1  
00:00:01,620 --> 00:00:02,460  
好了，各位同学  
  
2  
00:00:02,580 --> 00:00:04,100  
咱们接着上课啊  
  
3  
00:00:04,860 --> 00:00:09,430  
刚刚呢，我们把力竭的主脉给大家说了一下  
  
4  
00:00:09,430 --> 00:00:11,430  
所谓寸口的脉是陈而弱  
  
5  
00:00:12,030 --> 00:00:15,320  
那么辰呢，说的是骨弱  
  
6  
00:00:15,320 --> 00:00:19,400  
说的是金辰是肾，弱是肝啊  
  
7  
00:00:20,530 --> 00:00:21,770  
那么这个正常呢  
  
8  
00:00:22,850 --> 00:00:23,130  
呃  
  
9  
00:00:23,630 --> 00:00:26,990  
肾呢与也，这个这个谷也主肾啊  
  
10  
00:00:27,190 --> 00:00:27,910  
肝也主筋  
  
11  
00:00:28,430 --> 00:00:29,270  
这是贯通的  
  
12  
00:00:29,670 --> 00:00:30,550  
但是下头呢  
  
13  
00:00:30,750 --> 00:00:32,030  
突然之间又说了一个事  
  
14  
00:00:32,870 --> 00:00:34,190  
这块就有点乱了  
  
15  
00:00:34,750 --> 00:00:36,390  
腹阳脉浮而滑  
  
16  
00:00:37,430 --> 00:00:38,470  
滑，则骨气实  
  
17  
00:00:39,380 --> 00:00:41,140  
福泽汉字出  
  
18  
00:00:42,060 --> 00:00:42,940  
呃，在这呢  
  
19  
00:00:42,940 --> 00:00:44,380  
我要先给大家  
  
20  
00:00:46,060 --> 00:00:47,780  
说一下啊，呃  
  
21  
00:00:48,100 --> 00:00:49,420  
为了防止你乱啊  
  
22  
00:00:50,300 --> 00:00:53,740  
实际上这个从这开始阜阳脉和下头的少阴脉  
  
23  
00:00:54,990 --> 00:00:56,470  
说的都不是村口  
  
24  
00:00:57,100 --> 00:00:57,940  
大家明白了吧  
  
25  
00:00:58,540 --> 00:00:59,860  
哎，这样你就不乱了  
  
26  
00:01:00,300 --> 00:01:02,220  
因为我要这块，这块你其实不乱  
  
27  
00:01:02,220 --> 00:01:03,540  
富阳这个特别好理解  
  
28  
00:01:03,780 --> 00:01:05,740  
但是一会到少阴的时候你又懵了  
  
29  
00:01:06,270 --> 00:01:06,630  
哈哈  
  
30  
00:01:06,830 --> 00:01:09,030  
说这里咋还出现六经直断了呢，对吧  
  
31  
00:01:09,270 --> 00:01:10,270  
他不是那概念啊  
  
32  
00:01:10,750 --> 00:01:13,350  
那个少阴说的是也是古脉法啊  
  
33  
00:01:13,390 --> 00:01:15,180  
所谓的太溪脉啊  
  
34  
00:01:15,180 --> 00:01:17,020  
就我们讲的太溪脉，呃  
  
35  
00:01:17,740 --> 00:01:20,260  
这个这个足少阴太溪脉啊，辨诊法  
  
36  
00:01:21,430 --> 00:01:23,510  
他是从不同角度来说这个事  
  
37  
00:01:23,630 --> 00:01:26,110  
所谓富阳脉浮，而华说的是什么  
  
38  
00:01:26,110 --> 00:01:27,390  
华就是骨气石  
  
39  
00:01:28,010 --> 00:01:29,370  
骨气石不就是水谷  
  
40  
00:01:29,810 --> 00:01:31,130  
水谷之气充盛嘛  
  
41  
00:01:31,610 --> 00:01:33,780  
啊服呢，汉字出  
  
42  
00:01:34,140 --> 00:01:35,980  
