  
  
925  
00:39:47,580 --> 00:39:52,320  
或者是一个难以自圆其说的东西刻在竹简上  
  
926  
00:39:52,760 --> 00:39:53,440  
传于后世  
  
927  
00:39:53,480 --> 00:39:55,110  
藏之金贵啊  
  
928  
00:39:55,110 --> 00:39:55,990  
这怎么可能呢  
  
929  
00:39:56,070 --> 00:39:58,350  
写一堆废话藏到金库里了是吧  
  
930  
00:39:58,630 --> 00:39:59,230  
怎么可能呢  
  
931  
00:39:59,230 --> 00:39:59,910  
它是有用的  
  
932  
00:40:00,230 --> 00:40:02,790  
它是为了为了告诉我们一个时间概念  
  
933  
00:40:02,950 --> 00:40:07,330  
那么四藏的传递，它有一个大的时间概念  
  
934  
00:40:07,850 --> 00:40:08,450  
20天  
  
935  
00:40:08,490 --> 00:40:09,490  
40天，60天  
  
936  
00:40:11,200 --> 00:40:12,400  
啊，在这呢  
  
937  
00:40:12,400 --> 00:40:13,840  
因此就跟大家讲一个事啊  
  
938  
00:40:13,840 --> 00:40:16,960  
可能这个事我跟我的学生们都没说过啊  
  
939  
00:40:17,280 --> 00:40:18,600  
我跟我的学生们都没说过  
  
940  
00:40:19,120 --> 00:40:19,400  
呃  
  
941  
00:40:19,860 --> 00:40:22,700  
借着这个机会跟你们详细的说说讲过  
  
942  
00:40:22,700 --> 00:40:24,540  
但是你们可能听的不全  
  
943  
00:40:25,080 --> 00:40:26,480  
临床上是不是经常有患者  
  
944  
00:40:26,560 --> 00:40:27,680  
当然这个有前提啊  
  
945  
00:40:28,120 --> 00:40:29,160  
他病得不是很重  
  
946  
00:40:30,360 --> 00:40:31,920  
在门诊上你像那些重症患者  
  
947  
00:40:32,400 --> 00:40:34,840  
呃，我没法这么跟他讲啊  
  
948  
00:40:35,550 --> 00:40:35,750  
嗯  
  
949  
00:40:35,950 --> 00:40:37,750  
都是告诉他以年为单位是吧  
  
950  
00:40:38,150 --> 00:40:40,950  
这么吃药，那么有很多比较轻的患者啊  
  
951  
00:40:41,070 --> 00:40:41,750  
相对来说  
  
952  
00:40:42,760 --> 00:40:44,560  
经常会问大夫，我多长时间  
  
953  
00:40:44,560 --> 00:40:46,120  
我这药得吃多长时间  
  
954  
00:40:47,610 --> 00:40:49,890  
你们还记得我一般会怎么跟患者说吗  
  
955  
00:40:53,640 --> 00:40:54,520  
还有印象吗  
  
956  
00:40:56,130 --> 00:40:58,170  
如果我认为这个人比较难缠  
  
957  
00:40:58,970 --> 00:41:00,410  
或者说我心里没谱啊  
  
958  
00:41:01,940 --> 00:41:03,260  
你也得给我交代，对了  
  
959  
00:41:03,780 --> 00:41:04,380  
黄老师说  
  
960  
00:41:04,380 --> 00:41:04,780  
对了啊  
  
961  
00:41:05,540 --> 00:41:06,540  
还想想起来了吧  
  
962  
00:41:06,860 --> 00:41:08,740  
我一般都会告诉患者两个月  
  
963  
00:41:09,860 --> 00:41:10,740  
两个月从哪儿来的  
  
964  
00:41:11,580 --> 00:41:13,340  
三候  
  
965  
00:41:14,420 --> 00:41:15,180  
是不是这个道理  
  
966  
00:41:16,470 --> 00:41:19,950  
其病重者三喉而愈，比较轻的呢  
  
967  
00:41:19,950 --> 00:41:21,230  
我说，你先吃三周  
  
968  
00:41:21,230 --> 00:41:24,170  
看看三周，20年啊  
  
969  
00:41:24,610 --> 00:41:24,890  
呃  
  
970  
00:41:25,710 --> 00:41:27,070  
但是最轻的我告诉你  
  
971  
