1  
00:00:02,900 --> 00:00:03,180  
好了  
  
2  
00:00:03,180 --> 00:00:07,640  
同学们，咱们接着聊上堂课呢  
  
3  
00:00:07,640 --> 00:00:11,120  
我们说了一下百合病的发病机制啊  
  
4  
00:00:11,120 --> 00:00:13,720  
我们再次稍稍点一点  
  
5  
00:00:14,390 --> 00:00:15,270  
所谓百合病呢  
  
6  
00:00:15,310 --> 00:00:16,790  
我们讲百脉一宗  
  
7  
00:00:16,830 --> 00:00:17,550  
西治其病  
  
8  
00:00:17,710 --> 00:00:21,200  
古人常讲啊，叫分为百脉  
  
9  
00:00:21,440 --> 00:00:22,800  
合为一宗啊  
  
10  
00:00:22,800 --> 00:00:23,320  
啥意思  
  
11  
00:00:23,320 --> 00:00:26,240  
我想刚才给大家也都解释的非常的清晰  
  
12  
00:00:26,800 --> 00:00:27,640  
其实无非呢  
  
13  
00:00:28,160 --> 00:00:33,220  
借用素问经脉别论中间那一对的那一段的论述  
  
14  
00:00:33,860 --> 00:00:34,060  
呃  
  
15  
00:00:34,100 --> 00:00:37,110  
所谓什么叫分为百脉  
  
16  
00:00:37,710 --> 00:00:40,830  
无非是抚精神明留于四藏的一个过程  
  
17  
00:00:41,290 --> 00:00:42,410  
什么叫合为一宗呢  
  
18  
00:00:42,810 --> 00:00:45,050  
他讲的无非是精气归于肺  
  
19  
00:00:45,250 --> 00:00:46,370  
肺朝百脉啊  
  
20  
00:00:46,370 --> 00:00:47,530  
说的就是这个问题  
  
21  
00:00:47,890 --> 00:00:52,610  
因此呢，衍生出了一系列的临政的变化啊  
  
22  
00:00:52,770 --> 00:00:54,730  
以及相应的政治对策  
  
23  
00:00:55,990 --> 00:00:56,190  
呃  
  
24  
00:00:56,310 --> 00:01:02,010  
我们先看一下百合狐与阴阳毒病证治第三啊  
  
25  
00:01:02,050 --> 00:01:05,390  
咱们这个条文第二条这么说的  
  
26  
00:01:05,910 --> 00:01:10,230  
百合病发汗后，百合知母汤除湿  
  
27  
00:01:20,540 --> 00:01:21,820  
那么这个病因病机啊  
  
28  
00:01:21,820 --> 00:01:23,900  
我们刚才既然已经跟大家说了啊  
  
29  
00:01:25,310 --> 00:01:28,590  
百合并所有的百合病其实不不只是一个  
  
30  
00:01:29,630 --> 00:01:32,630  
无非都是一个核心  
  
31  
00:01:33,940 --> 00:01:34,700  
什么核心呢  
  
32  
00:01:35,540 --> 00:01:36,020  
热盛  
  
33  
00:01:37,860 --> 00:01:39,140  
热盛，而且是什么呢  
  
34  
00:01:40,300 --> 00:01:41,420  
叫伤肺是吧  
  
35  
00:01:42,770 --> 00:01:45,490  
肺气受损，肺气受损之后呢  
  
36  
00:01:47,270 --> 00:01:49,550  
那么整个他的气脉啊  
  
37  
00:01:51,070 --> 00:01:51,750  
合而不开  
  
38  
00:01:53,480 --> 00:01:58,000  
因此是在这么一个状态之下的人啊  
  
39  
00:01:58,000 --> 00:01:59,240  
他不是一个普通的人  
  
40  
00:01:59,240 --> 00:02:03,120  
他是一个废气已经不能输布气血的人啊  
  
41  
00:02:03,890 --> 00:02:04,450  
结果呢  
  
42  
00:02:05,010 --> 00:02:05,530  
怎么样呢  
  
43  
00:02:05,530 --> 00:02:07,130  
百合病发汗后啊  
  
44  
00:02:07,130 --> 00:02:09,889  
他告诉你这样的一个人被发汗了  
  
45  
00:02:10,610 --> 00:02:12,930  
发汗了之后，我们中医经常讲一个问题啊  
  
46  
00:02:12,930 --> 00:02:16,470  
所谓无犯虚，虚实实之戒  
  
47  
00:02:17,070 --> 00:02:18,270  
就是虚的地方  
  
48  
00:02:18,270 --> 00:02:22,110  
你不要因为治疗造成它更虚  
  
49  
00:02:22,950 --> 00:02:23,750  
实的地方呢  
  
50  
00:02:23,750 --> 00:02:26,030  
也不要因为物质造成它更实  
  
51  
00:02:26,770 --> 00:02:28,490  
那么现在大家试想一下啊  
  
52  
00:02:28,570 --> 00:02:30,810  
废气已经不能布散于外  
  
53  
00:02:31,250 --> 00:02:34,010  
然后你再用药发汗是什么意思  
  
54  
00:02:34,500 --> 00:02:37,140  
那把人体的津液发散一下  
  
55  
00:02:37,140 --> 00:02:41,080  
是不是阳气津液发散一下就造成了什么问题啊  
  
56  
00:02:41,440 --> 00:02:43,160  
更加虚弱啊  
  
57  
00:02:43,160 --> 00:02:47,760  
更加虚弱之后，这就出现了一对这个脏腑概念啊  
  
58  
00:02:47,800 --> 00:02:52,200  
就所谓我们经常讲叫这个肺肾金水相生啊  
  
59  
00:02:52,200 --> 00:02:52,800  
你看啊  
  
60  
00:02:55,060 --> 00:02:55,860  
金水相生  
  
61  
00:02:58,700 --> 00:03:02,160  
金是废金，水是什么水啊  
  
62  
00:03:03,200 --> 00:03:04,960  
肾水也就是人体之中呢  
  
63  
00:03:05,440 --> 00:03:08,360  
包括自然界之中，金和水是相生的关系啊  
  
64  
00:03:08,480 --> 00:03:09,640  
尤其是金生水  
  
65  
00:03:10,860 --> 00:03:13,180  
那么这个就导致金水相生的链条  
  
66  
00:03:13,180 --> 00:03:14,860  
由于你你发的太过了对吧  
  
67  
00:03:14,860 --> 00:03:16,500  
本身他就已经热盛伤肺  
  
68  
00:03:16,750 --> 00:03:18,190  
呃，肺金就被火克了  
  
69  
00:03:18,430 --> 00:03:20,670  
你再一发发又多用辛温之药  
  
70  
00:03:21,510 --> 00:03:23,110  
造成他阴液更加损伤  
  
71  
00:03:23,600 --> 00:03:26,200  
最后水就供应链啊，就上不来了  
  
72  
00:03:26,720 --> 00:03:27,520  
就打一比方  
  
73  
00:03:27,520 --> 00:03:32,800  
就像我们刚才说国家财政部门已经没钱了啊  
  
74  
00:03:32,920 --> 00:03:34,680  
我们还拿明朝末年说事吧  
  
75  
00:03:34,680 --> 00:03:39,440  
比如崇祯帝已经都穷到都要跟大臣们借钱了  
  
76  
00:03:39,440 --> 00:03:43,870  
都，自己都都让皇后都都卖首饰了啊  
  
77  
00:03:43,870 --> 00:03:44,710  
都到这会儿了  
  
78  
00:03:45,230 --> 00:03:46,230  
结果外头呢  
  
79  
00:03:46,670 --> 00:03:48,870  
贼寇又来了啊  
  
80  
00:03:48,990 --> 00:03:50,030  
李闯王是吧  
  
81  
00:03:50,030 --> 00:03:50,630  
进京城  
  
82  
00:03:52,210 --> 00:03:53,250  
不得不打仗啊  
  
83  
00:03:53,950 --> 00:03:56,350  
结果病人呃，大兵一出去没响  
  
84  
00:03:56,590 --> 00:03:57,470  
是不是这道理啊  
  
85  
00:03:57,910 --> 00:03:59,430  
那最后那就完了呗  
  
86  
00:03:59,910 --> 00:04:04,560  
因此说我们要救这个事，怎么救啊  
  
87  
00:04:04,640 --> 00:04:07,680  
仲景先是给了我们一个思路啊  
  
88  
00:04:07,720 --> 00:04:09,920  
怎么救百合知母汤啊  
  
89  
00:04:10,080 --> 00:04:12,200  
百合知母汤，先说百合啊  
  
90  
00:04:12,200 --> 00:04:13,120  
这个话题呢  
  
91  
00:04:13,120 --> 00:04:14,840  
可能稍稍要长一点  
  
92  
00:04:15,040 --> 00:04:16,920  
因为我们整个百合类方啊  
  
93  
00:04:17,370 --> 00:04:19,290  
它都有一个药哈  
  
94  
00:04:19,890 --> 00:04:21,269  
呃呃  
  
95  
00:04:21,550 --> 00:04:24,230  
当然了，除了这个瓜罗牡蛎散啊  
  
96  
00:04:24,270 --> 00:04:27,990  
它里头没有其他的全有百合啊  
  
97  
00:04:28,190 --> 00:04:28,830  
全有百合  
  
98  
00:04:30,000 --> 00:04:38,170  
那么我们就得说一下这个这个百合的这个问题  
  
99  
00:04:45,510 --> 00:04:46,270  
那么百合啊  
  
100  
00:04:46,270 --> 00:04:48,750  
在本经之中，味甘平主什么呢  
  
101  
00:04:48,790 --> 00:04:49,590  
邪气啊  
  
102  
00:04:50,330 --> 00:04:51,010  
腹满心痛  
  
103  
00:04:51,010 --> 00:04:51,650  
利大小便  
  
104  
00:04:51,930 --> 00:04:52,570  
补中益气  
  
105  
00:04:53,410 --> 00:04:55,450  
呃，它的作用机理是什么  
  
106  
00:04:55,650 --> 00:04:58,100  
咱们知道百合这个植物，呃  
  
107  
00:04:58,340 --> 00:04:59,660  
一说大家都很熟啊  
  
108  
00:04:59,660 --> 00:05:01,060  
百合花特别香，对吧  
  
109  
00:05:01,460 --> 00:05:03,740  
但其实你们看到的一般是香水百合  
  
110  
00:05:04,250 --> 00:05:07,170  
不是我们呃药用植物用的百合  
  
111  
00:05:07,170 --> 00:05:09,590  
真正药用植物百合没那么香啊，呃  
  
112  
00:05:09,790 --> 00:05:11,110  
植株也要更小一点  
  
113  
00:05:11,430 --> 00:05:14,070  
我们取用它的部位呢，是百合的根  
  
114  
00:05:17,440 --> 00:05:18,440  
也就是临镜啊  
  
115  
00:05:18,440 --> 00:05:19,480  
我们经常讲叫临镜  
  
116  
00:05:19,480 --> 00:05:21,080  
就像那个那个什么啊  
  
117  
00:05:21,720 --> 00:05:22,000  
呃  
  
118  
00:05:23,250 --> 00:05:24,650  
就像洋葱似的，是吧  
  
119  
00:05:25,050 --> 00:05:25,210  
哎  
  
120  
00:05:25,210 --> 00:05:26,210  
就就这么一个状态  
  
121  
00:05:26,570 --> 00:05:27,930  
百合长成什么样呢  
  
122  
00:05:28,730 --> 00:05:30,890  
白色的，咱们经常吃百合吗  
  
123  
00:05:31,370 --> 00:05:32,290  
那么一片一片  
  
124  
00:05:32,290 --> 00:05:33,890  
它是抱起来的啊，啊  
  
125  
00:05:34,090 --> 00:05:36,370  
抱起来的啊  
  
126  
00:05:36,370 --> 00:05:37,610  
这个根不确切啊  
  
127  
00:05:37,850 --> 00:05:39,650  
这叫鳞茎啊  
  
128  
00:05:39,650 --> 00:05:40,930  
咱们明白鱼鳞的鳞  
  
129  
00:05:45,480 --> 00:05:46,880  
这个镜啊，临镜  
  
130  
00:05:48,370 --> 00:05:49,970  
呃，它一片一片抱起来  
  
131  
00:05:50,850 --> 00:05:54,650  
那么这个形象啊，就像是一种什么形象呢  
  
132  
00:05:55,370 --> 00:05:57,620  
合起来的形象是不是啊  
  
133  
00:05:57,620 --> 00:05:58,620  
所以我们称之为百合  
  
134  
00:05:58,660 --> 00:06:00,580  
百是言其数之多啊  
  
135  
00:06:00,580 --> 00:06:02,940  
就讲他票数多，它能合起来  
  
136  
00:06:03,720 --> 00:06:05,360  
呃，鳞茎它就比较柔软  
  
137  
00:06:06,000 --> 00:06:07,200  
你一掐就碎了啊  
  
138  
00:06:08,080 --> 00:06:09,600  
就是这样的，呃  
  
139  
00:06:10,400 --> 00:06:14,800  
白色啊，白色在五行之中合于什么呀  
  
140  
00:06:15,640 --> 00:06:16,680  
合于废金啊  
  
141  
00:06:17,080 --> 00:06:18,720  
与此同时，百合的花呢  
  
142  
00:06:19,540 --> 00:06:21,500  
它也有一个非常有意思的现象  
  
143  
00:06:22,460 --> 00:06:24,500  
它的花，整个是我们讲  
  
144  
00:06:24,500 --> 00:06:26,180  
叫有一个特性啊你  
  
145  
00:06:26,180 --> 00:06:28,140  
你们养过百合，你就能知道  
  
146  
00:06:28,860 --> 00:06:30,100  
叫昼开夜合  
  
147  
00:06:31,190 --> 00:06:32,670  
这是百合最大的一个特点  
  
148  
00:06:35,950 --> 00:06:36,750  
昼主阳  
  
149  
00:06:40,260 --> 00:06:40,900  
业主音  
  
150  
00:06:45,720 --> 00:06:47,800  
那么up  
  
151  
00:06:50,200 --> 00:06:54,680  
他有这种昼开夜合的特性  
  
152  
00:06:56,180 --> 00:06:57,980  
我讲过伤寒金匮之方  
  
153  
00:06:58,260 --> 00:07:03,190  
大多数可以讲70%以上都是以仿生学立法理论  
  
154  
00:07:03,430 --> 00:07:06,550  
这是仲景先师天元经方的一个重大特点啊  
  
155  
00:07:06,870 --> 00:07:09,360  
它是这个法周天制度啊  
  
156  
00:07:09,440 --> 00:07:11,840  
法周天制度呃，观天之道  
  
157  
00:07:11,840 --> 00:07:12,520  
执天之行  
  
158  
00:07:13,590 --> 00:07:16,550  
以这个为立法立方依据啊  
  
159  
00:07:18,500 --> 00:07:21,460  
因此，百合的这种开合的特点  
  
160  
00:07:22,410 --> 00:07:23,850  
正可以应用于百合病  
  
161  
00:07:24,090 --> 00:07:28,830  
你看，首先它在病病位病性上非常接近色白嘛  
  
162  
00:07:29,750 --> 00:07:30,710  
色白而倒悬  
  
163  
00:07:31,030 --> 00:07:33,550  
就好像华盖之脏，就像肺脏嘛  
  
164  
00:07:33,950 --> 00:07:34,470  
第二呢  
  
165  
00:07:34,470 --> 00:07:36,110  
它的花昼开夜合  
  
166  
00:07:37,040 --> 00:07:40,640  
他的形象就像是肺主治节的特点啊  
  
167  
00:07:41,480 --> 00:07:43,280  
我们这儿讲一个概念  
  
168  
00:07:44,500 --> 00:07:45,700  
肺主治节  
  
169  
00:07:47,700 --> 00:07:51,280  
那么什么叫治结这句话呢  
  
170  
00:07:51,280 --> 00:07:52,720  
本身出自内经啊  
  
171  
00:07:52,800 --> 00:07:54,400  
大家都耳熟能详啊  
  
172  
00:07:55,080 --> 00:07:56,880  
费者相府之官，治节出焉  
  
173  
00:07:57,810 --> 00:07:58,890  
呃，但是呢  
  
174  
00:07:59,090 --> 00:08:02,850  
多数解释还都是存在争议  
  
175  
00:08:03,390 --> 00:08:05,230  
或者有的甚则是语焉不详  
  
176  
00:08:05,350 --> 00:08:08,510  
在这我我不怕错，也不怕大家说我  
  
177  
00:08:08,830 --> 00:08:10,690  
我说说我的观点  
  
178  
00:08:11,090 --> 00:08:14,610  
肺主治节其实非常简单，非常简单  
  
179  
00:08:15,050 --> 00:08:15,890  
节是什么  
  
180  
00:08:17,210 --> 00:08:18,330  
节者竭虑也  
  
181  
00:08:23,900 --> 00:08:25,060  
天以六六为节  
  
182  
00:08:25,220 --> 00:08:26,380  
地以九九之慧  
  
183  
00:08:28,300 --> 00:08:32,340  
经常跟大家说，那么六是什么时间概念  
  
184  