但是这里头其实我个人啊  
  
43  
00:01:36,420 --> 00:01:38,300  
更倾向于认识这个问题  
  
44  
00:01:38,680 --> 00:01:40,800  
呃，当然可能也有我个人局限性啊  
  
45  
00:01:41,120 --> 00:01:43,920  
我认为他其实主要要说的是一个啥问题  
  
46  
00:01:44,220 --> 00:01:49,850  
那么风湿病的一个重要的病理基础之一也是这个人呢  
  
47  
00:01:50,130 --> 00:01:53,410  
相对来说他的湿气比较盛啊  
  
48  
00:01:53,450 --> 00:01:54,370  
湿气比较盛，那么  
  
49  
00:01:54,370 --> 00:01:57,010  
富阳指的猴的是胃气，对不对啊  
  
50  
00:01:57,410 --> 00:01:57,610  
哎  
  
51  
00:01:57,610 --> 00:01:58,570  
以猴的是胃气  
  
52  
00:01:58,930 --> 00:02:00,010  
那胃气特别盛  
  
53  
00:02:00,730 --> 00:02:01,610  
与此同时呢  
  
54  
00:02:02,570 --> 00:02:02,770  
嗯  
  
55  
00:02:03,170 --> 00:02:04,410  
这个人肝肾又不足  
  
56  
00:02:05,210 --> 00:02:06,610  
那么胃则主土  
  
57  
00:02:07,380 --> 00:02:08,100  
肾则主水  
  
58  
00:02:08,220 --> 00:02:09,460  
土本身就能治水吧  
  
59  
00:02:10,100 --> 00:02:13,860  
那土治水太过，肾气不能温化  
  
60  
00:02:14,830 --> 00:02:15,030  
呃  
  
61  
00:02:15,470 --> 00:02:16,830  
那么所谓未为甚官  
  
62  
00:02:17,070 --> 00:02:19,030  
他俩之间是有一个动态的关系的啊  
  
63  
00:02:19,310 --> 00:02:21,270  
那么也很容易造成这个人呢  
  
64  
00:02:21,960 --> 00:02:24,520  
脾就是我们讲叫形盛气虚之状态吧  
  
65  
00:02:24,520 --> 00:02:25,960  
你看这人，呃  
  
66  
00:02:26,720 --> 00:02:27,920  
大腹便便啊  
  
67  
00:02:27,920 --> 00:02:30,190  
整个湿气特别盛  
  
68  
00:02:30,230 --> 00:02:32,110  
你看高血脂啊  
  
69  
00:02:32,110 --> 00:02:33,270  
高血压就这种状态  
  
70  
00:02:33,870 --> 00:02:34,150  
呃  
  
71  
00:02:34,550 --> 00:02:36,030  
实际上，所以在临床上啊  
  
72  
00:02:36,030 --> 00:02:36,790  
我们治风湿  
  
73  
00:02:36,790 --> 00:02:37,670  
类风湿，关节炎  
  
74  
00:02:38,220 --> 00:02:40,460  
有的时候你观察这个人，如果是  
  
75  
00:02:42,040 --> 00:02:43,040  
身上特别胖  
  
76  
00:02:44,080 --> 00:02:47,320  
也就是湿气特别盛的时候不太好治啊  
  
77  
00:02:47,400 --> 00:02:49,960  
其实这个时候有很多合并的问题就出现了  
  
78  
00:02:51,580 --> 00:02:53,500  
呃，那么下头呢  
  
79  
00:02:53,620 --> 00:02:57,380  
少阴脉浮弱这块说的主要就是肾气啊  
  
80  
00:02:57,380 --> 00:03:00,970  
以喉肾气那么弱，说的就是血不足服  
  
81  
00:03:01,050 --> 00:03:02,570  
当然还是风啊  
  
82  
00:03:02,610 --> 00:03:04,770  
说的就是这个病理的问题  
  
83  
00:03:05,090 --> 00:03:08,180  