00:41:27,070 --> 00:41:29,030  
两周为什么两周为一气吧  
  
972  
00:41:29,590 --> 00:41:30,910  
三候那个一气嘛  
  
973  
00:41:30,910 --> 00:41:31,430  
15天  
  
974  
00:41:31,990 --> 00:41:32,190  
呃  
  
975  
00:41:32,950 --> 00:41:34,350  
相对轻一点的20天  
  
976  
00:41:35,230 --> 00:41:36,950  
那就因为涉及到挂号问题的啊  
  
977  
00:41:36,950 --> 00:41:38,430  
那患者得知道挂几周后啊  
  
978  
00:41:38,830 --> 00:41:40,870  
那么重的60年  
  
979  
00:41:41,200 --> 00:41:41,880  
而且60年  
  
980  
00:41:41,880 --> 00:41:42,960  
还有一个问题啊  
  
981  
00:41:43,000 --> 00:41:44,080  
那今天讲到这了  
  
982  
00:41:44,080 --> 00:41:45,430  
多说一点，呃  
  
983  
00:41:45,510 --> 00:41:49,790  
60天在干支甲子上正好是一个小甲子吧  
  
984  
00:41:50,310 --> 00:41:52,390  
所以这块有一个问题，我在这呢  
  
985  
00:41:52,720 --> 00:41:54,640  
呃，就是今天这个这个事啊  
  
986  
00:41:54,640 --> 00:41:56,880  
我替古人也也澄清一个事  
  
987  
00:41:57,510 --> 00:42:01,590  
我们古人经常讲说古人的寿命是多大  
  
988  
00:42:01,590 --> 00:42:03,190  
比如彭祖寿高800  
  
989  
00:42:04,180 --> 00:42:06,060  
其实这个大家有一个误会啊  
  
990  
00:42:06,060 --> 00:42:08,960  
这个没解释，古人道家呀  
  
991  
00:42:08,960 --> 00:42:09,640  
尤其是道家  
  
992  
00:42:09,640 --> 00:42:11,960  
他讲的这个一年不是一春秋  
  
993  
00:42:12,400 --> 00:42:15,160  
最小的一年就是我们讲的三猴之期  
  
994  
00:42:15,990 --> 00:42:17,550  
也就是一个甲子之期  
  
995  
00:42:17,990 --> 00:42:20,950  
十天干和12地支干支相合  
  
996  
00:42:22,130 --> 00:42:23,410  
甲子一周60天  
  
997  
00:42:24,250 --> 00:42:26,610  
所以这个叫一岁，彭祖800岁  
  
998  
00:42:26,610 --> 00:42:28,970  
按这个折算应该大约是140年  
  
999  
00:42:30,520 --> 00:42:34,300  
和我们祖师孙真仁他的年龄差不多  
  
1000  
00:42:34,740 --> 00:42:35,620  
都是140  
  
1001  
00:42:35,740 --> 00:42:37,260  
因此从我们这个观察  
  
1002  
00:42:37,340 --> 00:42:40,980  
现事实上就包包括古代长寿者的一些记载  
  
1003  
00:42:41,540 --> 00:42:45,980  
那么140就是人类寿命的一个比较高的极限  
  
1004  
00:42:47,430 --> 00:42:51,090  
所以说彭祖的800他也是可靠的啊  
  
1005  
00:42:51,330 --> 00:42:52,170  
他也是可靠的  
  
1006  
00:42:52,170 --> 00:42:53,490  
从这个角度，呃  
  
1007  
00:42:53,730 --> 00:42:55,730  
他只是纪年，方式不一样啊  
  
1008  
00:42:55,730 --> 00:42:56,770  
他一年是60天  
  
1009  
00:42:56,810 --> 00:42:58,610  
你看这个很快啊  
  
1010  
00:42:58,690 --> 00:43:01,190  
一年60天，说这个道理  
  
1011  
00:43:01,950 --> 00:43:05,470  
因此在这呢，我就把这些事啊给大家理清啊  
  
1012  
00:43:05,470 --> 00:43:08,550  
我们知道他的百合病的发病原因  
  
1013  
00:43:09,130 --> 00:43:10,610  
无非是热邪  
  
1014  
00:43:10,860 --> 00:43:11,260  
或啊  
  
1015  
00:43:11,260 --> 00:43:12,940  
一会我要具体讲到条文的时候  
  
1016  
00:43:12,940 --> 00:43:14,340  