00:08:33,220 --> 00:08:34,059  
是这个道理吧  
  
185  
00:08:34,059 --> 00:08:35,380  
你看天以六六为节  
  
186  
00:08:35,900 --> 00:08:38,140  
天我们讲叫呃  
  
187  
00:08:38,539 --> 00:08:41,429  
六经六气六期，再分阴阳  
  
188  
00:08:42,230 --> 00:08:44,590  
那么天有12月啊  
  
189  
00:08:44,590 --> 00:08:46,470  
一年有12月1日呢  
  
190  
00:08:46,470 --> 00:08:47,190  
有12辰  
  
191  
00:08:48,280 --> 00:08:49,080  
子午为经  
  
192  
00:08:49,440 --> 00:08:50,960  
卯酉为美啊  
  
193  
00:08:51,160 --> 00:08:54,930  
子午为经卯卯酉为纬啊  
  
194  
00:08:55,490 --> 00:08:56,970  
那么一年不也是吗  
  
195  
00:08:57,810 --> 00:08:59,970  
啊角抗提防新伟奇  
  
196  
00:09:00,170 --> 00:09:02,680  
斗牛女婿威士毕啊  
  
197  
00:09:03,040 --> 00:09:05,800  
那么整个这个28星宿排下来  
  
198  
00:09:06,160 --> 00:09:10,420  
他也是一个一个六节律为周天啊  
  
199  
00:09:10,940 --> 00:09:12,500  
24气72侯  
  
200  
00:09:13,430 --> 00:09:16,030  
那么肺脏主治节  
  
201  
00:09:16,150 --> 00:09:18,550  
其实他就是掌管这种时间节律的  
  
202  
00:09:18,750 --> 00:09:19,910  
那么时间节律代表啥  
  
203  
00:09:19,950 --> 00:09:21,230  
那不就还是开合吗  
  
204  
00:09:22,050 --> 00:09:22,850  
你什么时候开  
  
205  
00:09:22,930 --> 00:09:23,530  
什么时候合  
  
206  
00:09:23,610 --> 00:09:24,210  
什么时候开  
  
207  
00:09:24,250 --> 00:09:24,850  
什么时候合  
  
208  
00:09:25,170 --> 00:09:25,930  
那么肺主治节  
  
209  
00:09:25,930 --> 00:09:27,530  
这是他的非常重要的一个特点  
  
210  
00:09:27,930 --> 00:09:28,690  
因此说呢  
  
211  
00:09:29,170 --> 00:09:31,370  
昼开夜和昼为阳  
  
212  
00:09:31,410 --> 00:09:32,850  
夜为阴的这种状态  
  
213  
00:09:33,410 --> 00:09:37,250  
恰恰就符合肺脏主赤节的这种开合功能  
  
214  
00:09:38,890 --> 00:09:42,630  
分则为百脉合，则为一宗马百合病啊  
  
215  
00:09:42,630 --> 00:09:44,070  
因此用百合去治啊  
  
216  
00:09:44,070 --> 00:09:45,150  
这个太有意思了  
  
217  
00:09:45,470 --> 00:09:47,670  
所以我们说这个病名呢  
  
218  
00:09:47,670 --> 00:09:48,870  
既可以用药为命名  
  
219  
00:09:48,870 --> 00:09:51,670  
但是你用百脉合宗这个角度来说  
  
220  
00:09:51,990 --> 00:09:53,790  
你说它是病机也不为过啊  
  
221  
00:09:53,790 --> 00:09:55,950  
所以这两种说法都成立  
  
222  
00:09:56,320 --> 00:09:57,360  
因此现在呢  
  
223  
00:09:57,480 --> 00:10:01,240  
整个百合病你都要用百合来立论啊  
  
224  
00:10:01,240 --> 00:10:02,160  
这个是不变的  
  
225  
00:10:02,160 --> 00:10:02,960  
这是一个前提  
  
226  
00:10:03,460 --> 00:10:06,860  
呃，当然一会我们会具体的跟大家说百合跟各种药的配合  
  
227  
00:10:07,380 --> 00:10:09,380  
那么眼下这个情况啊  
  
228  
00:10:09,740 --> 00:10:12,060  
我们用谁来跟百合做搭档呢  
  
229  
00:10:13,070 --> 00:10:15,940  
用知母，知母最大的特点  
  
230  
00:10:15,940 --> 00:10:18,500  
因为我们今天不是主要讲知母为主啊  
  
231  
00:10:18,540 --> 00:10:21,260  
所以以后呃，比如讲到那个桂枝芍药知母汤  
  
232  
00:10:21,260 --> 00:10:23,220  
我再给大家稍稍细说一点  
  
233  
00:10:23,510 --> 00:10:26,830  
知母最大的特点，大家记住一个问题是干什么呢  
  
234  
00:10:30,520 --> 00:10:33,080  
资金水，你就先记住啊  
  
235  
00:10:33,160 --> 00:10:33,880  
这么个事  
  
236  
00:10:34,580 --> 00:10:34,780  
呃  
  
237  
00:10:34,780 --> 00:10:36,180  
那么这一说话就长了  
  
238  
00:10:36,180 --> 00:10:37,500  
从它的名字上啊  
  
239  
00:10:37,500 --> 00:10:40,260  
你都能知道知母，知母知其母也嘛  
  
240  
00:10:40,580 --> 00:10:42,100  
那么水之母是谁啊  
  
241  
00:10:42,660 --> 00:10:43,580  
水的母是谁  
  
242  
00:10:43,660 --> 00:10:45,540  
五五脏之中生成，那不是金吗  
  
243  
00:10:46,060 --> 00:10:49,020  
因此说它就符合这种金水相生的意思  
  
244  
00:10:49,020 --> 00:10:50,420  
它本身是一个苦寒药  
  
245  
00:10:50,980 --> 00:10:51,700  
味苦性寒  
  
246  
00:10:52,060 --> 00:10:53,700  
但是它恰恰能金水相生  
  
247  
00:10:54,020 --> 00:10:56,490  
我们现在说这个问题，呵  
  
248  
00:10:56,890 --> 00:10:58,410  
百合之母汤发汗之后  
  
249  
00:10:58,450 --> 00:11:02,910  
火形金太过造成水现在想去资金够不着了  
  
250  
00:11:02,910 --> 00:11:03,590  
跟不上了吧  
  
251  
00:11:03,990 --> 00:11:07,630  
就好像打一比方，还拿崇祯说事啊  
  
252  
00:11:08,830 --> 00:11:12,430  
李闯王马上要把北京城给攻克了  
  
253  
00:11:13,580 --> 00:11:16,620  
结果吴三桂带着关宁铁骑在山海关  
  
254  
00:11:17,540 --> 00:11:19,380  
一时之间难以驰援  
  
255  
00:11:19,940 --> 00:11:20,820  
是这个道理吧  
  
256  
00:11:21,550 --> 00:11:21,750  
哎  
  
257  
00:11:21,910 --> 00:11:24,710  
长江那有四镇也过不来，远水不解近渴  
  
258  
00:11:25,270 --> 00:11:26,510  
那么这个用谁来解  
  
259  
00:11:26,550 --> 00:11:29,330  
用支母来解，知母金水相生  
  
260  
00:11:29,610 --> 00:11:31,290  
首先它是一个利益共同体  
  
261  
00:11:32,390 --> 00:11:33,230  
唇亡齿寒  
  
262  
00:11:33,630 --> 00:11:36,270  
如果肺伤了之后，下一个就是水就要结  
  
263  
00:11:36,750 --> 00:11:41,030  
所以用知母吊渗水，那是同气连枝啊  
  
264  
00:11:41,030 --> 00:11:44,710  
那你用掉掉了水之后马上把金给滋上  
  
265  
00:11:45,430 --> 00:11:46,430  
大兵一来啊  
  
266  
00:11:46,550 --> 00:11:47,230  
天兵一到  
  
267  
00:11:47,270 --> 00:11:51,120  
马上又又又，这个就就就就能干干事了啊  
  
268  
00:11:51,400 --> 00:11:56,580  
这个肺就能够在百合的作用下撕开合啊  
  
269  
00:11:56,660 --> 00:11:59,580  
这就是百合知母汤的立法  
  
270  
00:12:00,140 --> 00:12:01,860  
我这么一讲就非常简单啊  
  
271  
00:12:01,860 --> 00:12:02,420  
简单极了  
  
272  
00:12:02,420 --> 00:12:03,820  
就是一个金水相生的问题  
  
273  
00:12:04,020 --> 00:12:08,560  
怎么能让渗水钓上来以资废弃之用啊  
  
274  
00:12:08,640 --> 00:12:09,840  
那么大家能明白这个  
  
275  
00:12:10,400 --> 00:12:14,850  
你就能在临证之中去理解很多很多问题啊  
  
276  
00:12:14,850 --> 00:12:15,610  
比如说有的  
  
277  
00:12:15,650 --> 00:12:16,970  
咱打个比方，心脏病  
  
278  
00:12:17,490 --> 00:12:19,010  
心脏病，那不光是心阳虚啊  
  
279  
00:12:19,490 --> 00:12:24,640  
比如有没有那种呃燥热类似的症状之后  
  
280  
00:12:24,640 --> 00:12:27,520  
你一看脉证整个的这个肾水  
  
281  
00:12:28,200 --> 00:12:29,680  
它不能上济于肺呢  
  
282  
00:12:30,000 --> 00:12:30,960  
这种有很多  
  
283  
00:12:31,520 --> 00:12:32,280  
呃，在这呢  
  
284  
00:12:32,520 --> 00:12:33,560  
那么也说一下  
  
285  
00:12:33,640 --> 00:12:35,960  
在临证之中，我个人用百合类方  
  
286  
00:12:36,560 --> 00:12:39,610  
通常由一一主一次啊  
  
287  
00:12:39,690 --> 00:12:41,210  
两个临正眼目  
  
288  
00:12:41,930 --> 00:12:43,530  
呃，第一个临正眼目呢  
  
289  
00:12:43,850 --> 00:12:46,050  
那么你要关注他的右寸脉  
  
290  
00:12:47,880 --> 00:12:48,920  
右寸脉啊  
  
291  
00:12:49,360 --> 00:12:49,880  
右寸脉  
  
292  
00:12:50,000 --> 00:12:52,320  
那么我们说在六部之中，主哪儿啊  
  
293  
00:12:53,330 --> 00:12:54,970  
主肺脏是这个道理吧  
  
294  
00:12:55,370 --> 00:13:00,330  
那么右寸脉在百合类证之中，通常情况啊  
  
295  
00:13:00,330 --> 00:13:07,340  
我说的是通常它会出现一个微弱之脉啊  
  
296  
00:13:07,340 --> 00:13:08,980  
你一看右寸脉，它比较微弱  
  
297  
00:13:09,260 --> 00:13:10,100  
说明一个问题  
  
298  
00:13:10,340 --> 00:13:13,380  
现在起码肺脏它的张力不够了吧  
  
299  
00:13:14,720 --> 00:13:14,920  
啊  
  
300  
00:13:14,960 --> 00:13:16,620  
那么我们从木桶效应  
  
301  
00:13:16,620 --> 00:13:18,100  
你看它最短的那个桶在哪  
  
302  
00:13:18,340 --> 00:13:19,580  
那我说百合病不可能  
  
303  
00:13:19,580 --> 00:13:21,180  
它首当其冲是心得病了吧  
  
304  
00:13:21,500 --> 00:13:22,540  
它一定是肺得病啊  
  
305  
00:13:22,780 --> 00:13:23,860  
那你就往右寸去  
  
306  
00:13:24,320 --> 00:13:25,440  
那么按照难经来讲  
  
307  
00:13:25,560 --> 00:13:26,920  
浮和沉那么分脏腑  
  
308  
00:13:27,400 --> 00:13:29,720  
那么首先它就是一个沉而虚弱的  
  
309  
00:13:29,720 --> 00:13:31,520  
这个像你一摸又从脉摸不着了  
  
310  
00:13:31,980 --> 00:13:36,340  
那么这个时候你再看是否有这种热盛伤肺的状态  
  
311  
00:13:36,820 --> 00:13:38,780  
脉证并治，那有脉之后  
  
312  
00:13:38,860 --> 00:13:40,540  
那证就能找得到啊  
  
313  
00:13:40,860 --> 00:13:44,220  
那么金贵，我们并不是以六经直断  
  
314  
00:13:45,070 --> 00:13:47,150  
也就是并不是以六经制断为立法啊  
  
315  
00:13:47,590 --> 00:13:48,750  
他是要找官窍  
  
316  
00:13:49,120 --> 00:13:50,080  
你在这要把它  
  
317  
00:13:50,280 --> 00:13:51,240  
但气脉不重要  
  
318  
00:13:51,240 --> 00:13:51,800  
你在太阳  
  
319  
00:13:51,800 --> 00:13:53,560  
在阳明，在哪都无所谓啊  
  
320  
00:13:53,860 --> 00:13:55,540  
所以有的时候我在临床上经常开方  
  
321  
00:13:55,540 --> 00:13:59,660  
有的时候学生，呃我门诊学生都是直接以以脉去断六经嘛  
  
322  
00:13:59,660 --> 00:13:59,900  
对吧  
  
323  
00:14:00,100 --> 00:14:01,220  
断完了之后来问我  
  
324  
00:14:01,540 --> 00:14:03,790  
有的时候一问我，我答不出来啊  
  
325  
00:14:03,790 --> 00:14:04,910  
是什么原因啊  
  
326  
00:14:04,950 --> 00:14:06,350  
告诉大家其实非常简单  
  
327  
00:14:06,350 --> 00:14:08,670  
就是这个我可能看的是官跳那个  
  
328  
00:14:08,670 --> 00:14:11,590  
我下一个可能看的是气脉一直在跳啊  
  
329  
00:14:11,950 --> 00:14:13,110  
那不是我想跳啊  
  
330  
00:14:13,110 --> 00:14:14,190  
我想一劳永逸  
  
331  
00:14:14,810 --> 00:14:16,690  
我想躺在家里，啥啥也不干  
  
332  
00:14:16,690 --> 00:14:17,610  
钱就自己来了  
  
333  
00:14:17,610 --> 00:14:18,050  
他行吗  
  
334  
00:14:18,410 --> 00:14:19,250  
不是那回事  
  
335  
00:14:19,490 --> 00:14:23,600  
你的形态变化是因你对手的形态变化而变化的  
  
336  
00:14:23,840 --> 00:14:26,480  
这个孙子称之为兵无常势  
  
337  
00:14:26,520 --> 00:14:27,280  
水无常形  
  
338  
00:14:28,270 --> 00:14:28,830  
冰之形  
  
339  
00:14:28,830 --> 00:14:30,190  
避高而趋下，水之形  
  
340  
00:14:30,270 --> 00:14:31,110  
避实而击虚  
  
341  
00:14:31,510 --> 00:14:33,510  
那么你的形态是对手决定的  
  
342  
00:14:34,250 --> 00:14:35,250  
神用而无方啊  
  
343  
00:14:35,250 --> 00:14:36,210  
就这么一个道理  
  
344  
00:14:36,530 --> 00:14:37,650  
因此在临证上呢  
  
345  
00:14:37,650 --> 00:14:38,770  
那么首先第一个眼目  
  
346  
00:14:38,810 --> 00:14:40,050  
你观察一下他的右寸  
  
347  
00:14:40,450 --> 00:14:41,730  
这个非常简单啊  
  
348  
00:14:42,100 --> 00:14:43,260  
第二个问题呢  
  
349  
00:14:43,500 --> 00:14:45,700  
也呃，你们可能不一定能遇到啊  
  
350  
00:14:46,020 --> 00:14:50,780  
那么在临证中，有的时候你会发现这个患者的脉率不提  
  
351  
00:14:51,140 --> 00:14:51,860  
但是注意  
  
352  
00:14:52,780 --> 00:14:53,820  
排除两个事啊  
  
353  
00:14:54,660 --> 00:14:55,260  
排除两个事  
  
354  
00:14:55,260 --> 00:14:55,900  
第一个问题  
  
355  
00:14:56,300 --> 00:15:01,470  
他不是那种我们今天讲的那个叫叫叫心脏的那个早搏  
  
356  
00:15:01,960 --> 00:15:02,240  
早搏  
  
357  
00:15:02,240 --> 00:15:03,800  
我们都会看临床上脉结代  
  
358  
00:15:03,800 --> 00:15:04,120  
对吧  
  
359  
00:15:04,360 --> 00:15:05,920  
那么你你你非常简单  
  
360  
00:15:06,360 --> 00:15:07,160  
我说这是什么  
  
361  
00:15:07,160 --> 00:15:08,680  
比如说患者一阵呢  
  
362  
00:15:09,080 --> 00:15:09,760  
你看他是  
  
363  
00:15:10,080 --> 00:15:12,600  
比如一上午都是这种外形  
  
364  
00:15:13,310 --> 00:15:14,470  
到下午三点的时候  
  
365  