那么外有风，内有亏啊  
  
84  
00:03:08,260 --> 00:03:12,020  
血亏，那么所以说风穴相搏啊  
  
85  
00:03:12,020 --> 00:03:12,860  
它这个叫相博  
  
86  
00:03:13,260 --> 00:03:14,700  
你叫乡团都行啊  
  
87  
00:03:15,020 --> 00:03:17,100  
总之两种病理因素合到了一块  
  
88  
00:03:17,140 --> 00:03:18,100  
一个是外有风邪  
  
89  
00:03:18,140 --> 00:03:19,460  
第二，自己血也亏  
  
90  
00:03:20,260 --> 00:03:22,980  
那么我们刚才这个我们呃  
  
91  
00:03:22,980 --> 00:03:25,180  
子淇不是也跟我说这个话题吗  
  
92  
00:03:25,180 --> 00:03:27,260  
就是说防己地黄汤的问题对不对啊  
  
93  
00:03:27,520 --> 00:03:28,760  
呃，气行则血行  
  
94  
00:03:28,920 --> 00:03:30,400  
血行风自灭是不是啊  
  
95  
00:03:30,680 --> 00:03:31,680  
这个也非常有道理  
  
96  
00:03:31,680 --> 00:03:34,420  
他这本身丰盛而血亏啊  
  
97  
00:03:34,540 --> 00:03:37,100  
那么就是也也出现了这种这种现象  
  
98  
00:03:38,180 --> 00:03:38,460  
呃  
  
99  
00:03:40,330 --> 00:03:40,970  
此街呢  
  
100  
00:03:41,250 --> 00:03:43,370  
怎么那个那个那个那个那个怎么说呢  
  
101  
00:03:43,690 --> 00:03:49,700  
呃及这个这个疼痛如彻啊  
  
102  
00:03:49,700 --> 00:03:53,580  
因此这块我建议你画一个词儿啊  
  
103  
00:03:54,890 --> 00:03:55,810  
就是这个问题  
  
104  
00:04:00,860 --> 00:04:03,300  
风穴香火  
  
105  
00:04:05,180 --> 00:04:07,740  
或者叫风穴相传，你怎么写都行啊  
  
106  
00:04:08,950 --> 00:04:14,590  
这个是我们力竭病的一个主要的病因病机之一啊  
  
107  
00:04:14,590 --> 00:04:17,149  
大家把这个要抓住啊  
  
108  
00:04:17,860 --> 00:04:20,000  
那么礼节并是啥病啊  
  
109  
00:04:20,000 --> 00:04:21,519  
我们说各个关节炎的病  
  
110  
00:04:21,839 --> 00:04:24,520  
那么就是我们今天说的风湿类风湿关节炎嘛  
  
111  
00:04:25,080 --> 00:04:28,310  
那么它的主要病因病机为啥它会疼啊  
  
112  
00:04:28,350 --> 00:04:30,750  
所谓的这个疼痛如撤啊  
  
113  
00:04:31,230 --> 00:04:33,390  
撤就是拽着你疼，对吧  
  
114  
00:04:33,790 --> 00:04:35,910  
这种状态手脚都伸不开  
  
115  
00:04:36,270 --> 00:04:38,470  
那么核心就是风血相搏  
  
116  
00:04:38,790 --> 00:04:39,630  
他说这两件事  
  
117  
00:04:39,630 --> 00:04:40,950  
第一，这个人的血呀  
  
118  
00:04:41,380 --> 00:04:44,220  
正常的那个营血的血不足啊  
  
119  
00:04:45,280 --> 00:04:46,120  
那为啥血不足  
  
120  
00:04:46,560 --> 00:04:48,320  
那么很多时候也因为湿气盛嘛  
  
121  
00:04:48,320 --> 00:04:48,600  
对吧  
  
122  
00:04:49,200 --> 00:04:54,520  
那么湿就是不能够被真气运化的阴液血呢  
  
123  
00:04:54,960 --> 00:04:57,800  