我会大家跟大家具体说  
  
1017  
00:43:14,580 --> 00:43:15,620  
有的时候不一定是热  
  
1018  
00:43:15,620 --> 00:43:16,980  
有可能是别的原因，对吧  
  
1019  
00:43:16,980 --> 00:43:18,540  
饮食起居等等啊  
  
1020  
00:43:18,880 --> 00:43:22,130  
造成了伤肺了，伤肺了之后呢  
  
1021  
00:43:22,130 --> 00:43:23,330  
肺气合而不开  
  
1022  
00:43:23,890 --> 00:43:25,810  
那么不能怎么样啊  
  
1023  
00:43:26,050 --> 00:43:29,330  
抚精神明留于四脏啊  
  
1024  
00:43:29,730 --> 00:43:31,250  
做不到抚精神明留于四藏  
  
1025  
00:43:31,490 --> 00:43:33,770  
那么产生的种种问题  
  
1026  
00:43:34,140 --> 00:43:37,940  
比如之前给大家讲的抑郁食腹不能食等啊  
  
1027  
00:43:38,290 --> 00:43:39,210  
类似的例证  
  
1028  
00:43:39,450 --> 00:43:41,170  
我们统称为百合病  
  
1029  
00:43:41,490 --> 00:43:45,690  
因此它在临床上它究竟对应于哪种现代临床疾病  
  
1030  
00:43:45,730 --> 00:43:48,140  
其实对应不了，大家发现了吧  
  
1031  
00:43:48,500 --> 00:43:54,180  
那么我们必须得用我们中医它本身所特有的临证呃  
  
1032  
00:43:54,740 --> 00:43:57,380  
政治之方式啊，去了解它  
  
1033  
00:43:57,660 --> 00:43:59,660  
那么在临床上才能大有作为  
  
1034  
00:43:59,660 --> 00:44:01,620  
而且很多时候所致疾病  
  
1035  
00:44:02,060 --> 00:44:02,260  
呃  
  
1036  
00:44:02,260 --> 00:44:06,300  
都是在当代临床上可能不太好解释  
  
1037  
00:44:06,300 --> 00:44:08,340  
而且比较麻烦的问题啊  
  
1038  
00:44:08,340 --> 00:44:09,380  
比较棘手的问题  
  
1039  
00:44:10,350 --> 00:44:11,710  
额，那么后头呢  
  
1040  
00:44:11,710 --> 00:44:15,230  
还有一句话，我们简单看一下啊  
  
1041  
00:44:16,220 --> 00:44:18,820  
其症或未见而愈见  
  
1042  
00:44:19,580 --> 00:44:21,100  
或病45日而出  
  
1043  
00:44:22,140 --> 00:44:24,940  
或病20日，或1月未见者  
  
1044  
00:44:25,580 --> 00:44:27,060  
各随证治之  
  
1045  
00:44:27,220 --> 00:44:29,380  
这块是一个治疗原则  
  
1046  
00:44:29,790 --> 00:44:31,030  
讲了随证治之的问题  
  
1047  
00:44:31,030 --> 00:44:31,990  
因为在临证上呢  
  
1048  
00:44:31,990 --> 00:44:33,190  
实际上包括我本人啊  
  
1049  
00:44:33,620 --> 00:44:33,820  
呃  
  
1050  
00:44:34,060 --> 00:44:36,340  
临床上大量的用百合方，几乎每天都用啊  
  
1051  
00:44:36,340 --> 00:44:37,260  
几乎每天都用  
  
1052  
00:44:37,620 --> 00:44:40,590  
那么不可能是他掐着点60天来60天  
  
1053  
00:44:40,590 --> 00:44:42,350  
过了之后我们就是说治不了了，对吧  
  
1054  
00:44:42,750 --> 00:44:44,110  
只要病因病机相合  
  
1055  
00:44:44,270 --> 00:44:46,990  
那么临床上呢，都可大有作为啊  
  
1056  
00:44:47,780 --> 00:44:51,680  
呃，那么咱们这堂课先到这儿啊  
  
1057  
00:44:51,680 --> 00:44:54,170  
我们休息一会啊  
  
1058  
00:44:54,570 --> 00:44:55,010  
稍后呢  
  
1059  
00:44:55,010 --> 00:44:59,090  
我开始给大家讲，这个百合类方具体上的临床的实证和应用  
  
1060  
00:44:59,090 --> 00:45:00,210  
好下课同学们