00:15:14,470 --> 00:15:15,670  
突然之间外形骤变  
  
366  
00:15:17,020 --> 00:15:18,260  
哎到五点又好了  
  
367  
00:15:18,620 --> 00:15:19,380  
这种见过吧  
  
368  
00:15:20,220 --> 00:15:22,420  
那么这种时候你就要想肺主什么  
  
369  
00:15:22,940 --> 00:15:26,890  
主持解，它是否在某一个制节片段上  
  
370  
00:15:27,330 --> 00:15:29,720  
它的精气疏于皮毛  
  
371  
00:15:29,760 --> 00:15:32,000  
留于四藏过程中出现了断裂  
  
372  
00:15:32,360 --> 00:15:33,280  
出现断裂之后  
  
373  
00:15:33,560 --> 00:15:35,360  
那么不能输，精于皮毛  
  
374  
00:15:35,360 --> 00:15:37,380  
毛脉合经啊  
  
375  
00:15:37,860 --> 00:15:39,900  
那么这个这个呃  
  
376  
00:15:40,180 --> 00:15:43,260  
行气与腹出现了断裂啊  
  
377  
00:15:43,420 --> 00:15:44,100  
流于四脏  
  
378  
00:15:44,870 --> 00:15:46,550  
那么这个时候你就要去想了  
  
379  
00:15:46,550 --> 00:15:48,350  
他在哪个片段上出的问题啊  
  
380  
00:15:48,470 --> 00:15:49,030  
哪个片段  
  
381  
00:15:49,270 --> 00:15:51,910  
因此我上一堂课给大家讲的这个经脉别论  
  
382  
00:15:52,290 --> 00:15:53,490  
我们从食气入胃  
  
383  
00:15:53,490 --> 00:15:54,810  
浊气归心开始啊  
  
384  
00:15:55,050 --> 00:15:56,410  
一直到精气归于肺  
  
385  
00:15:56,690 --> 00:15:57,330  
肺朝百脉  
  
386  
00:15:57,650 --> 00:16:00,330  
最后一直到这个福，精神明留于四藏  
  
387  
00:16:01,420 --> 00:16:03,060  
这几个片段在临床上  
  
388  
00:16:03,060 --> 00:16:04,740  
其实你哪一个都能遇到  
  
389  
00:16:05,620 --> 00:16:07,860  
比如说浊气啊  
  
390  
00:16:07,980 --> 00:16:11,140  
食气入味这个片段上就就有人  
  
391  
00:16:11,140 --> 00:16:13,060  
比如吃饭饮食不节  
  
392  
00:16:13,680 --> 00:16:16,040  
咱们讲那个那个，或者叫叫什么呢  
  
393  
00:16:16,040 --> 00:16:16,880  
叫暴饮暴食吧  
  
394  
00:16:17,360 --> 00:16:19,360  
或者是饮食长期有问题  
  
395  
00:16:19,810 --> 00:16:20,810  
过食油腻  
  
396  
00:16:21,170 --> 00:16:24,970  
肥甘厚味辛辣等物或者是饮食的时候  
  
397  
00:16:25,210 --> 00:16:31,030  
暴怒、过劳过量都会造成食气入味的片段出问题  
  
398  
00:16:32,060 --> 00:16:33,580  
那么这个片段出问题之后  
  
399  
00:16:33,620 --> 00:16:36,860  
浊气归心，也就会人是一个联动的吗  
  
400  
00:16:37,540 --> 00:16:40,820  
那么或者是在浊气归心的问题上  
  
401  
00:16:40,820 --> 00:16:43,180  
那比如说走到某一个特定的季节  
  
402  
00:16:43,820 --> 00:16:46,920  
那么有某种，比如虚劳半夜没睡觉啊  
  
403  
00:16:46,920 --> 00:16:47,680  
或者怎么样啊  
  
404  
00:16:47,960 --> 00:16:48,880  
或者是生气了  
  
405  
00:16:48,920 --> 00:16:51,600  
那么造成了这个血液凝滞，伤于心脉  
  
406  
00:16:51,880 --> 00:16:55,210  
那么每一个，其实每一个他的片段  
  
407  
00:16:55,250 --> 00:16:58,130  
都会是一个完整链条上的一个断点  
  
408  
00:16:58,800 --> 00:17:02,840  
因此在临床之中，那么我们说百合病的病因病机其实很多啊呃  
  
409  
00:17:02,920 --> 00:17:04,040  
但是常见的啊  
  
410  
00:17:04,040 --> 00:17:05,480  
我说常见的，呃  
  
411  
00:17:05,520 --> 00:17:07,359  
比如说饮食问题啊  
  
412  
00:17:07,400 --> 00:17:08,560  
我见过的比较多  
  
413  
00:17:08,920 --> 00:17:10,720  
临床中我们用百合类方呢  
  
414  
00:17:11,000 --> 00:17:12,599  
那么比如说呃  
  
415  
00:17:14,280 --> 00:17:15,480  
比方，呃  
  
416  
00:17:15,880 --> 00:17:16,480  
痛风啊  
  
417  
00:17:17,680 --> 00:17:19,630  
糖尿病啊啊  
  
418  
00:17:19,829 --> 00:17:22,740  
那么包括焦虑症啊，失眠啊  
  
419  
00:17:23,260 --> 00:17:23,900  
那见得多  
  
420  
00:17:24,579 --> 00:17:26,900  
那为什么其实都跟肺的这个功能  
  
421  
00:17:26,900 --> 00:17:30,750  
也就是我刚才讲的这个生理链条关系非常大啊  
  
422  
00:17:30,750 --> 00:17:32,110  
那么这个就是，呃  
  
423  
00:17:32,110 --> 00:17:36,730  
百合知母汤在已经热盛伤肺之后再去发汗啊  
  
424  
00:17:36,730 --> 00:17:38,890  
造成了肺金肾水不能相滋  
  
425  
00:17:39,170 --> 00:17:42,050  
那么用知母滋金水，取上积于肺  
  
426  
00:17:42,410 --> 00:17:43,170  
用百合呢  
  
427  
00:17:43,450 --> 00:17:45,570  
帮助肺行开合啊  
  
428  
00:17:45,690 --> 00:17:47,170  
相辅志节之开合啊  
  
429  
00:17:47,810 --> 00:17:49,600  
百合之母汤额  
  
430  
00:17:50,200 --> 00:17:51,560  
那么大家注意一个事啊  
  
431  
00:17:52,680 --> 00:17:54,360  
这有一个非常有意思的事啊  
  
432  
00:17:58,050 --> 00:18:01,250  
大家看百合七枚，那为啥是七枚  
  
433  
00:18:01,290 --> 00:18:03,650  
我上次给大家讲过了吧啊  
  
434  
00:18:03,810 --> 00:18:06,570  
第二生火天七成之，不再赘述啊  
  
435  
00:18:07,590 --> 00:18:08,510  
你注意一个事  
  
436  
00:18:09,610 --> 00:18:11,530  
呃，先以水洗百合  
  
437  
00:18:11,530 --> 00:18:11,850  
为啥  
  
438  
00:18:11,850 --> 00:18:14,050  
因为他从土里挖出来，它肯定有泥嘛  
  
439  
00:18:14,810 --> 00:18:16,490  
但是后头跟水洗就没关系了  
  
440  
00:18:17,210 --> 00:18:17,890  
渍一宿  
  
441  
00:18:19,260 --> 00:18:23,180  
为啥告诉你浸泡一宿  
  
442  
00:18:23,220 --> 00:18:27,780  
我们今天呃，百合已经是一个大家很常见的一个东西了啊  
  
443  
00:18:27,980 --> 00:18:29,060  
它并不是说看不着  
  
444  
00:18:29,580 --> 00:18:31,890  
那么你可以做个实验啊  
  
445  
00:18:32,810 --> 00:18:35,850  
很有可能你泡一宿就泡坏了  
  
446  
00:18:37,030 --> 00:18:38,830  
但是古人为什么要告诉你泡一宿  
  
447  
00:18:39,750 --> 00:18:42,070  
有的人说说我们那百合很鲜很嫩对吧  
  
448  
00:18:42,390 --> 00:18:43,230  
他泡不了一宿  
  
449  
00:18:43,230 --> 00:18:45,040  
包括那个兰州百合  
  
450  
00:18:45,040 --> 00:18:46,840  
咱们今天用的最多是吧  
  
451  
00:18:47,200 --> 00:18:48,640  
那为啥兰州出百合呀  
  
452  
00:18:48,640 --> 00:18:52,560  
我们讲百合色白倒悬，形象如同费金吧  
  
453  
00:18:53,120 --> 00:18:54,760  
那么费金则主西方  
  
454  
00:18:55,340 --> 00:18:56,580  
所以西方百合很好  
  
455  
00:18:56,580 --> 00:18:59,220  
但是我们东北长白山，长白山是宝地啊  
  
456  
00:18:59,220 --> 00:19:00,810  
长白山也有百合啊  
  
457  
00:19:00,810 --> 00:19:02,490  
而且它的内含物质非常高啊  
  
458  
00:19:02,490 --> 00:19:05,610  
甚至呃，野生百合那个抽样啊  
  
459  
00:19:06,080 --> 00:19:09,720  
呃，某种程度上这个超过兰州百合  
  
460  
00:19:09,760 --> 00:19:12,400  
但是这个我我我我不是那个呃  
  
461  
00:19:13,140 --> 00:19:14,980  
不是不是不是那个误会啊  
  
462  
00:19:14,980 --> 00:19:16,300  
我们就是说说一下啊  
  
463  
00:19:16,300 --> 00:19:17,980  
那当然谁不说自己家乡好呢  
  
464  
00:19:17,980 --> 00:19:18,500  
是吧  
  
465  
00:19:18,700 --> 00:19:20,500  
那我是东北人啊  
  
466  
00:19:20,860 --> 00:19:22,700  
呃，那我们长白山的百合真的不错  
  
467  
00:19:22,700 --> 00:19:26,680  
野生百合，那么这个东西你在水里浸一宿  
  
468  
00:19:26,720 --> 00:19:27,960  
它的作用是什么  
  
469  
00:19:27,960 --> 00:19:29,720  
在这我不给大家卖关子了啊  
  
470  
00:19:30,440 --> 00:19:30,720  
呃  
  
471  
00:19:31,690 --> 00:19:33,970  
那么有一部经典啊，叫识经  
  
472  
00:19:34,590 --> 00:19:36,310  
其中呢，讲过一段话  
  
473  
00:19:36,470 --> 00:19:37,710  
就是百合呢，等物  
  
474  
00:19:37,830 --> 00:19:39,470  
他讲这么一个事，就是很多东西呢  
  
475  
00:19:39,470 --> 00:19:41,030  
可以跟荤腥的东西一起做  
  
476  
00:19:41,590 --> 00:19:42,350  
比如韭菜  
  
477  
00:19:43,120 --> 00:19:43,920  
比如蒜苔  
  
478  
00:19:44,520 --> 00:19:46,240  
你这个东西不怕跟肉一起弄  
  
479  
00:19:46,240 --> 00:19:48,080  
我们有一个著名的饺子  
  
480  
00:19:48,080 --> 00:19:50,120  
叫叫三鲜馅儿的，对吧  
  
481  
00:19:50,360 --> 00:19:51,960  
它这里头有虾啊  
  
482  
00:19:51,960 --> 00:19:53,880  
可以放肉，放肉的叫肉三鲜  
  
483  
00:19:54,200 --> 00:19:56,120  
那你不会觉得那个韭菜难吃  
  
484  
00:19:56,650 --> 00:19:59,490  
包括我们，我们北方有做韭菜盒子的是不是啊  
  
485  
00:19:59,810 --> 00:20:00,850  
但是他气息呢  
  
486  
00:20:00,850 --> 00:20:02,610  
确实相对来说啊  
  
487  
00:20:02,690 --> 00:20:03,130  
呵呵  
  
488  
00:20:03,410 --> 00:20:04,730  
气息比较浓重啊  
  
489  
00:20:05,110 --> 00:20:08,270  
但是就是说有些菜不怕搭，这个比较比较浊  
  
490  
00:20:08,310 --> 00:20:10,590  
比较那个那个兴会的东西啊  
  
491  
00:20:10,870 --> 00:20:15,070  
但有很多食材是不能跟这个  
  
492  
00:20:15,070 --> 00:20:18,390  
这个就是比较荤腥的东西一起做的  
  
493  
00:20:18,390 --> 00:20:19,150  
比如百合  
  
494  
00:20:20,240 --> 00:20:21,040  
那为什么啊  
  
495  
00:20:21,120 --> 00:20:21,920  
为什么这么说  
  
496  
00:20:22,400 --> 00:20:23,560  
我们还讲那个问题  
  
497  
00:20:23,640 --> 00:20:26,420  
百合它的花昼开夜合  
  
498  
00:20:26,540 --> 00:20:28,660  
他的取向是不同的啊  
  
499  
00:20:28,660 --> 00:20:33,220  
我们可以讲它的整个的这个法相不一样啊  
  
500  
00:20:33,540 --> 00:20:34,380  
法向不一样  
  
501  
00:20:34,940 --> 00:20:36,940  
呃，怎么个不一样法呢  
  
502  
00:20:37,910 --> 00:20:41,070  
所谓这个灵枢卫气篇就说过这个问题  
  
503  
00:20:42,030 --> 00:20:43,910  
阳主咒阴主业  
  
504  
00:20:44,810 --> 00:20:45,890  
故未期之行  
  
505  
00:20:46,290 --> 00:20:49,210  
一日一夜50周于身昼  
  
506  
00:20:49,290 --> 00:20:52,170  
日行于阳25周  
  
507  
00:20:52,740 --> 00:20:54,580  
夜呢，行于阴25昼  
  
508  
00:20:56,580 --> 00:21:00,450  
那么就是白天他就以阳分为用  
  
509  
00:21:01,250 --> 00:21:02,570  
夜里呢，以阴份为用  
  
510  
00:21:03,170 --> 00:21:04,770  
因此说百合有两面性  
  
511  
00:21:05,570 --> 00:21:06,370  
开合，开合  
  
512  
00:21:06,370 --> 00:21:08,970  
我们是取法一个开合的东西，对吧  
  
513  
00:21:09,330 --> 00:21:12,690  
但我们现在要用，主要用它的是它的开还是合  
  
514  
00:21:15,200 --> 00:21:17,120  
得用开，这叫以偏就偏吧  
  
515  
00:21:17,320 --> 00:21:19,480  
因为它已经热盛伤肺之后是不是合上了  
  
516  
00:21:19,800 --> 00:21:22,600  
你是不是想办法让打开让肺朝百脉之后  
  
517  
00:21:22,870 --> 00:21:25,110  
是不是这个这个叫什么  
  
518  
00:21:26,100 --> 00:21:27,020  
输精于皮毛吧  
  
519  
00:21:27,780 --> 00:21:30,500  
就这个段段那个那个片段啊  
  
520  
00:21:30,540 --> 00:21:32,300  
输精于皮毛的片段出问题了  
  
521  
00:21:32,300 --> 00:21:34,420  
是不是你得让它从肺到皮毛  
  
522  
00:21:35,340 --> 00:21:36,420  
因此我们得让它开  
  
523  
00:21:36,420 --> 00:21:37,180  
不能让它合吧  
  
524  
00:21:37,740 --> 00:21:39,740  
就得去掉点东西，去掉谁呢  
  
525  
00:21:40,460 --> 00:21:41,660  
合的作用还是音的作用  
  
526  
00:21:41,740 --> 00:21:42,540  
那开的作用  
  
527  
00:21:43,460 --> 00:21:46,900  
去掉核的作用，那白天喝还是晚上喝呀  
  
528  
00:21:49,010 --> 00:21:50,050  
所以干什么  
  
529  
00:21:50,450 --> 00:21:51,290  
寝一宿  
  
530  
00:21:51,490 --> 00:21:53,610  
他没说，寝一白天你注意了吧  
  
531  
00:21:54,010 --> 00:21:57,620  
他没说寝一日或者寝一昼，它叫寝一宿  
  
532  
00:21:57,820 --> 00:22:01,380  
就是在他晚上煮核的时候把它泡里泡里干什么  
  
533  
00:22:01,920 --> 00:22:03,160  
你看底下你就明白了  
  
534  
00:22:04,400 --> 00:22:07,080  
当白沫处去其水，明白了吧  
  
535  
00:22:08,160 --> 00:22:13,820  
把它这种能够液合的物质把它浸出去倒掉  
  
536  
00:22:14,140 --> 00:22:14,780  
为这个呢  
  
537  
00:22:14,780 --> 00:22:17,860  
我特意请教了咱们的美食专家啊  
  
538  
00:22:18,100 --> 00:22:20,430  
咱们那个呃呵，问了嫂子啊  
  
539  
00:22:20,430 --> 00:22:21,670  
我特意提前给她打电话  
  
540  
00:22:21,670 --> 00:22:23,390  
我问我说我外行啊  
  
541  
00:22:23,390 --> 00:22:26,100  
因为他这个善于烹饪百合嘛，啊  
  
542  
00:22:26,100 --> 00:22:28,900  
因为就是我们一直说强百合讲了好长时间  
  
543  
00:22:29,420 --> 00:22:29,620  