那么必然是已经气化了的阴液吧  
  
124  
00:04:57,920 --> 00:05:00,280  
中焦受气取之变化  
  
125  
00:05:00,280 --> 00:05:03,640  
而赤是谓血风，就是外邪啊  
  
126  
00:05:04,850 --> 00:05:05,890  
那他说的是病机  
  
127  
00:05:06,090 --> 00:05:07,690  
因此这几条你看他卖啊  
  
128  
00:05:07,690 --> 00:05:11,020  
虽然说的奇形怪状的  
  
129  
00:05:11,460 --> 00:05:13,980  
但是其实它并不矛盾啊  
  
130  
00:05:13,980 --> 00:05:15,060  
每一个都不矛盾  
  
131  
00:05:16,460 --> 00:05:16,700  
呃  
  
132  
00:05:16,700 --> 00:05:19,220  
后头又说一个事，一个事叫圣人脉色小  
  
133  
00:05:19,420 --> 00:05:22,060  
那么这块其实它突出了一个概念  
  
134  
00:05:22,810 --> 00:05:23,010  
呃  
  
135  
00:05:23,170 --> 00:05:24,330  
很多同学读到这呢  
  
136  
00:05:24,330 --> 00:05:26,330  
忽视了这讲了个啥概念  
  
137  
00:05:27,380 --> 00:05:31,100  
他一般不强调圣人这个圣说的是什么  
  
138  
00:05:31,180 --> 00:05:32,300  
形盛气虚的盛  
  
139  
00:05:32,890 --> 00:05:35,930  
身体很壮的人脉也摸不着，是不是这道理  
  
140  
00:05:36,610 --> 00:05:38,250  
那么身体块头特别大  
  
141  
00:05:38,850 --> 00:05:40,450  
这样的时候摸不着脉  
  
142  
00:05:40,960 --> 00:05:42,040  
那么是啥原因呢  
  
143  
00:05:42,400 --> 00:05:45,920  
那么我们说这时候人必然形与脉不相符吧  
  
144  
00:05:46,430 --> 00:05:47,430  
你特别壮的一个人  
  
145  
00:05:47,430 --> 00:05:49,830  
你脉都很细很细的，很弱啊  
  
146  
00:05:50,690 --> 00:05:52,210  
呃，短气自汗出  
  
147  
00:05:52,290 --> 00:05:56,290  
这人平时走几步道就就喊累啊  
  
148  
00:05:56,770 --> 00:05:58,310  
冒虚汗，力竭  
  
149  
00:05:58,310 --> 00:05:59,030  
痛不可屈伸  
  
150  
00:05:59,270 --> 00:06:00,230  
那么这种情况  
  
151  
00:06:00,270 --> 00:06:06,530  
一定是一个长期的生活习惯造成的一种体质的问题  
  
152  
00:06:07,380 --> 00:06:10,460  
那么古文讲说此皆饮酒  
  
153  
00:06:10,540 --> 00:06:12,020  
汗出当风所致  
  
154  
00:06:12,700 --> 00:06:15,660  
那么就是说这个人经常喜欢喝酒啊  
  
155  
00:06:15,660 --> 00:06:17,940  
总喜欢喝酒之后那个没事呢  
  
156  
00:06:17,940 --> 00:06:19,260  
导致汗出当风  
  
157  
00:06:19,930 --> 00:06:21,130  
出了汗之后，风一吹  
  
158  
00:06:21,570 --> 00:06:23,370  
年积月累就形成这个问题  
  
159  
00:06:23,850 --> 00:06:26,330  
当然实际上我们今天的人啊，特别有意思  
  
160  
00:06:26,330 --> 00:06:27,930  
我们说今天的人，呃  
  
161  
00:06:28,130 --> 00:06:30,970  
那你不一定非得是饮酒之后汗出当风  
  
162  
00:06:31,570 --> 00:06:33,290  
我就见过，在临床上经常有  
  
163  
00:06:33,290 --> 00:06:36,650  
比如说喜欢蒸桑拿的啊  
  
164  
00:06:36,650 --> 00:06:37,210  
常年蒸  
  
165  
00:06:37,290 --> 00:06:40,490  
蒸完之后，他有的时候难免就出来之后  
  
166  
00:06:40,920 --> 00:06:41,120  
哎  
  
167  
00:06:41,400 --> 00:06:42,720  
风一吹就凉了  
  
168  
00:06:42,960 --> 00:06:46,360  
包括我们长春啊，南湖公园有一帮老爷子没事就冬泳啊  
  
169  
00:06:46,360 --> 00:06:47,520  
这也是个劲头，对吧  
  
170  
00:06:47,960 --> 00:06:48,920  
但是我们说  
  
171  
00:06:49,860 --> 00:06:52,340  
年轻的时候相对还好一点啊，呃  
  
172  
00:06:52,380 --> 00:06:54,180  
如果年龄大呀，特别大  
  
173  
00:06:54,580 --> 00:06:56,260  
那这个人的阳气长年累月  
  
174  
00:06:56,300 --> 00:06:57,860  
难免也有一点湿气  
  
175  
00:06:58,490 --> 00:06:59,290  
呃和寒气  
  
176  
00:06:59,330 --> 00:07:01,690  
就这这这个伤人，这是难以避免的  
  
177  
00:07:01,850 --> 00:07:05,130  
但是本身这个运动啊，我是很支持的啊  
  
178  
00:07:05,370 --> 00:07:06,170  
但是我们说呢  
  
179  
00:07:06,210 --> 00:07:08,810  
做好自我保护啊，这个是是很重要的  
  
180  
00:07:08,970 --> 00:07:11,530  
我见过那个游冬泳的老爷子那一大卖  
  
181  
00:07:11,920 --> 00:07:13,960  
那你看那个水滑之象极重啊  
  
182  
00:07:14,520 --> 00:07:15,160  
非常重  
  
183  
00:07:16,580 --> 00:07:18,540  
呃，这块讲的是体制  
  
184  
00:07:19,530 --> 00:07:20,450  
那么后头呢  
  
185  
00:07:20,810 --> 00:07:24,130  
这块开始讲了，一个非常经典的两个汤证了啊  
  
186  
00:07:24,530 --> 00:07:26,970  
一个是桂枝芍药知母汤  
  
187  
00:07:27,420 --> 00:07:28,260  
一个是乌头汤  
  
188  
00:07:28,340 --> 00:07:30,620  
我们纷纷把啊分别啊  
  
189  
00:07:30,620 --> 00:07:33,340  
把这两个汤证给大家掰扯掰扯啊  
  
190  
00:07:35,050 --> 00:07:39,530  
猪肢节疼痛，身体这个字念啥呢  
  
191  
00:07:48,220 --> 00:07:54,840  
桂枝芍药知母汤  
  
192  
00:07:59,860 --> 00:08:00,060  
呃  
  
193  
00:08:00,260 --> 00:08:02,180  
猪，首先他告诉你第一个问题啊  
  
194  
00:08:02,180 --> 00:08:04,460  
就是猪就是种种的意思啊  
  
195  
00:08:04,940 --> 00:08:07,580  
种种什么肢节  
  
196  
00:08:08,020 --> 00:08:10,020  
肢节就是四肢和关节的意思，对吧  
  
197  
00:08:11,300 --> 00:08:11,660  
疼  
  
198  
00:08:17,320 --> 00:08:19,160  
呃，然后身体  
  
199  
00:08:22,300 --> 00:08:26,500  
这个先这个字念啥，先不告诉你啊  
  
200  
00:08:26,860 --> 00:08:29,780  
存疑身体什么什么雷  
  
201  
00:08:31,140 --> 00:08:32,700  
那这字念啥呢  
  
202  
00:08:33,580 --> 00:08:35,059  
我跟大家说过一个问题  
  
203  