呃  
  
544  
00:22:29,940 --> 00:22:30,740  
嫂子跟我说，啊  
  
545  
00:22:30,740 --> 00:22:34,130  
说这个我们弄百合，不用泡一宿  
  
546  
00:22:34,580 --> 00:22:36,940  
简单洗一洗就非常好啊啊  
  
547  
00:22:37,460 --> 00:22:40,180  
那就说明这个里头不是有一种有毒的内含物质  
  
548  
00:22:40,620 --> 00:22:42,380  
而且嫂子还跟我提示了一个事  
  
549  
00:22:42,380 --> 00:22:44,300  
她说以烹饪的角度来说  
  
550  
00:22:44,420 --> 00:22:46,540  
很多东西其实泡一宿之后都出沫  
  
551  
00:22:47,260 --> 00:22:50,060  
你比如说豆子，它是最明确的  
  
552  
00:22:50,140 --> 00:22:52,660  
那么说明植物其实都有这种开合之性  
  
553  
00:22:52,700 --> 00:22:55,640  
只是百合它比较明确  
  
554  
00:22:56,040 --> 00:22:58,200  
而且我们用就是取这个用对吧  
  
555  
00:22:58,480 --> 00:23:00,700  
那么你说天地之万物  
  
556  
00:23:01,340 --> 00:23:02,860  
牡蛎在水里也是一开合  
  
557  
00:23:04,060 --> 00:23:08,540  
所有的花草木，你用镜头一直拍它  
  
558  
00:23:08,940 --> 00:23:10,060  
它也是在开合的  
  
559  
00:23:10,300 --> 00:23:13,100  
哪怕是人身上的毛孔都是在开合  
  
560  
00:23:13,810 --> 00:23:15,050  
那么不得不承认啊  
  
561  
00:23:15,450 --> 00:23:16,170  
老子说啊  
  
562  
00:23:16,650 --> 00:23:18,610  
天地之间，其犹驮乐乎  
  
563  
00:23:19,550 --> 00:23:21,510  
虚而不屈，动而愈出  
  
564  
00:23:23,030 --> 00:23:25,920  
古古古代的那个呃脉学经典  
  
565  
00:23:26,320 --> 00:23:28,080  
人家也讲了子虚脉绝之中  
  
566  
00:23:28,480 --> 00:23:30,360  
开篇告诉你这么一句话  
  
567  
00:23:30,760 --> 00:23:31,720  
气如驼月  
  
568  
00:23:31,800 --> 00:23:32,560  
血如波澜  
  
569  
00:23:33,550 --> 00:23:37,630  
那么似乎大海的这种开合往复的状态不是人所独有  
  
570  
00:23:37,990 --> 00:23:39,310  
也不是百合之所独有  
  
571  
00:23:39,310 --> 00:23:40,870  
天地万物莫不如此  
  
572  
00:23:41,940 --> 00:23:42,620  
名之曰道  
  
573  
00:23:42,700 --> 00:23:43,780  
道法自然啊  
  
574  
00:23:44,220 --> 00:23:45,940  
那么所以从这个角度上来说  
  
575  
00:23:46,420 --> 00:23:50,060  
百合这个近一宿，他是去掉它内核之性  
  
576  
00:23:50,800 --> 00:23:54,120  
独留其独取其什么外开之性吧  
  
577  
00:23:54,830 --> 00:23:56,750  
使人体周身之气血经脉  
  
578  
00:23:56,750 --> 00:23:59,790  
能从肺朝百脉之后，输精于皮毛  
  
579  
00:24:00,550 --> 00:24:01,990  
才能毛脉合经  
  
580  
00:24:03,270 --> 00:24:03,990  
行气于腑  
  
581  
00:24:04,550 --> 00:24:06,990  
俯精神明，留于四藏啊  
  
582  
00:24:08,070 --> 00:24:08,870  
才能这样  
  
583  
00:24:09,560 --> 00:24:10,440  
呃，之后呢  
  
584  
00:24:10,600 --> 00:24:11,840  
后头有更好玩的事啊  
  
585  
00:24:12,200 --> 00:24:15,290  
别以泉水而生见之母  
  
586  
00:24:15,770 --> 00:24:17,810  
你看这是两个小锅在炖吧  
  
587  
00:24:18,330 --> 00:24:22,050  
他这边另外再再再弄一个小锅炖之母  
  
588  
00:24:23,320 --> 00:24:25,960  
这块有个特别重要的事后怎么样呢  
  
589  
00:24:26,720 --> 00:24:28,520  
你看河河监区  
  
590  
00:24:30,480 --> 00:24:32,560  
河河进群，我们知道有一个神仙啊  
  
591  
00:24:32,560 --> 00:24:34,140  
叫和合二仙啊  
  
592  
00:24:34,140 --> 00:24:35,220  
咱北方见不着  
  
593  
00:24:35,300 --> 00:24:38,860  
那到南方的时候有好多那个关于河海尔仙的那个像，对吧  
  
594  
00:24:38,860 --> 00:24:39,790  
石像，呃  
  
595  
00:24:39,870 --> 00:24:42,390  
咱们福建的老师肯定是见过啊  
  
596  
00:24:42,750 --> 00:24:44,350  
这个传统的中原文化  
  
597  
00:24:44,970 --> 00:24:45,170  
呃  
  
598  
00:24:45,370 --> 00:24:47,490  
那么这个和合代表什么  
  
599  
00:24:47,490 --> 00:24:48,170  
阴阳  
  
600  
00:24:49,880 --> 00:24:52,280  
首先它就是先先有分，再有和  
  
601  
00:24:52,800 --> 00:24:56,000  
那么整个方的取法过程  
  
602  
00:24:56,040 --> 00:24:59,600  
从他进这个百合近一宿，去掉它合的性  
  
603  
00:25:00,220 --> 00:25:03,580  
再到单独主，让它阴阳是分开  
  
604  
00:25:03,940 --> 00:25:05,660  
最后把两者再合到一块  
  
605  
00:25:05,980 --> 00:25:10,160  
代表现在本身百合病合而不能开吧  
  
606  
00:25:10,600 --> 00:25:14,230  
让你开，开完了之后没完事还要让你合上  
  
607  
00:25:15,030 --> 00:25:15,830  
这是为什么  
  
608  
00:25:16,690 --> 00:25:18,810  
中国人的智慧，你看中国人啊  
  
609  
00:25:18,930 --> 00:25:19,690  
他很有意思  
  
610  
00:25:19,930 --> 00:25:22,130  
我们呃，不宣扬武力  
  
611  
00:25:22,870 --> 00:25:24,350  
但是呢，谁欺负我们  
  
612  
00:25:24,350 --> 00:25:26,350  
我们也会捍卫自己的主权  
  
613  
00:25:26,710 --> 00:25:28,680  
但是咱们什么事啊  
  
614  
00:25:29,200 --> 00:25:30,560  
发乎于情，止乎于理  
  
615  
00:25:30,600 --> 00:25:33,720  
咱们都不过大国，小国是不一样的啊  
  
616  
00:25:34,760 --> 00:25:39,360  
我们永远不会说主动去侵略哪个国家，然后占其地啊  
  
617  
00:25:39,440 --> 00:25:40,240  
屠其百姓  
  
618  
00:25:43,580 --> 00:25:46,420  
烧杀其房屋田笼，咱们做不出来那种事  
  
619  
00:25:46,500 --> 00:25:48,060  
但是咱们打谁打谁之后  
  
620  
00:25:48,060 --> 00:25:50,460  
打完了我礼仪之邦，对吧  
  
621  
00:25:50,460 --> 00:25:51,300  
我再撤回来  
  
622  
00:25:52,870 --> 00:25:57,270  
日后好见面啊，啥事我们中国人做事就是这个特点  
  
623  
00:25:57,430 --> 00:25:58,350  
我给你开了  
  
624  
00:25:58,590 --> 00:26:00,150  
开完之后我还给你合回来  
  
625  
00:26:01,010 --> 00:26:02,130  
合回来之后干什么  
  
626  
00:26:02,370 --> 00:26:03,290  
它才是一个圆  
  
627  
00:26:04,890 --> 00:26:06,410  
这样的话，它才是一个圆  
  
628  
00:26:07,330 --> 00:26:10,090  
呃，民国医家彭子益先生写过一本书  
  
629  
00:26:10,450 --> 00:26:13,530  
大家都读过圆运动的古中医学这个圆啊  
  
630  
00:26:13,530 --> 00:26:16,090  
其实我们中国人中国文化不就是一个圆吗  
  
631  
00:26:16,770 --> 00:26:16,970  
啊  
  
632  
00:26:17,010 --> 00:26:18,010  
你想想这个道理  
  
633  
00:26:18,210 --> 00:26:19,490  
什么东西不能有去无回  
  
634  
00:26:19,490 --> 00:26:20,170  
有开无合  
  
635  
00:26:20,570 --> 00:26:22,010  
哪怕是我打架  
  
636  
00:26:23,590 --> 00:26:26,670  
叫什么君子绝交不出恶语啊  
  
637  
00:26:27,250 --> 00:26:29,330  
那最后我跟你打架我都我都要  
  
638  
00:26:29,330 --> 00:26:30,890  
最后都得留一留留  
  
639  
00:26:30,930 --> 00:26:32,290  
留留一个分寸是吧  
  
640  
00:26:32,530 --> 00:26:35,130  
那发汗之后我用麻黄发汗，我还得用甘草  
  
641  
00:26:35,130 --> 00:26:35,970  
还得缀着点呢  
  
642  
00:26:36,730 --> 00:26:37,530  
那非常简单  
  
643  
00:26:37,530 --> 00:26:39,690  
我这是开开之后我还要给你合上  
  
644  
00:26:40,460 --> 00:26:42,900  
给你合上之后我才是一个圈我  
  
645  
00:26:42,900 --> 00:26:46,220  
我的目的不是开我，是让你恢复啊  
  
646  
00:26:46,540 --> 00:26:47,580  
是这个道理啊  
  
647  
00:26:47,620 --> 00:26:48,140  
是这个道理  
  
648  
00:26:48,140 --> 00:26:49,980  
这个是老祖宗教我们的智慧  
  
649  
00:26:50,220 --> 00:26:51,220  
非常有意思啊  
  
650  
00:26:51,690 --> 00:26:53,410  
什么东西都不做绝啊  
  
651  
00:26:53,850 --> 00:26:54,410  
都不做绝  
  
652  
00:26:54,490 --> 00:26:56,330  
开开之后还要把它合上啊  
  
653  
00:26:56,770 --> 00:26:58,890  
我的目的是让你恢复这种开合的功能  
  
654  
00:27:00,150 --> 00:27:01,750  
那么这样就杜绝了一个问题  
  
655  
00:27:03,030 --> 00:27:03,750  
矫枉过正  
  
656  
00:27:03,790 --> 00:27:04,750  
有开无合呀  
  
657  
00:27:05,770 --> 00:27:06,370  
是这样吧  
  
658  
00:27:07,450 --> 00:27:08,330  
但是我们今天呢  
  
659  
00:27:08,330 --> 00:27:09,970  
其实你看我这讲的这么热闹啊  
  
660  
00:27:10,370 --> 00:27:11,010  
非常惭愧  
  
661  
00:27:11,690 --> 00:27:12,090  
张老师  
  
662  
00:27:12,090 --> 00:27:14,300  
我本人在临床中，没有我  
  
663  
00:27:14,300 --> 00:27:15,700  
我我每周基  
  
664  
00:27:15,740 --> 00:27:18,220  
基本上每次出诊我都要用百合类方  
  
665  
00:27:18,620 --> 00:27:21,700  
但是我从来没让患者按照仲景先师的方法去用  
  
666  
00:27:22,120 --> 00:27:23,440  
首先我不对啊  
  
667  
00:27:23,440 --> 00:27:24,600  
这个要承认错误  
  
668  
00:27:25,320 --> 00:27:26,720  
但是我要给自己找个借口啊  
  
669  
00:27:26,720 --> 00:27:27,280  
就是为什么  
  
670  
00:27:27,680 --> 00:27:30,640  
因为我们今天临床用的不是鲜百合啊  
  
671  
00:27:30,640 --> 00:27:31,960  
我们今天临床用的是什么  
  
672  
00:27:32,160 --> 00:27:36,520  
你哪怕是干百合，它也是经过了这个饮片加工啊  
  
673  
00:27:36,720 --> 00:27:38,720  
当然我说的不是制百合两个概念  
  
674  
00:27:39,210 --> 00:27:41,810  
但是我们依然虽然我承认错误  
  
675  
00:27:41,810 --> 00:27:43,250  
但是我我我，我不会  
  
676  
00:27:43,250 --> 00:27:45,050  
因为我自己做不到我就否认  
  
677  
00:27:45,610 --> 00:27:48,130  
或者我挡着不不给你讲这个没有  
  
678  
00:27:48,450 --> 00:27:50,050  
我依然告诉你什么是对的  
  
679  
00:27:50,990 --> 00:27:51,830  
我不是对的啊  
  
680  
00:27:51,870 --> 00:27:52,630  
梳理是对的  
  
681  
00:27:52,990 --> 00:27:54,670  
梳理为什么是对的  
  
682  
00:27:55,180 --> 00:27:58,780  
不能只明白他让你干什么还要知道所以然  
  
683  
00:27:59,100 --> 00:28:01,660  
也就是我们老祖宗教我们生理病理  
  
684  
00:28:02,020 --> 00:28:06,780  
他是要用这种临证的兼主治方法来告诉我们生理  
  
685  
00:28:06,780 --> 00:28:07,660  
病理的道理  
  
686  
00:28:08,450 --> 00:28:09,090  
如何开  
  
687  
00:28:09,450 --> 00:28:10,330  
如何分阴阳  
  
688  
00:28:10,410 --> 00:28:13,460  
如何阴阳，再要合这么一个过程  
  
689  
00:28:14,220 --> 00:28:15,900  
百合并百合，并开而无合  
  
690  
00:28:16,420 --> 00:28:18,700  
那么怎么能是一个完美的结局呢  
  
691  
00:28:18,700 --> 00:28:19,060  
对吧  
  
692  
00:28:19,420 --> 00:28:20,620  
它是有开有合的啊  
  
693  
00:28:22,290 --> 00:28:26,700  
呃，我们看下一个下一方我就不会讲的都这么细了啊  
  
694  
00:28:26,780 --> 00:28:29,220  
后头我可能更偏重那个林正一点  
  
695  
00:28:29,460 --> 00:28:30,060  
前头呢  
  
696  
00:28:30,510 --> 00:28:32,150  
呃，我们时间占用的比较多  
  
697  
00:28:32,190 --> 00:28:33,710  
给大家把百合说清啊  
  
698  
00:28:34,030 --> 00:28:36,390  
把这个百合的特有的煎煮法  
  
699  
00:28:36,630 --> 00:28:41,100  
那么后头几乎多数都是这种河河监区啊  
  
700  
00:28:41,340 --> 00:28:43,940  
几乎多多数都是这种监取方式  
  
701  
00:28:44,220 --> 00:28:45,340  
那么下头这个呢  
  
702  
00:28:45,700 --> 00:28:46,260  
很有意思  
  
703  
00:28:46,260 --> 00:28:49,560  
百合并下之后叫什么呢  
  
704  
00:28:49,560 --> 00:28:51,640  
你看攻下了啊  
  
705  
00:28:52,400 --> 00:28:54,680  
夏之后叫滑石代者汤  
  
706  
00:28:54,760 --> 00:28:56,280  
其实他这里头有没有百合呀  
  
707  
00:28:57,520 --> 00:28:59,990  
同学们有没有  
  
708  
00:29:00,190 --> 00:29:01,510  
有啊  
  
709  
00:29:01,510 --> 00:29:02,430  
这里头有百合  
  
710  
00:29:02,710 --> 00:29:06,150  
但他重点说了另外两味药啊，叫滑石代赭汤  
  
711  
00:29:06,710 --> 00:29:08,390  
这个是咋回事呢  
  
712  
00:29:08,710 --> 00:29:10,910  
你看啊，呃攻下  
  
713  
00:29:11,150 --> 00:29:12,990  
那么咱们现在说一个事，肺  
  
714  
00:29:13,070 --> 00:29:15,230  
现在我们还得回到一开始那个问题  
  
715  
00:29:15,510 --> 00:29:18,400  
热盛伤肺之后合而不开，对吧  
  
716  
00:29:18,880 --> 00:29:19,080  
呃  
  
717  
00:29:19,200 --> 00:29:21,320  
肺朝百脉，但是不能输精于皮毛  
  
718  
00:29:21,880 --> 00:29:23,480  
那么这个状态之下  
  
719  
00:29:24,550 --> 00:29:25,910  
我们要以谁为主呢  
  
720  
00:29:25,910 --> 00:29:26,790  
用百合呀  
  
721  
00:29:27,150 --> 00:29:27,670  
呃呃  
  
722  
00:29:27,670 --> 00:29:28,190  
以谁为主  
  
723  