00:08:35,059 --> 00:08:36,539  
我说上呃金匮要略啊  
  
204  
00:08:36,580 --> 00:08:39,440  
它有不同版本，那么最有代表性的版本  
  
205  
00:08:39,440 --> 00:08:42,679  
那么你你甭管是什么古今一统，大权还是什么  
  
206  
00:08:43,059 --> 00:08:45,020  
他都是从这两本里头出来的，对吧  
  
207  
00:08:45,500 --> 00:08:48,740  
这两本分别是明代的徐荣本和一个元代的邓真本  
  
208  
00:08:48,980 --> 00:08:50,620  
二者以哪个版本为上啊  
  
209  
00:08:51,530 --> 00:08:53,130  
邓真本我之前说过这个问题  
  
210  
00:08:53,610 --> 00:08:57,570  
但是咱们做学问是要明白这个东西的根始  
  
211  
00:08:57,970 --> 00:08:59,610  
而不是要做腐儒  
  
212  
00:09:00,490 --> 00:09:02,490  
不是要让你不知变通  
  
213  
00:09:03,360 --> 00:09:06,560  
据邓真本之说之中这个字是这么写的  
  
214  
00:09:06,720 --> 00:09:08,680  
身体傀儡，傀是哪个傀  
  
215  
00:09:09,860 --> 00:09:10,620  
魁梧的魁  
  
216  
00:09:13,420 --> 00:09:14,700  
那么啥意思啊  
  
217  
00:09:15,560 --> 00:09:17,240  
那么就我也不知道啥意思  
  
218  
00:09:17,360 --> 00:09:18,200  
魁就是魁梧  
  
219  
00:09:18,320 --> 00:09:19,080  
雷是什么  
  
220  
00:09:19,080 --> 00:09:20,240  
雷就是兽的意思吧  
  
221  
00:09:20,730 --> 00:09:23,450  
身体羸弱，那么又魁梧又羸弱  
  
222  
00:09:23,850 --> 00:09:25,970  
因此你看后代的很多住家  
  
223  
00:09:26,090 --> 00:09:27,930  
那他是尊重邓真本的  
  
224  
00:09:28,410 --> 00:09:31,190  
因此他们就哎呀你看啊  
  
225  
00:09:31,710 --> 00:09:33,670  
也是为了解释这个傀儡啊  
  
226  
00:09:33,790 --> 00:09:37,620  
难倒了很多老先生们，呃硬得解释啊  
  
227  
00:09:37,660 --> 00:09:40,740  
好多解读让你忍俊不禁啊  
  
228  
00:09:40,740 --> 00:09:42,800  
就觉得非常可爱，呃  
  
229  
00:09:43,200 --> 00:09:44,520  
我觉得做学问啊  
  
230  
00:09:44,520 --> 00:09:46,480  
我们固然讲究考据  
  
231  
00:09:46,760 --> 00:09:50,600  
但是不能太过好的版本不见得他全是对的  
  
232  
00:09:51,850 --> 00:09:54,130  
不好相对来说不呃  
  
233  
00:09:54,290 --> 00:09:56,690  
弱一点的版本也不一定是没有亮点  
  
234  
00:09:57,290 --> 00:09:58,890  
就像我们说搞教育  
  
235  
00:09:59,450 --> 00:10:01,810  
那你所谓好孩子他就没有缺点吗  
  
236  
00:10:02,130 --> 00:10:04,410  
你不能说考试考第一他就都好对吧  
  
237  
00:10:04,850 --> 00:10:06,530  
那你反过来，呃  
  
238  
00:10:07,270 --> 00:10:09,110  
学习成绩差没优点了吗  
  
239  
00:10:10,260 --> 00:10:11,060  
是这个道理吧  
  
240  
00:10:11,420 --> 00:10:13,020  
从从这个角度，徐荣本啊  
  
241  
00:10:13,300 --> 00:10:15,100  
他这么写的叫身体汪雷  
  
242  
00:10:15,140 --> 00:10:16,620  