00:29:28,190 --> 00:29:28,990  
一会我要说，啊  
  
724  
00:29:29,030 --> 00:29:31,230  
叫不经土下，病情如出啊  
  
725  
00:29:31,230 --> 00:29:33,940  
那个是他的一个一个大笔墨  
  
726  
00:29:33,940 --> 00:29:37,620  
我要给你讲的非常精彩的一个内容  
  
727  
00:29:38,030 --> 00:29:40,550  
那么这块就是说没经过政治  
  
728  
00:29:40,550 --> 00:29:42,950  
他用了攻下我们讲肺和谁相表里  
  
729  
00:29:43,430 --> 00:29:43,710  
嗯  
  
730  
00:29:44,820 --> 00:29:47,220  
大肠坏了，捅娄子了啊  
  
731  
00:29:47,820 --> 00:29:49,980  
肺和大肠相表里  
  
732  
00:29:51,020 --> 00:29:52,980  
那么就导致一个问题  
  
733  
00:29:55,370 --> 00:29:58,330  
就还是拿崇祯他倒霉啊  
  
734  
00:29:58,330 --> 00:29:59,330  
拿他说事了啊  
  
735  
00:30:01,010 --> 00:30:03,100  
那么啧  
  
736  
00:30:03,460 --> 00:30:06,660  
我现在是本身是应该用百合去  
  
737  
00:30:07,100 --> 00:30:10,010  
就是外协打压境对吧  
  
738  
00:30:10,610 --> 00:30:12,890  
外邪压境当务之急啊  
  
739  
00:30:13,210 --> 00:30:15,210  
是联合有生力量抗邪吧  
  
740  
00:30:16,090 --> 00:30:17,730  
肺和大肠都是属筋  
  
741  
00:30:19,060 --> 00:30:23,300  
那么我借兵也得是关系好都得一块  
  
742  
00:30:23,460 --> 00:30:26,460  
咱打比方就就打比方还是吴三桂啊  
  
743  
00:30:27,500 --> 00:30:28,860  
当时正确的操作  
  
744  
00:30:29,900 --> 00:30:32,420  
我们当然就是抛开历史啊  
  
745  
00:30:32,700 --> 00:30:34,660  
权且说那个那个操作原理  
  
746  
00:30:35,490 --> 00:30:39,290  
其实应该是联合中原的这个汉族政权  
  
747  
00:30:39,410 --> 00:30:43,460  
你你你是无论是呃，张士诚也好啊  
  
748  
00:30:44,180 --> 00:30:47,300  
还是李四李自成，还是说有有有谁也罢啊  
  
749  
00:30:47,950 --> 00:30:49,990  
还是说我我去保南明对吧  
  
750  
00:30:50,750 --> 00:30:52,030  
联合之后一致对外吧  
  
751  
00:30:52,830 --> 00:30:54,270  
但现在攻下之后啊  
  
752  
00:30:56,010 --> 00:30:59,210  
同学们冲冠一怒为红颜啊  
  
753  
00:30:59,460 --> 00:31:00,700  
嘶，大家明白了吗  
  
754  
00:31:01,140 --> 00:31:03,660  
那攻下之后不但没有解决这个问题  
  
755  
00:31:03,740 --> 00:31:04,180  
相反  
  
756  
00:31:05,100 --> 00:31:07,060  
打开肺窍直达大肠  
  
757  
00:31:08,100 --> 00:31:09,700  
山海关，丢了吧  
  
758  
00:31:11,850 --> 00:31:16,250  
八旗劲旅，那么直捣京师是这个过程吗  
  
759  
00:31:17,390 --> 00:31:17,590  
哎  
  
760  
00:31:17,670 --> 00:31:21,990  
那么整个把你肺和大肠斜线造成火邪太过  
  
761  
00:31:22,880 --> 00:31:23,720  
就这么一个问题  
  
762  
00:31:24,040 --> 00:31:26,200  
那么这种火协太过的时候  
  
763  
00:31:27,470 --> 00:31:29,630  
我们说这个还能救吗  
  
764  
00:31:30,750 --> 00:31:32,790  
能哈哈，咋救啊  
  
765  
00:31:33,950 --> 00:31:35,790  
非常有意思啊，嗯  
  
766  
00:31:37,340 --> 00:31:43,950  
如果是张仲景作为当时的我们说一方诸侯也好啊  
  
767  
00:31:44,030 --> 00:31:46,320  
还是一个政权领导人也罢  
  
768  
00:31:46,840 --> 00:31:50,280  
他会这么救这个明末的这个山海关危局  
  
769  
00:31:51,200 --> 00:31:54,360  
首先呢，还是要把百合拿出来  
  
770  
00:31:55,080 --> 00:31:57,730  
为什么告天下之正朔  
  
771  
00:31:58,130 --> 00:31:59,850  
那比如说我呃张张仲景  
  
772  
00:31:59,850 --> 00:32:01,170  
他现在在崇祯这个位置  
  
773  
00:32:01,170 --> 00:32:03,730  
咱们说我还得把恢复正统啊  
  
774  
00:32:04,010 --> 00:32:05,090  
那现在是百合病啊  
  
775  
00:32:05,090 --> 00:32:06,610  
那我现在那个那个百合得来啊  
  
776  
00:32:06,610 --> 00:32:08,030  
百脉一宗，这个东西  
  
777  
00:32:08,030 --> 00:32:10,950  
而且是机体官窍之症结之所在啊  
  
778  
00:32:11,470 --> 00:32:13,590  
但是进来这个八旗劲旅怎么办  
  
779  
00:32:14,940 --> 00:32:16,300  
你得把他安抚一下吧  
  
780  
00:32:17,180 --> 00:32:18,500  
你得镇住他啊  
  
781  
00:32:18,940 --> 00:32:23,080  
怎么镇待着时待者时色红而止重  
  
782  
00:32:23,120 --> 00:32:25,080  
我们在这不讲历史只讲道理啊  
  
783  
00:32:25,200 --> 00:32:28,410  
当然我说的也是仅仅是道理层面的啊  
  
784  
00:32:28,410 --> 00:32:29,330  
在这不抬杠啊  
  
785  
00:32:29,330 --> 00:32:30,210  
就说这个事  
  
786  
00:32:30,930 --> 00:32:35,610  
从道理层面我就要有一个因素能震慑心火，把他镇住  
  
787  
00:32:35,650 --> 00:32:39,350  
不管是你用任何方式外交也好，还是什么也罢  
  
788  
00:32:39,630 --> 00:32:40,870  
你得把他震慑住  
  
789  
00:32:40,870 --> 00:32:42,150  
换句话说，你得节制他  
  
790  
00:32:42,150 --> 00:32:43,070  
不能让他节制你  
  
791  
00:32:43,310 --> 00:32:45,270  
让你绞辫子剃发一扶你就干  
  
792  
00:32:46,060 --> 00:32:47,820  
那你就完全没辙了  
  
793  
00:32:48,170 --> 00:32:50,650  
你这时候得拿住它的三寸把他镇得住  
  
794  
00:32:50,810 --> 00:32:52,290  
这个时候是带着石干的事  
  
795  
00:32:52,490 --> 00:32:54,530  
那么临床上你说老师我不用带着石行不行  
  
796  
00:32:54,530 --> 00:32:55,050  
行啊  
  
797  
00:32:55,670 --> 00:32:56,590  
你用什么方式  
  
798  
00:32:56,590 --> 00:33:00,390  
但凡你能把心气稳住你都可以啊  
  
799  
00:33:00,390 --> 00:33:02,550  
我这用带者只是告诉你这个道理啊  
  
800  
00:33:03,200 --> 00:33:04,880  
吻的是谁过抗之心火  
  
801  
00:33:04,880 --> 00:33:05,480  
是不是这道理  
  
802  
00:33:05,920 --> 00:33:08,330  
你一开始说呃，多尔衮  
  
803  
00:33:08,330 --> 00:33:10,650  
你说我要清君侧，我要帮你  
  
804  
00:33:10,890 --> 00:33:12,570  
你一进来之后你不是这么干的呀  
  
805  
00:33:12,850 --> 00:33:14,290  
你过了那怎么办  
  
806  
00:33:14,650 --> 00:33:16,210  
亢则害承乃制啊  
  
807  
00:33:17,970 --> 00:33:18,370  
是吧  
  
808  
00:33:19,260 --> 00:33:20,340  
带着石就得来了  
  
809  
00:33:20,340 --> 00:33:22,220  
你手里得有这个打神鞭啊  
  
810  
00:33:22,500 --> 00:33:26,460  
你得有能镇得住他的这个这个这个这个拿住它的要素  
  
811  
00:33:26,900 --> 00:33:27,980  
因此带着石呢  
  
812  
00:33:28,430 --> 00:33:28,630  
呃  
  
813  
00:33:28,670 --> 00:33:31,550  
我们说它的，它是岩浆所化吧  
  
814  
00:33:31,950 --> 00:33:34,110  
那么你见过它之后你发现一块带赭石呢  
  
815  
00:33:34,310 --> 00:33:35,470  
顶上全是小坑  
  
816  
00:33:36,520 --> 00:33:37,840  
任何有小坑的地方  
  
817  
00:33:37,840 --> 00:33:40,440  
你翻过另一面就有一个小包  
  
818  
00:33:40,800 --> 00:33:46,750  
为什么那个岩浆在地脉里就如同这个人之血液  
  
819  
00:33:47,590 --> 00:33:49,230  
人有血脉则地有岩浆  
  
820  
00:33:49,350 --> 00:33:50,270  
他是赤色的  
  
821  
00:33:50,270 --> 00:33:50,950  
它是热的  
  
822  
00:33:51,110 --> 00:33:51,830  
是这样吗  
  
823  
00:33:52,220 --> 00:33:53,540  
那么它的质量又很重  
  
824  
00:33:53,540 --> 00:33:55,420  
又是红色，象征血脉  
  
825  
00:33:55,420 --> 00:33:56,020  
这是特性  
  
826  
00:33:56,420 --> 00:33:58,820  
但是它的质量沉呢，则能重振  
  
827  
00:33:59,580 --> 00:34:00,220  
则能振  
  
828  
00:34:00,260 --> 00:34:00,660  
什么  
  
829  
00:34:00,660 --> 00:34:02,400  
振心气，是不是  
  
830  
00:34:02,400 --> 00:34:05,120  
这理我就不管用什么方式啊  
  
831  
00:34:05,640 --> 00:34:07,080  
八旗兵是很骁勇  
  
832  
00:34:07,240 --> 00:34:08,280  
我可能打也打不过  
  
833  
00:34:08,280 --> 00:34:10,239  
你有没有人说了算呢  
  
834  
00:34:11,239 --> 00:34:13,040  
有吧，说了算的人  
  
835  
00:34:13,239 --> 00:34:14,199  
他就是完人吗  
  
836  
00:34:14,800 --> 00:34:15,840  
他没有七寸吗  
  
837  
00:34:16,280 --> 00:34:17,320  
他没有短板吗  
  
838  
00:34:17,560 --> 00:34:18,560  
他没有家吗  
  
839  
00:34:19,730 --> 00:34:21,870  
他没有他怕的东西吗  
  
840  
00:34:22,190 --> 00:34:23,830  
都没有好了，天命尽矣  
  
841  
00:34:24,310 --> 00:34:25,750  
但凡有我抓住一样  
  
842  
00:34:26,350 --> 00:34:27,550  
古人有那么多智慧  
  
843  
00:34:28,389 --> 00:34:30,730  
不是用墙来解决的  
  
844  
00:34:31,770 --> 00:34:32,889  
不是用墙来解决的  
  
845  
00:34:32,889 --> 00:34:35,250  
当年咱们讲白登之围  
  
846  
00:34:37,770 --> 00:34:38,250  
对吧  
  
847  
00:34:39,719 --> 00:34:43,120  
当年汉高祖围于白登怎么解决的呀  
  
848  
00:34:44,270 --> 00:34:50,679  
那不是有谋臣拿了一张画像给了大默读单于的小妾说  
  
849  
00:34:50,679 --> 00:34:51,199  
你打吧  
  
850  
00:34:51,320 --> 00:34:52,520  
把我们汉朝打下来  
  
851  
00:34:52,600 --> 00:34:55,610  
这样的美女有的是撤了  
  
852  
00:34:56,810 --> 00:34:57,690  
讲这个道理啊  
  
853  
00:34:59,180 --> 00:35:01,140  
因此说必须有一个人能节制他  
  
854  
00:35:01,380 --> 00:35:01,860  
那是谁  
  
855  
00:35:01,860 --> 00:35:02,180  
带着  
  
856  
00:35:02,180 --> 00:35:02,580  
是啊  
  
857  
00:35:02,660 --> 00:35:03,180  
振心气  
  
858  
00:35:03,420 --> 00:35:04,180  
与此同时  
  
859  
00:35:04,470 --> 00:35:08,830  
你截制住之后，你得给八旗劲旅一个回家的便利滑石  
  
860  
00:35:10,360 --> 00:35:11,120  
滑石干什么  
  
861  
00:35:11,800 --> 00:35:15,400  
要把这个阳热的，这个怎么样  
  
862  
00:35:16,560 --> 00:35:17,680  
让它华丽出去  
  
863  
00:35:17,960 --> 00:35:22,100  
因为现在邪气通过肺攻下之后陷于大肠  
  
864  
00:35:22,100 --> 00:35:24,300  
人在大肠里待着挺好诶  
  
865  
00:35:24,340 --> 00:35:26,700  
这个山海管理这么好玩啊  
  
866  
00:35:26,700 --> 00:35:28,740  
我们不想走了，走也累了  
  
867  
00:35:29,300 --> 00:35:32,300  
哎，那你给他一个方便啊  
  
868  
00:35:33,730 --> 00:35:35,530  
平酒放肉犒赏三军  
  
869  
00:35:36,450 --> 00:35:39,090  
好吃好喝，这个叫官不采送礼的吧  
  
870  
00:35:39,490 --> 00:35:41,320  
那你都挺好  
  
871  
00:35:41,320 --> 00:35:43,240  
那那那那咱就面子上  
  
872  
00:35:43,240 --> 00:35:45,880  
咱都好朋友啊，好兄弟啊  
  
873  
00:35:46,240 --> 00:35:46,920  
以后常来  
  
874  
00:35:47,120 --> 00:35:48,440  
呵呵，哎  
  
875  
00:35:48,440 --> 00:35:49,560  
给你答对好了好了  
  
876  
00:35:49,560 --> 00:35:52,080  
你回去之后那怎么着就就不说了  
  
877  
00:35:52,080 --> 00:35:55,200  
反正我现在用滑石华丽观窍，其性  
  
878  
00:35:55,200 --> 00:35:56,620  
甘寒利窍  
  
879  
00:35:56,660 --> 00:35:58,100  
让你这个火热怎么办啊  
  
880  
00:35:58,500 --> 00:36:00,300  
能够迅速的有道路而走  
  
881  
00:36:02,120 --> 00:36:04,000  
三方面立一个主心骨  
  
882  
00:36:04,720 --> 00:36:07,560  
拆对方的核心，节制对方给对方一个出路  
  
883  
00:36:08,280 --> 00:36:10,320  
完事了啊  
  
884  
00:36:10,640 --> 00:36:14,680  
所以在临床上，它的临床应用往往是用来灸什么偏呢  
  
885  
00:36:15,120 --> 00:36:17,400  
那么百合病本身热盛伤肺  
  
886  
00:36:17,440 --> 00:36:19,720  
肺已经合而不开的同时  
  
887  
00:36:20,450 --> 00:36:25,210  
火热之邪又太过，那么造成了你这个时候你再去补阴  
  
888  
00:36:25,610 --> 00:36:26,650  
我说我再去养阴  
  
889  
00:36:26,650 --> 00:36:28,530  
我现练兵已经不赶趟了吧  
  
890  
00:36:29,090 --> 00:36:30,730  
我现去培养一股劲旅  
  
891  
00:36:30,810 --> 00:36:32,410  
你已经这个时候来不及了  
  
892  
00:36:32,810 --> 00:36:34,530  
怎么去解决这个危局啊  
  
893  
00:36:35,600 --> 00:36:38,320  
所以说上一国并非空话啊  
  
894  
00:36:38,440 --> 00:36:39,160  
并非空话  
  
895  
00:36:40,280 --> 00:36:40,560  
呃  
  
896  
00:36:41,910 --> 00:36:43,550  
那么到这就告一段落啊  
  
897  
00:36:43,550 --> 00:36:45,710  
我们看那那我再点一下吧  
  
898  
00:36:45,710 --> 00:36:46,990  
那么就是这个的核心  
  
899  
00:36:47,030 --> 00:36:49,670  
其实就是不是说那刚才那个肾水  
  
900  
00:36:50,070 --> 00:36:51,310  
肾水不生的问题啊  
  
901  
00:36:51,350 --> 00:36:52,030  
补充一下  
  
902  
00:36:52,190 --> 00:36:55,390  
那么百合知母汤我们可以理解为肾水不生是不是  
  
903  
00:36:57,440 --> 00:36:58,240  
肾水不生  
  
904  
00:36:59,810 --> 00:37:02,250  
那么到这个百合滑石带着汤  
  
905  
00:37:02,250 --> 00:37:05,330  
我们相对来讲他就可以理解为谁呢  
  
906  
00:37:05,930 --> 00:37:07,090  
心火不降了  
  
907  
00:37:11,620 --> 00:37:13,780  
一个是水不上升，一个是火不降吧  
  
908  
00:37:14,180 --> 00:37:14,900  
水升火降  
  
909  
00:37:15,260 --> 00:37:18,560  
那么就是这个知母和带者干的事  
  
910  
00:37:18,800 --> 00:37:20,400  
知母生水，带者降火  
  
911  
00:37:20,880 --> 00:37:23,170  
但是降火的时候你要给他出路啊  
  
912  
00:37:23,170 --> 00:37:24,010  
因为他不愿意走  
  
913  
00:37:24,010 --> 00:37:25,730  
他在大厂里头他觉得特别好啊  
  
914  
00:37:26,010 --> 00:37:28,290  
他已经由藏入府了  
  
915  
00:37:28,290 --> 00:37:30,730  
他觉得特别好，得给他出路  
  
916  
00:37:32,980 --> 00:37:34,620  
百合鸡子汤是个难点啊  
  
917  
00:37:35,340 --> 00:37:36,820  
这个特别有意思，叫什么呢  
  
918  
00:37:38,590 --> 00:37:41,550  
百合病吐之后啊  
  
919  
00:37:42,350 --> 00:37:43,710  
那么兔伤谁了呢  
  
920  
00:37:47,020 --> 00:37:47,700  
非常简单  
  
921  
00:37:48,580 --> 00:37:49,460  
其实非常简单  
  
922  
00:37:49,460 --> 00:37:51,140  
这个很直观  
  
923  
00:37:51,140 --> 00:37:52,620  
大家不要过多的去解读  
  
924  
00:37:53,180 --> 00:37:54,540  
吐了之后肯定伤胃  
  
925  
00:37:56,160 --> 00:37:58,200  
而且胃伤的是未阳还是未阴呢  
  
926  
00:38:00,100 --> 00:38:00,980  
咱打个比方啊  
  
927  
00:38:00,980 --> 00:38:02,700  
这个你你要看具体情况  
  
928  
00:38:03,380 --> 00:38:05,100  
还是我一开始给大家举的例子  
  
929  
00:38:06,060 --> 00:38:08,560  
你家里丢了钱，是不是大事  
  
930  
00:38:08,840 --> 00:38:10,240  
你要看是谁家  
  
931  
00:38:10,760 --> 00:38:11,480  
是这道理吧  
  
932  
00:38:11,960 --> 00:38:15,610  
那么阴阳其实在吐的过程中都会损耗  
  
933  
00:38:15,890 --> 00:38:20,010  
但是现在你认为阴和阳谁更不能损耗  
  
934  
00:38:20,960 --> 00:38:22,760  
一定是阴是这理吧  
  
935  
00:38:23,240 --> 00:38:24,440  
那么胃阴损耗了之后  
  
936  
00:38:24,440 --> 00:38:27,280  
我们讲叫食气入味才能浊气归心  
  
937  
00:38:27,440 --> 00:38:28,680  
这么长的一个链条  
  
938  
00:38:29,400 --> 00:38:30,640  
我现在音都不够用  
  
939  
00:38:30,760 --> 00:38:31,880  
你把音又亏了  
  
940  
00:38:32,080 --> 00:38:34,520  
所以现在需要补的是什么心音  
  
941  
00:38:35,160 --> 00:38:36,200  
浊气归于心啊  
  
942  
00:38:36,900 --> 00:38:37,620  
讲这个问题  
  
943  
00:38:37,900 --> 00:38:40,660  
那么谁能迅速的把心音  
  
944  
00:38:40,660 --> 00:38:43,180  
也就是从石器到新到肺的链条  
  
945  
00:38:43,460 --> 00:38:44,420  
心是一个关键吧  
  
946  
00:38:44,860 --> 00:38:45,780  
这个节点啊  
  
947  
00:38:46,270 --> 00:38:48,590  
大家可能跟的有点紧  
  
948  
00:38:48,630 --> 00:38:50,190  
我再给你画个图  
  
949  
00:38:51,830 --> 00:38:56,070  
石器入味，现在是哪个片段  
  
950  
00:38:56,070 --> 00:38:58,510  
上了这个片段吧  
  
951  
00:38:59,030 --> 00:39:01,230  
那么下一个跟他接力棒  
  
952  
00:39:02,110 --> 00:39:03,550  
那么就是浊气归于心  
  
953  
00:39:04,580 --> 00:39:05,180  
然后呢  
  
954  
00:39:05,300 --> 00:39:06,180  
银精于脉  
  
955  
00:39:06,620 --> 00:39:08,820  
那么你在心，这如果断了  
  
956  
00:39:09,260 --> 00:39:11,220  
那你后头肺朝百脉就是空话了  
  
957  
00:39:11,660 --> 00:39:12,340  
啥也没有了  
  
958  
00:39:12,340 --> 00:39:15,950  
所以迅速补充这个中间这个转轴  
  
959  
00:39:16,470 --> 00:39:18,590  
把心音把它补上，用谁补心音最好  
  
960  
00:39:18,870 --> 00:39:21,940  
鸡蛋黄，为啥鸡蛋黄最好  
  
961  
00:39:21,940 --> 00:39:23,580  
咱们讲过，呃  
  
962  
00:39:23,580 --> 00:39:26,500  
在讲伤寒论的时候曾经说过  
  
963  
00:39:27,270 --> 00:39:30,030  
黄连阿胶汤，鸡蛋一物啊  
  
964  
00:39:30,030 --> 00:39:31,230  
本身混沌未分  
  
965  
00:39:31,670 --> 00:39:34,230  
但是中有清浊其清者  
  
966  
00:39:34,230 --> 00:39:38,080  
我们就讲蛋清啊啊，蛋清化为谷羽  
  
967  
00:39:38,480 --> 00:39:41,200  
也就是鸡的这个骨骼和羽毛  
  
968  
00:39:41,640 --> 00:39:44,000  
鸡肉蛋黄呢，其浊者  
  
969  
00:39:44,610 --> 00:39:45,050  
那么呢  
  
970  
00:39:45,210 --> 00:39:46,130  
化成脏腑  
  
971  
00:39:47,130 --> 00:39:51,010  
所谓清阳14之浊阴归六腑  
  
972  
00:39:51,530 --> 00:39:52,970  
我们讲讲这么一个道理啊  
  
973  
00:39:53,250 --> 00:39:54,010  
清浊之分  
  
974  
00:39:55,020 --> 00:39:56,380  
那么因此这个时候用鸡蛋黄  
  
975  
00:39:57,420 --> 00:40:00,140  
而且用几枚我们的呃  
  
976  
00:40:00,820 --> 00:40:02,340  
黄连阿胶汤用蛋黄  
  
977  
00:40:02,340 --> 00:40:05,500  
从来都是用两枚象征什么第二生火  
  
978  
00:40:05,700 --> 00:40:06,340  
奉心化赤  
  
979  
00:40:06,580 --> 00:40:08,540  
但是在这反之用一枚  
  
980  
00:40:09,430 --> 00:40:11,510  
为啥不是因为家里鸡蛋不够了  
  
981  
00:40:12,240 --> 00:40:13,880  
那你就取类比象嘛  
  
982  
00:40:14,400 --> 00:40:16,680  
他用鸡蛋醉翁之意不在酒  
  
983  
00:40:17,360 --> 00:40:18,080  
他指向谁  
  
984  
00:40:18,560 --> 00:40:19,440  
添衣圣水  
  
985  
00:40:20,330 --> 00:40:23,970  
这是百合类方金水相生的一个永远不变的一个方向  
  
986  
00:40:24,250 --> 00:40:26,690  
只是他的手法根据实际情况  
  
987  
00:40:26,890 --> 00:40:31,530  
那么就像我们前文说的，各随证治治啊  
  
988  
00:40:32,010 --> 00:40:33,810  
各随证治治，因此用这个  
  
989  
00:40:34,170 --> 00:40:35,570  
那么在临证之中，你想吧  
  
990  
00:40:35,610 --> 00:40:37,290  
心火太重的滑石代赭汤  
  
991  
00:40:38,300 --> 00:40:40,540  
信心不足的百合鸡子黄汤  
  
992  
00:40:41,850 --> 00:40:42,610  
完了完事了吧  
  
993  
00:40:42,930 --> 00:40:43,930  
用谁去判断  
  
994  
00:40:43,930 --> 00:40:45,370  
我在临床上用的非常简单  
  
995  
00:40:45,730 --> 00:40:49,560  
左寸脉太过哪个汤  
  
996  
00:40:51,520 --> 00:40:53,000  
左寸脉太过用哪个汤  
  
997  
00:40:55,700 --> 00:40:58,390  
哪个汤为啥用  
  
998  
00:40:58,390 --> 00:41:00,550  
带着食堂心火太旺了吗  
  
999  
00:41:01,470 --> 00:41:02,510  
那左寸不足呢  
  
1000  
00:41:04,860 --> 00:41:05,580  
完事了吗  
  
1001  
00:41:05,660 --> 00:41:06,580  
就这么简单啊  
  
1002  
00:41:06,820 --> 00:41:09,940  
那你看简单，大家还不适应啊  
  
1003  
00:41:10,500 --> 00:41:11,180  
就这么简单  
  
1004  
00:41:11,620 --> 00:41:14,840  
前提都是右寸不足或者脉率有变化  
  
1005  
00:41:15,160 --> 00:41:17,680  
那么你你你左寸突然之间太亢  
  
1006  
00:41:18,040 --> 00:41:19,160  
那就说明心火太旺  
  
1007  
00:41:19,360 --> 00:41:20,600  
心火太旺必克肺吧  
  
1008  
00:41:21,100 --> 00:41:22,620  
你甭克你，你走对吧  
  
1009  
00:41:22,980 --> 00:41:25,420  
你通过滑石整个给它华丽出去啊  
  
1010  
00:41:25,540 --> 00:41:28,580  
华丽出去带者一重任给他一个去路  
  
1011  
00:41:29,250 --> 00:41:30,770  
那说白了啊，啊  
  
1012  
00:41:31,130 --> 00:41:31,930  
就这么简单啊  
  
1013  
00:41:32,170 --> 00:41:34,090  
那么滑石怎么让它走啊  
  
1014  
00:41:34,410 --> 00:41:36,210  
我们讲心和谁相表里  
  
1015  
00:41:36,210 --> 00:41:37,330  
心和小肠相表里吧  
  
1016  
00:41:37,870 --> 00:41:38,070  
哎  
  
1017  
00:41:38,110 --> 00:41:40,110  
直接让他顺小肠而走啊  
  
1018  
00:41:40,870 --> 00:41:42,470  
就你直接你从山海关来的  
  
1019  
00:41:42,470 --> 00:41:43,950  
你还还你还从山海关走  
  
1020  
00:41:44,610 --> 00:41:45,290  
是这理儿吧  
  
1021  
00:41:45,890 --> 00:41:47,210  
哎，还是这样啊  
  
1022  
00:41:48,400 --> 00:41:49,160  
那么那么鸡  
  
1023  
00:41:49,160 --> 00:41:50,200  
这是百合鸡子黄汤  
  
1024  
00:41:50,800 --> 00:41:52,240  
但是最最经典的  
  
1025  
00:41:52,240 --> 00:41:55,430  
也是我们临床中用的最多的，百合病  
  
1026  
00:41:55,750 --> 00:41:58,390  
不经吐下发汗，病形如初者  
  
1027  
00:41:59,030 --> 00:42:00,950  
什么百合  
  
1028  
00:42:02,260 --> 00:42:05,060  
什么汤地黄汤主治啊  
  
1029  
00:42:05,060 --> 00:42:08,020  
百合地黄汤主治，那么它的这个组合呢  
  
1030  
00:42:09,180 --> 00:42:09,500  
嗯  
  
1031  
00:42:10,260 --> 00:42:11,900  
我给你总结一句话吧  
  
1032  
00:42:13,300 --> 00:42:14,380  
总结一句话吧  
  
1033  
00:42:18,420 --> 00:42:22,380  
这个补充一下  
  
1034  
00:42:22,380 --> 00:42:23,740  
这个是鸡子黄前头  
  
1035  
00:42:23,740 --> 00:42:24,340  
这个啊  
  
1036  
00:42:26,760 --> 00:42:28,000  
400合地黄  
  
1037  
00:42:31,720 --> 00:42:33,120  
地黄汤，呃  
  
1038  
00:42:33,320 --> 00:42:37,380  
它的最核心无非四个字  
  
1039  
00:42:37,380 --> 00:42:39,140  
大家把它可以记下来啊  
  
1040  
00:42:39,780 --> 00:42:39,980  
嗯  
  
1041  
00:42:40,260 --> 00:42:44,300  
这是我我我我总结的啊，叫废时志杰  
  
1042  
00:42:48,400 --> 00:42:49,760  
这个也是他的那个  
  
1043  
00:42:50,960 --> 00:42:51,240  
嗯  
  
1044  
00:42:52,790 --> 00:42:55,030  
最经典的一条啊，费氏志杰  
  
1045  
00:42:55,230 --> 00:42:56,350  
然后咋的了呢  
  
1046  
00:42:58,800 --> 00:43:02,520  
血滞不流  
  
1047  
00:43:04,130 --> 00:43:06,490  
血液的血，停滞的滞  
  
1048  
00:43:07,930 --> 00:43:09,650  
血液停滞之后怎么了  
  
1049  
00:43:10,410 --> 00:43:11,330  
不流动了  
  
1050  
00:43:12,980 --> 00:43:16,980  
我们说肺朝百脉脉呢  
  
1051  
00:43:18,110 --> 00:43:22,270  
这个所谓脉能在血气啊  
  
1052  
00:43:23,350 --> 00:43:24,390  
心主血脉啊  
  
1053  
00:43:24,510 --> 00:43:25,230  
那么脉呢  
  
1054  
00:43:25,230 --> 00:43:26,630  
能能在血  
  
1055  
00:43:27,870 --> 00:43:29,070  
那么费时时节之后  
  
1056  
00:43:29,070 --> 00:43:31,910  
整个全国的快递公司都停顿了  
  
1057  
00:43:32,470 --> 00:43:36,240  
那你不管从哪邮来的快件，那就都在道上了  
  
1058  
00:43:36,920 --> 00:43:38,280  
这个道理大家就明白了吧  
  
1059  
00:43:38,800 --> 00:43:41,680  
所以这种时候呢，需要干什么  
  
1060  
00:43:42,630 --> 00:43:43,870  
整个血脉啊  
  
1061  
00:43:44,190 --> 00:43:46,550  
一个大周流，大周流  
  
1062  
00:43:47,430 --> 00:43:49,230  
那么血脉怎么让它周流  
  
1063  
00:43:51,860 --> 00:43:52,580  
无非是  
  
1064  
00:43:55,440 --> 00:43:56,200  
一个什么  
  
1065  
00:43:57,360 --> 00:43:58,400  
两个对冲的  
  
1066  
00:43:58,400 --> 00:44:02,390  
这个着力点让它打开  
  
1067  
00:44:03,330 --> 00:44:05,570  
那么我们说六合之中  
  
1068  
00:44:05,890 --> 00:44:08,490  
天地者为最远啊  
  
1069  
00:44:08,730 --> 00:44:09,730  
天地者为最远  
  
1070  
00:44:11,210 --> 00:44:12,970  
开天门通地户  
  
1071  
00:44:15,170 --> 00:44:18,890  
天门者百合，地户者地黄  
  
1072  
00:44:21,620 --> 00:44:22,180  
本身啊  
  
1073  
00:44:22,220 --> 00:44:23,620  
我们百合刚才说了啊  
  
1074  
00:44:24,300 --> 00:44:26,740  
地黄，这我们用的是啥地黄呢  
  
1075  
00:44:26,740 --> 00:44:28,900  
实际上是生地啊  
  
1076  
00:44:28,900 --> 00:44:29,860  
实际上是生地  
  
1077  
00:44:32,670 --> 00:44:34,830  
在本经里头干地黄味甘寒  
  
1078  
00:44:35,550 --> 00:44:36,070  
主折叠  
  
1079  
00:44:36,070 --> 00:44:37,350  
绝尽伤中逐血痹  
  
1080  
00:44:37,430 --> 00:44:38,750  
天骨髓长肌肉  
  
1081  
00:44:39,330 --> 00:44:40,370  
那么这个作用呢  
  
1082  
00:44:40,370 --> 00:44:41,650  
他没说补肾的事啊  
  
1083  
00:44:41,650 --> 00:44:43,090  
古人没说生地补肾的事  
  
1084  
00:44:43,430 --> 00:44:45,110  
天骨髓掌主长肌肉  
  
1085  
00:44:45,110 --> 00:44:47,430  
而且是折叠掘金伤中逐血痹啊  
  
1086  
00:44:47,430 --> 00:44:49,070  
就整个血的那个B组啊  
  
1087  
00:44:49,270 --> 00:44:50,550  
他都能给你流动起来  
  
1088  
00:44:50,990 --> 00:44:51,190  
呃  
  
1089  
00:44:51,310 --> 00:44:53,790  
大剂量地黄就是型血特别好的一个药  
  
1090  
00:44:54,950 --> 00:44:56,870  
百合能开肺的  
  
1091  
00:44:56,870 --> 00:44:59,490  
这个树精皮毛的作用  
  
1092  
00:44:59,490 --> 00:45:00,450  
那不就是开天门吗  
  
1093  
00:45:01,010 --> 00:45:02,530  
地黄往下走  
  
1094  
00:45:02,530 --> 00:45:03,730  
那你大剂量地黄吃  
  
1095  
00:45:03,850 --> 00:45:05,050  
吃完之后就拉肚子  
  
1096  
00:45:05,960 --> 00:45:07,960  
拉黑色的那个那个那个汁儿啊  
  
1097  
00:45:07,960 --> 00:45:08,200  
对吧  
  
1098  
00:45:08,600 --> 00:45:09,800  
那么就是往往下走  
  
1099  
00:45:10,240 --> 00:45:11,200  
因此这个呢  
  
1100  
00:45:11,670 --> 00:45:13,430  
呃，就是它非常经典的一个组合  
  
1101  
00:45:13,630 --> 00:45:15,550  
让周身的血都能流动起来  
  
1102  
00:45:15,910 --> 00:45:16,990  
而且是有序的啊  
  
1103  
00:45:17,230 --> 00:45:19,910  
往外走的，往下走的都都畅通起来  
  
1104  
00:45:20,730 --> 00:45:22,730  
呃，当然实际上这种组合呢  
  
1105  
00:45:23,180 --> 00:45:26,500  
这种地黄的用法不止百合和地黄搭配啊  
  
1106  
00:45:26,500 --> 00:45:27,580  
我在这简单说一下啊  
  
1107  
00:45:27,580 --> 00:45:28,660  
你不光可以开天门  
  
1108  
00:45:28,740 --> 00:45:31,500  
开天门天一生水，你还可以地二生火  
  
1109  
00:45:31,900 --> 00:45:32,900  
第二生火是谁呢  
  
1110  
00:45:32,900 --> 00:45:34,540  
麦冬啊  
  
1111  
00:45:34,540 --> 00:45:36,260  
这个不多讲简单点一点  
  
1112  
00:45:36,580 --> 00:45:38,260  
那么麦冬也可以配生地吧  
  
1113  
00:45:38,970 --> 00:45:41,290  
在伤寒论中炙甘草汤干什么  
  
1114  
00:45:41,490 --> 00:45:43,490  
炙甘草汤还有一个名字叫覆麦汤  
  
1115  
00:45:44,400 --> 00:45:45,240  
明白这意思了吧  
  
1116  
00:45:45,480 --> 00:45:45,680  
哎  
  
1117  
00:45:45,680 --> 00:45:46,960  
所以天一生水之用  
  
1118  
00:45:46,960 --> 00:45:48,720  
地二生火之用不一样，呃  
  
1119  
00:45:48,720 --> 00:45:50,120  
我们这讲的不是伤寒啊  
  
1120  
00:45:50,120 --> 00:45:52,480  
讲的金匮点一点到这就点到为止  
  
1121  
00:45:55,510 --> 00:45:57,790  
因此这个方式临床我们拿它治什么  
  
1122  
00:45:57,910 --> 00:45:59,910  
那么举几个例子啊  
  
1123  
00:46:00,710 --> 00:46:03,710  
比如说临床用的比较常见的痛风  
  
1124  
00:46:05,260 --> 00:46:08,100  
痛风经常是脚先出问题吧  
  
1125  
00:46:09,200 --> 00:46:11,120  
那么是不是通地户啊  
  
1126  
00:46:12,080 --> 00:46:13,440  
哎，再者呢  
  
1127  
00:46:14,000 --> 00:46:14,280  
呃  
  
1128  
00:46:15,760 --> 00:46:17,760  
糖尿病足有足坏居吧  
  
1129  
00:46:18,480 --> 00:46:22,380  
足坏居，这个现代临床好像方法不多  
  
1130  
00:46:22,420 --> 00:46:23,660  
但中医效果不错啊  
  
1131  
00:46:24,140 --> 00:46:25,860  
外用呢，最好是用白降丹  
  
1132  
00:46:26,300 --> 00:46:27,740  
我们说那个红升白降啊  
  
1133  
00:46:27,740 --> 00:46:29,500  
白降丹去腐生心  
  
1134  
00:46:30,100 --> 00:46:31,540  
呃，但是现在很可惜啊  
  
1135  
00:46:31,540 --> 00:46:33,460  
我们这个砒霜啊  
  
1136  
00:46:33,460 --> 00:46:34,940  
现在不太好弄啊  
  
1137  
00:46:35,020 --> 00:46:38,500  
砒霜不太好弄呃，炮制倒不难啊  
  
1138  
00:46:38,540 --> 00:46:40,620  
它的炮制倒不难，呃  
  
1139  
00:46:41,610 --> 00:46:44,890  
但是这个砒霜现在不好弄，呃  
  
1140  
00:46:45,410 --> 00:46:47,090  
所以八仙过海各显其能吧  
  
1141  
00:46:47,570 --> 00:46:48,290  
内服怎么办  
  
1142  
00:46:48,730 --> 00:46:51,740  
就百合地黄汤啊，各120克以上  
  
1143  
00:46:52,380 --> 00:46:54,660  
把那个黑色的污物啊，秽物  
  
1144  
00:46:55,880 --> 00:46:57,400  
我们讲把他拉下来啊  
  
1145  
00:46:57,760 --> 00:46:58,600  
拉下来之后呢  
  
1146  
00:46:59,240 --> 00:46:59,440  
呃  
  
1147  
00:46:59,920 --> 00:47:03,220  
实际上雨雪下来之后，它就很好啊  
  
1148  
00:47:03,260 --> 00:47:05,620  
这个是一个临床中一个套路啊  
  
1149  
00:47:05,620 --> 00:47:06,380  
分享给大家  
  
1150  
00:47:06,420 --> 00:47:08,460  
那你看，从西医来讲  
  
1151  
00:47:09,250 --> 00:47:11,130  
痛风和糖尿病足不是一个病  
  
1152  
00:47:12,210 --> 00:47:12,770  
是不是  
  
1153  
00:47:13,170 --> 00:47:14,610  
但为啥可以用一个方呢  
  
1154  
00:47:15,070 --> 00:47:17,750  
那所以你用西医理论解释不了  
  
1155  
00:47:18,220 --> 00:47:20,820  
但是用中医脏腑的理论它也不是一个事  
  
1156  
00:47:21,020 --> 00:47:21,860  
只能用官窍  
  
1157  
00:47:22,220 --> 00:47:23,540  
就是我们讲血滞不流  
  
1158  
00:47:23,820 --> 00:47:26,220  
血液在阴阳交界的地方一定是手足  
  
1159  
00:47:26,920 --> 00:47:29,520  
而且手足最远的地方一定是脚  
  
1160  
00:47:30,320 --> 00:47:31,120  
肢体是末端  
  
1161  
00:47:31,240 --> 00:47:32,880  
那你血不流了之后  
  
1162  
00:47:33,360 --> 00:47:34,720  
哪儿的影响是最大的  
  
1163  
00:47:35,360 --> 00:47:38,040  
一定是高梁之变，足生大病  
  
1164  
00:47:40,000 --> 00:47:42,360  
那么糖尿病，我们讲他的一个病理机制  
  
1165  
00:47:42,360 --> 00:47:43,400  
那吃的太好了  
  
1166  
00:47:43,720 --> 00:47:44,680  
最后代谢不了了  
  
1167  
00:47:44,680 --> 00:47:47,960  
那么那么是不是也会导致血就停在这它不走了  
  
1168  
00:47:48,420 --> 00:47:51,460  
那么长期的你吃辛辣的高粱的油腻东西  
  
1169  
00:47:51,700 --> 00:47:53,660  
是不是也类同于热盛啊  
  
1170  
00:47:54,410 --> 00:47:56,250  
是不是也一样伤肺津啊  
  
1171  
00:47:56,610 --> 00:47:58,130  
是不是也一样费时志结  
  
1172  
00:47:58,450 --> 00:48:00,610  
那么最后流于四不能流于四脏  
  
1173  
00:48:00,890 --> 00:48:03,880  
那么精气不能龟那个输精于皮毛啊  
  
1174  
00:48:04,360 --> 00:48:06,040  
那么到这都很简单啊  
  
1175  
00:48:06,910 --> 00:48:08,030  
呃，那么除了这个之外呢  
  
1176  
00:48:08,030 --> 00:48:09,510  
我刚才给大家还讲了一个事  
  
1177  
00:48:09,510 --> 00:48:10,990  
这个我希望大家引起注意  
  
1178  
00:48:11,470 --> 00:48:13,550  
呃，就是人的脉率的不同  
  
1179  
00:48:13,630 --> 00:48:16,010  
但不是早搏啊  
  
1180  
00:48:16,050 --> 00:48:17,930  
不是那种那个那个偷停啊  
  
1181  
00:48:18,210 --> 00:48:19,490  
他是一段时间卖  
  
1182  
00:48:19,490 --> 00:48:20,890  
这样一段时间又变了  
  
1183  
00:48:21,400 --> 00:48:22,520  
一种是早搏  
  
1184  
00:48:22,560 --> 00:48:23,080  
另一种呢  
  
1185  
00:48:23,080 --> 00:48:26,480  
可能临床上你可见见过古书上讲的栽冠脉  
  
1186  
00:48:26,520 --> 00:48:28,200  
这个我们呃  
  
1187  
00:48:28,880 --> 00:48:31,120  
不便过多深入啊  
  
1188  
00:48:31,120 --> 00:48:32,960  
这个有机会我们小范围，呃  
  
1189  
00:48:33,040 --> 00:48:34,600  
再再给大家具体的说一说  
  
1190  
00:48:35,020 --> 00:48:38,820  
那么现在讲的呢，就是这两者不一样的时候  
  
1191  
00:48:40,140 --> 00:48:44,130  
那么我们怎么去理解这个事  
  
1192  
00:48:44,130 --> 00:48:46,810  
其实临床上有一些心率跟心率有关的病  
  
1193  
00:48:47,610 --> 00:48:49,610  
你按心脏治怎么治也不好  
  
1194  
00:48:50,690 --> 00:48:51,170  
那为啥  
  
1195  
00:48:51,170 --> 00:48:52,730  
因为他根本就不是心脏的病  
  
1196  
00:48:53,250 --> 00:48:53,770  
他叫啥  
  
1197  
00:48:53,770 --> 00:48:56,130  
他叫费时之结，对吧  
  
1198  
00:48:56,370 --> 00:48:59,610  
那君主出问题会举国都出问题  
  
1199  
00:49:00,010 --> 00:49:07,300  
那总理单位出问题也会全国都出现供需和调节问题  
  
1200  
00:49:07,540 --> 00:49:10,100  
那这叫肺主治解心肺同居上交  
  
1201  
00:49:10,740 --> 00:49:16,300  
那你看主席和总理他都在这个最重要的领导岗位上  
  
1202  
00:49:16,940 --> 00:49:18,980  
都是居于上交吧，啊  
  
1203  
00:49:18,980 --> 00:49:20,180  
但是它所行使不同  
  
1204  
00:49:20,180 --> 00:49:22,220  
但是它出问题之后也会有类似的问题  
  
1205  
00:49:22,220 --> 00:49:25,880  
因此临床上很多你你你治不清楚的心脏病  
  
1206  
00:49:25,880 --> 00:49:28,500  
你按照我刚才说的脉证的眼目  
  
1207  
00:49:28,500 --> 00:49:30,260  
你去看一看有没有那个事  
  
1208  
00:49:30,260 --> 00:49:33,340  
有可能非常简单，就是一个百合地黄类方啊  
  
1209  
00:49:33,700 --> 00:49:36,670  
就解决了火气太过带者滑石  
  
1210  
00:49:37,310 --> 00:49:39,070  
心阴不足加鸡蛋黄完事了  
  
1211  
00:49:39,710 --> 00:49:40,630  
非常简单啊  
  
1212  
00:49:40,630 --> 00:49:41,790  
肾水不能上滋呢  
  
1213  
00:49:41,790 --> 00:49:43,350  
百合之母啊  
  
1214  
00:49:45,500 --> 00:49:46,660  
那么这就是百合地黄汤  
  
1215  
00:49:47,020 --> 00:49:49,620  
当然还有一个临床上的一个眼目啊  
  
1216  
00:49:49,620 --> 00:49:50,700  
这个给大家说一说  
  
1217  
00:49:50,940 --> 00:49:51,940  
那我们说肺呢  
  
1218  
00:49:52,020 --> 00:49:55,790  
除了主相腑肺还能主破主神志  
  
1219  
00:49:55,990 --> 00:49:57,310  
这个我们在临床上治得多啊  
  
1220  
00:49:57,390 --> 00:49:58,150  
临床治得多  
  
1221  
00:49:58,670 --> 00:50:01,950  
呃，真的有很多临床上的那个神经精神类疾病  
  
1222  
00:50:01,950 --> 00:50:02,670  
包括焦虑症  
  
1223  
00:50:03,400 --> 00:50:05,640  
包括他带来的抑郁症和失眠  
  
1224  
00:50:05,720 --> 00:50:06,600  
失眠特别多啊  
  
1225  
00:50:06,960 --> 00:50:08,440  
那你用百合类方也呃  
  
1226  
00:50:08,440 --> 00:50:09,480  
百合类方也可以用  
  
1227  
00:50:09,760 --> 00:50:11,200  
那么用法就是我刚才说的  
  
1228  
00:50:11,200 --> 00:50:15,190  
那那几个核心的脉症眼目怎么去守  
  
1229  
00:50:15,190 --> 00:50:18,000  
这个关窍都跟你说的很清楚了啊，呃  
  
1230  
00:50:18,000 --> 00:50:18,480  
不重复  
  
1231  
00:50:19,920 --> 00:50:20,120  
嗯  
  
1232  
00:50:20,280 --> 00:50:22,720  
我们时间其实快到了啊，呃  
  
1233  
00:50:22,800 --> 00:50:24,560  
压点糖吧行吧哈哈  
  
1234  
00:50:25,120 --> 00:50:26,640  
在这我这特别爽啊  
  
1235  
00:50:26,640 --> 00:50:29,180  
一言堂不用看时间啊哈，呃  
  
1236  
00:50:29,260 --> 00:50:30,780  
那么底下说了一个事啊  
  
1237  
00:50:30,780 --> 00:50:33,540  
给大家简单说说，百合病1月不解便成渴  
  
1238  
00:50:33,660 --> 00:50:34,660  
百合方喜之  
  
1239  
00:50:35,150 --> 00:50:37,150  
那么我说过，关窍不只是脏腑  
  
1240  
00:50:37,150 --> 00:50:38,190  
还包括了悬浮  
  
1241  
00:50:38,880 --> 00:50:40,200  
这个就是热呢  
  
1242  
00:50:40,200 --> 00:50:42,640  
到了悬浮窍之后，开大劲儿了  
  
1243  
00:50:42,640 --> 00:50:46,750  
它又那个那个输精皮毛之后不能毛脉合经  
  
1244  
00:50:47,750 --> 00:50:52,230  
归于这个这个这个这个经过与腐吧，不能弃归于腐  
  
1245  
00:50:52,790 --> 00:50:54,710  
那么这种时候你就就地取材  
  
1246  
00:50:54,750 --> 00:50:55,710  
哪病就治哪  
  
1247  
00:50:56,110 --> 00:50:56,710  
所以怎么办  
  
1248  
00:50:56,790 --> 00:50:58,350  
这不用汤用什么呢  
  
1249  
00:50:58,910 --> 00:51:00,930  
百合一生，水一抖  
  
1250  
00:51:01,130 --> 00:51:01,650  
渍一宿  
  
1251  
00:51:01,690 --> 00:51:02,370  
然后怎么办  
  
1252  
00:51:02,370 --> 00:51:07,120  
洗澡，用这个水洗澡直接让这个药物作用于哪呢  
  
1253  
00:51:07,840 --> 00:51:10,430  
悬浮就是皮毛，是这道理吧  
  
1254  
00:51:10,950 --> 00:51:12,750  
后头有一个特别有意思的事啊  
  
1255  
00:51:13,150 --> 00:51:14,350  
洗完澡之后  
  
1256  
00:51:15,510 --> 00:51:16,830  
唉，特别有意思啊  
  
1257  
00:51:17,670 --> 00:51:22,040  
吃东西要吃啥，这块有一个问题  
  
1258  
00:51:22,080 --> 00:51:24,600  
我考证了要吃竹饼  
  
1259  
00:51:25,200 --> 00:51:27,280  
同学们竹饼是啥  
  
1260  
00:51:29,140 --> 00:51:29,340  
唉  
  
1261  
00:51:29,460 --> 00:51:30,060  
河南同学  
  
1262  
00:51:30,180 --> 00:51:32,100  
你们当地有没有方言  
  
1263  
00:51:32,260 --> 00:51:35,460  
就是讲煮饼面条，为啥是面条  
  
1264  
00:51:35,620 --> 00:51:36,260  
什么依据  
  
1265  
00:51:38,300 --> 00:51:40,420  
你答对了啊  
  
1266  
00:51:40,420 --> 00:51:42,420  
你一定是从那时候穿越过来的  
  
1267  
00:51:43,340 --> 00:51:43,850  
哦，呃  
  
1268  
00:51:43,850 --> 00:51:44,770  
这个东西是这样啊  
  
1269  
00:51:44,770 --> 00:51:47,480  
因为我们比如说有一些小吃啊  
  
1270  
00:51:47,480 --> 00:51:48,320  
我考证过啊  
  
1271  
00:51:48,520 --> 00:51:50,560  
那个一些小吃好像是河南新乡啊  
  
1272  
00:51:50,560 --> 00:51:52,280  
还是哪有这个东西就叫煮饼  
  
1273  
00:51:52,560 --> 00:51:55,960  
但你一看长得像形似的麻园，一定不是这个  
  
1274  
00:51:59,680 --> 00:52:00,320  
为什么  
  
1275  
00:52:00,900 --> 00:52:02,500  
因为我在这上头吃过亏啊  
  
1276  
00:52:02,990 --> 00:52:05,230  
我看过外台里头有大量，比如说那个  
  
1277  
00:52:05,350 --> 00:52:07,030  
因为你听我过去讲过，对吧  
  
1278  
00:52:07,350 --> 00:52:10,270  
有锁柄锁就是绳索，像绳索一样的柄  
  
1279  
00:52:10,740 --> 00:52:13,540  
我后来发现是啥，我学生有说是麻花诶  
  
1280  
00:52:13,540 --> 00:52:14,660  
麻花是像绳索啊  
  
1281  
00:52:14,660 --> 00:52:15,540  
这个我不跟你犟  
  
1282  
00:52:15,980 --> 00:52:20,980  
但是他说了说大病愈之后多食那个不可食索饼  
  
1283  
00:52:21,300 --> 00:52:22,660  
那个锁饼就是面条  
  
1284  
00:52:22,660 --> 00:52:24,020  
因为面本身不好消化  
  
1285  
00:52:24,540 --> 00:52:27,500  
他这讲的是大病愈之后不能让你吃面  
  
1286  
00:52:28,520 --> 00:52:29,800  
但是这个这个不一样啊  
  
1287  
00:52:30,240 --> 00:52:31,640  
那么这个竹柄是什么  
  
1288  
00:52:31,640 --> 00:52:32,680  
我翻了汉书  
  
1289  
00:52:33,760 --> 00:52:37,320  
包括那个陈三省先生的那个那个考据啊  
  
1290  
00:52:37,800 --> 00:52:41,200  
都是说金汤饼也汤饼是什么，就是面条  
  
1291  
00:52:42,430 --> 00:52:45,030  
北方现在还有一些习惯把面条呢  
  
1292  
00:52:45,150 --> 00:52:47,550  
抻成片状就如同饼状  
  
1293  
00:52:47,790 --> 00:52:49,270  
或者是变成疙瘩状  
  
1294  
00:52:50,430 --> 00:52:52,310  
连汤带水的一起煮  
  
1295  
00:52:52,710 --> 00:52:56,790  
呃，我记得河南洛阳有水席  
  
1296  
00:52:57,630 --> 00:53:00,070  
水席里面也有汤水的这个吃法啊  
  
1297  
00:53:00,350 --> 00:53:03,030  
实际上它也是古古中华古中原的一种  
  
1298  
00:53:03,070 --> 00:53:05,510  
那个那个那个吃法，连汤带水  
  
1299  
00:53:06,000 --> 00:53:07,000  
那么这个里头呢  
  
1300  
00:53:08,200 --> 00:53:10,440  
用这个东西煮饼，饼是什么做的  
  
1301  
00:53:10,440 --> 00:53:11,560  
是小麦做的  
  
1302  
00:53:12,710 --> 00:53:16,070  
烤之内经小麦者，辛谷也  
  
1303  
00:53:17,190 --> 00:53:19,910  
那么我们说这个肝心脾肺肾  
  
1304  
00:53:21,430 --> 00:53:22,950  
那么各有所入对吧  
  
1305  
00:53:22,950 --> 00:53:24,870  
各有所主小麦啊  
  
1306  
00:53:25,310 --> 00:53:26,710  
它本身就能主心  
  
1307  
00:53:30,260 --> 00:53:31,900  
有一句话叫心形于表  
  
1308  
00:53:34,240 --> 00:53:36,600  
想一想，我们经常有这么一句话  
  
1309  
00:53:36,960 --> 00:53:37,680  
肝生于左  
  
1310  
00:53:38,200 --> 00:53:39,000  
肺降于右  
  
1311  
00:53:40,090 --> 00:53:40,810  
心行于表  
  
1312  
00:53:41,010 --> 00:53:41,610  
肾藏于理  
  
1313  
00:53:41,610 --> 00:53:43,850  
这句话很多搞现代临床的人啊  
  
1314  
00:53:43,850 --> 00:53:44,730  
包括一些中医黑  
  
1315  
00:53:44,810 --> 00:53:47,530  
拿它跟我们抬杠，说那肝不在左边  
  
1316  
00:53:47,980 --> 00:53:49,260  
你中医没有无知  
  
1317  
00:53:49,700 --> 00:53:50,980  
那你没往后看呢  
  
1318  
00:53:51,620 --> 00:53:53,300  
你往后看，这两句更吓人  
  
1319  
00:53:54,060 --> 00:53:54,860  
心形于表  
  
1320  
00:53:55,060 --> 00:53:56,500  
肺，肾藏于里  
  
1321  
00:53:56,980 --> 00:53:59,340  
那按这么说，心脏就得在外边挂着  
  
1322  
00:54:00,420 --> 00:54:02,660  
那事实不是，我们这讲的是气机  
  
1323  
00:54:03,500 --> 00:54:05,780  
那么我们现在这个病是哪病了  
  
1324  
00:54:07,080 --> 00:54:07,640  
皮肤啊  
  
1325  
00:54:08,440 --> 00:54:09,080  
是这道理吧  
  
1326  
00:54:09,760 --> 00:54:12,630  
讲那个那个这么个问题  
  
1327  
00:54:12,630 --> 00:54:14,990  
就是那个1月不解变成渴  
  
1328  
00:54:15,870 --> 00:54:18,350  
他的皮凑出问题了  
  
1329  
00:54:21,180 --> 00:54:22,020  
皮凑出问题了  
  
1330  
00:54:22,020 --> 00:54:23,660  
那我们要在这皮凑上去解决问题  
  
1331  
00:54:23,660 --> 00:54:26,730  
那你当然得吃什么吃汤面，哎  
  
1332  
00:54:26,730 --> 00:54:28,890  
吃汤面以滋其心气啊  
  
1333  
00:54:29,370 --> 00:54:31,010  
以使其气机怎么样啊  
  
1334  
00:54:31,530 --> 00:54:32,770  
行于周身之表啊  
  
1335  
00:54:33,250 --> 00:54:34,210  
就这么简单啊  
  
1336  
00:54:34,910 --> 00:54:37,230  
然后而且告诉你不能吃啥，不能吃盐  
  
1337  
00:54:37,230 --> 00:54:37,830  
不能吃豆豉  
  
1338  
00:54:37,830 --> 00:54:40,160  
盐和豆豉都是很咸味的  
  
1339  
00:54:40,400 --> 00:54:41,040  
咸则入肾  
  
1340  
00:54:41,160 --> 00:54:42,960  
肾能水，能克什么水  
  
1341  
00:54:42,960 --> 00:54:43,440  
能克火  
  
1342  
00:54:44,320 --> 00:54:45,520  
克火不就是克辛吗  
  
1343  
00:54:47,820 --> 00:54:52,130  
有点势如破竹的感觉吧哈哈哈  
  
1344  
00:54:52,410 --> 00:54:54,210  
顺茬来的很有意思  
  
1345  
00:54:54,930 --> 00:54:57,850  
所以我压糖了，压糖压的很过瘾  
  
1346  
00:54:58,210 --> 00:54:59,330  
那么下头这块啊  
  
1347  
00:54:59,330 --> 00:55:01,010  
还说一个事儿快完事了  
  
1348  
00:55:01,410 --> 00:55:03,110  
百合病渴不颤  
  
1349  
00:55:03,470 --> 00:55:06,070  
口渴还不解决，还还不解怎么办  
  
1350  
00:55:06,270 --> 00:55:06,950  
非常简单  
  
1351  
00:55:07,390 --> 00:55:09,670  
瓜蒌根生生那个生水  
  
1352  
00:55:10,750 --> 00:55:12,950  
那个牡蛎降火完事了  
  
1353  
00:55:13,520 --> 00:55:16,440  
至于为什么参看我之前讲的伤寒论  
  
1354  
00:55:16,760 --> 00:55:18,600  
说得非常的到位  
  
1355  
00:55:18,600 --> 00:55:20,320  
已经都讲过了，不再赘述  
  
1356  
00:55:21,500 --> 00:55:24,460  
把它打成散，对我们临床有什么提示  
  
1357  
00:55:24,850 --> 00:55:27,490  
临床中你发现患者有顽固的口渴现象  
  
1358  
00:55:27,490 --> 00:55:30,890  
你其实可以用非常简单的两味小药就把它解决  
  
1359  
00:55:31,330 --> 00:55:32,930  
一个瓜蒌根，一个断牡蛎  
  
1360  
00:55:33,090 --> 00:55:35,220  
我们临床上，比如说小柴胡汤  
  
1361  
00:55:35,220 --> 00:55:37,100  
若渴者去半夏加天花粉  
  
1362  
00:55:37,420 --> 00:55:40,460  
类似的方法，小青龙等等都可以减脂对吧  
  
1363  
00:55:40,710 --> 00:55:42,830  
但是其实我们有一个更简单的方法  
  
1364  
00:55:42,830 --> 00:55:45,630  
患者就是口渴，没有啥病怎么办  
  
1365  
00:55:46,450 --> 00:55:49,490  
瓜楼根天花粉和上段牡蛎完事了  
  
1366  
00:55:51,430 --> 00:55:54,510  
天花粉生生水断牡蛎降火，水升火降  
  
1367  
00:55:56,560 --> 00:55:58,660  
解决了，就这么简单啊  
  
1368  
00:55:58,660 --> 00:56:00,060  
非常简单的一个小方啊  
  
1369  
00:56:00,460 --> 00:56:03,140  
而且研成粉粉怎么办  
  
1370  
00:56:03,220 --> 00:56:05,020  
做散剂这个不要入汤剂啊  
  
1371  
00:56:05,220 --> 00:56:06,500  
你就要让患者研成粉  
  
1372  
00:56:07,340 --> 00:56:10,820  
一方寸币就是那么大概5克左右啊  
  
1373  
00:56:11,900 --> 00:56:13,820  
冲服散者散也对吧  
  
1374  
00:56:14,020 --> 00:56:16,060  
散其气机啊  
  
1375  
00:56:16,220 --> 00:56:18,180  
散气气机，散者散也不用汤  
  
1376  
00:56:19,120 --> 00:56:22,080  
呃，最后一个方叫百合滑石散  
  
1377  
00:56:22,280 --> 00:56:25,360  
它是在百合滑石代水汤基础上去掉带褶  
  
1378  
00:56:25,890 --> 00:56:26,970  
那么说一个问题啊  
  
1379  
00:56:27,170 --> 00:56:29,050  
百合病变发热，热者火也  
  
1380  
00:56:29,050 --> 00:56:32,000  
火者心也，振心气而已  
  
1381  
00:56:32,000 --> 00:56:33,200  
完事了大家都懂了吧  
  
1382  
00:56:33,360 --> 00:56:35,840  
讲了之前那个在这我不当赘述啊  
  
1383  
00:56:36,040 --> 00:56:38,130  
不当赘述，散其心气  
  
1384  
00:56:38,130 --> 00:56:39,650  
而且他用的是散，不是汤啊  
  
1385  
00:56:40,530 --> 00:56:42,650  
用百合花石散一下心气就完事了  
  
1386  
00:56:42,970 --> 00:56:45,150  
好翻过来啊  
  
1387  
00:56:45,150 --> 00:56:46,230  
你们那书不用翻啊  
  
1388  
00:56:46,230 --> 00:56:47,350  
但用教材不一样  
  
1389  
00:56:47,630 --> 00:56:50,030  
呃，第九条百合病见于阴者  
  
1390  
00:56:50,030 --> 00:56:50,830  
以阳法救之  
  
1391  
00:56:50,910 --> 00:56:52,510  
见于阳者，以阴法救之  
  
1392  
00:56:53,420 --> 00:56:55,900  
呃，这个说的是什么问题呢  
  
1393  
00:56:57,270 --> 00:57:00,870  
这个鉴于阴，那么当取其开  
  
1394  
00:57:02,520 --> 00:57:04,880  
鉴于羊当用其合呀  
  
1395  
00:57:06,280 --> 00:57:06,480  
啊  
  
1396  
00:57:06,520 --> 00:57:08,200  
那么你发现一个问题  
  
1397  
00:57:08,520 --> 00:57:14,950  
我们这讲的其实不是架空在临证之上的东西  
  
1398  
00:57:14,950 --> 00:57:16,790  
我们有的时候讲讲课啊  
  
1399  
00:57:17,030 --> 00:57:18,830  
容易随文作注  
  
1400  
00:57:19,280 --> 00:57:20,320  
讲到哪儿，说到哪儿  
  
1401  
00:57:20,320 --> 00:57:21,840  
但二者之间没有关系  
  
1402  
00:57:22,080 --> 00:57:23,080  
前后不能关联  
  
1403  
00:57:23,550 --> 00:57:27,510  
你记住这句话，其实讲的就是刚才我们林林种种若干张方子  
  
1404  
00:57:28,680 --> 00:57:31,040  
你看底下说了，见阳攻阴  
  
1405  
00:57:31,160 --> 00:57:32,280  
复发其汗，此为逆  
  
1406  
00:57:32,840 --> 00:57:36,560  
在羊粪的时候，你发汗是不行的啊  
  
1407  
00:57:37,080 --> 00:57:39,560  
那个，那么我们说一个这么一个问题啊  
  
1408  
00:57:39,960 --> 00:57:43,160  
那个，见阴攻阳腹下也不也不对  
  
1409  
00:57:43,360 --> 00:57:46,910  
就是你它在阳，你不能开  
  
1410  
00:57:47,230 --> 00:57:48,550  
那啥叫再阳不能开  
  
1411  
00:57:48,550 --> 00:57:50,070  
我们说百合病变发热  
  
1412  
00:57:51,740 --> 00:57:53,820  
百合病可不可不可不止吧  
  
1413  
00:57:54,940 --> 00:57:56,140  
那么他已经在阳了  
  
1414  
00:57:56,220 --> 00:57:56,980  
你该怎么办啊  
  
1415  
00:57:56,980 --> 00:57:58,740  
以阴法救治，应该往它往里合  
  
1416  
00:57:59,390 --> 00:58:00,830  
是不是百合喜之  
  
1417  
00:58:01,190 --> 00:58:01,870  
那么相反  
  
1418  
00:58:02,870 --> 00:58:06,930  
那个渐阴百合病见于阴，养法就职啊  
  
1419  
00:58:06,930 --> 00:58:07,250  
是吧  
  
1420  
00:58:07,690 --> 00:58:08,490  
那么什么叫养法  
  
1421  
00:58:08,490 --> 00:58:09,290  
你是不是得开啊  
  
1422  
00:58:10,010 --> 00:58:10,650  
怎么开啊  
  
1423  
00:58:11,850 --> 00:58:12,730  
百合之母汤  
  
1424  
00:58:13,810 --> 00:58:14,650  
百合鸡子汤  
  
1425  
00:58:15,330 --> 00:58:17,850  
百合滑石带者，百合地黄汤  
  
1426  
00:58:18,930 --> 00:58:22,200  
那么反之就是什么，此意为逆也  
  
1427  
00:58:22,800 --> 00:58:23,600  
那么讲到这呢  
  
1428  
00:58:23,640 --> 00:58:25,880  
正好58分钟啊  
  
1429  
00:58:25,880 --> 00:58:27,520  
60分钟不到，呃  
  
1430  
00:58:27,600 --> 00:58:31,100  
那么基本问题给大家也都译英的说清了  
  
1431  
00:58:31,540 --> 00:58:31,740  
呃  
  
1432  
00:58:31,740 --> 00:58:32,580  
今天的课呢  
  
1433  
00:58:33,420 --> 00:58:35,020  
非常圆满，呃  
  
1434  
00:58:35,990 --> 00:58:37,190  
那么也很开心啊  
  
1435  
00:58:37,190 --> 00:58:42,700  
跟大家度过了一个非常难忘的中秋和国庆佳节  
  
1436  
00:58:43,300 --> 00:58:46,020  
那么在这呢，再次预祝大家节日快乐啊  
  
1437  
00:58:46,020 --> 00:58:47,220  
好谢谢大家啊  
  
1438  
00:58:50,600 --> 00:58:51,760  
下课