你看顶上这个很奇怪的  
  
243  
00:10:16,620 --> 00:10:18,500  
这个字形旁边是一个王  
  
244  
00:10:18,790 --> 00:10:19,590  
当然这个字呢  
  
245  
00:10:19,590 --> 00:10:20,910  
后世还有异体字啊  
  
246  
00:10:21,790 --> 00:10:23,190  
其实这个就是异体字啊  
  
247  
00:10:23,670 --> 00:10:25,470  
它的正规写法是这个  
  
248  
00:10:28,140 --> 00:10:29,940  
呃三点支撑啊  
  
249  
00:10:29,940 --> 00:10:31,060  
我认为是这个汪  
  
250  
00:10:31,540 --> 00:10:34,140  
第一点，仲景先师写伤寒金匮的时候  
  
251  
00:10:34,140 --> 00:10:35,980  
他就是一本书，叫伤寒杂病论  
  
252  
00:10:36,630 --> 00:10:38,670  
他一定只有一个正确答案，对吧  
  
253  
00:10:39,230 --> 00:10:40,350  
肯定有一个是错的  
  
254  
00:10:40,790 --> 00:10:41,750  
那谁是错的呢  
  
255  
00:10:42,110 --> 00:10:44,490  
那么咱们从这儿来说，那个那个  
  
256  
00:10:44,930 --> 00:10:45,370  
第一点  
  
257  
00:10:45,970 --> 00:10:47,610  
这俩字儿字形特别像  
  
258  
00:10:48,010 --> 00:10:48,930  
你仔细看啊  
  
259  
00:10:49,370 --> 00:10:54,390  
就是我后写的这个跟旁边那个魁其实字形特别像  
  
260  
00:10:54,390 --> 00:10:57,830  
无论是传抄也好，竹简的那个变体也罢  
  
261  
00:10:58,510 --> 00:11:02,130  
还是说那个就是后来的那个慕课本  
  
262  
00:11:02,130 --> 00:11:07,610  
石印本的那个那个大小字版本流传套印工艺问题也罢  
  
263  
00:11:07,690 --> 00:11:09,010  
它极容易引起混淆  
  
264  
00:11:09,550 --> 00:11:10,510  
这是一个前提  
  
265  
00:11:10,710 --> 00:11:12,230  
所以他俩我认为有一个是错的  
  
266  
00:11:12,590 --> 00:11:13,670  
第二，谁错了  
  
267  
00:11:14,320 --> 00:11:15,600  
那么非常简单  
  
268  
00:11:16,080 --> 00:11:18,480  
无非两点，无非两点啊  
  
269  
00:11:19,700 --> 00:11:21,540  
原因就是能把它区分开啊  
  
270  
00:11:21,540 --> 00:11:22,620  
就是你看谁对谁错  
  
271  
00:11:22,620 --> 00:11:24,100  
无非两个方方方法  
  
272  
00:11:24,340 --> 00:11:26,420  
第一，从它的本源意思  
  
273  
00:11:26,620 --> 00:11:28,540  
那么魁的本源意思就是魁梧  
  
274  
00:11:29,260 --> 00:11:31,020  
那你说得病之后人魁梧了  
  
275  
00:11:31,380 --> 00:11:32,220  
那你得的啥病  
  
276  
00:11:32,260 --> 00:11:34,540  
打激素打多了还是什么呀  
  
277  
00:11:35,660 --> 00:11:40,200  
那这个他他那时候没有所谓的那个满月脸  
  
278  
00:11:40,200 --> 00:11:41,240  
水牛水牛背啊  
  
279  
00:11:41,240 --> 00:11:41,520  
对吧  
  
280  
00:11:41,520 --> 00:11:42,680  
他不是那个概念啊  
  
281  
00:11:43,960 --> 00:11:45,160  
不是一个形胜之病  
  
282  
00:11:45,160 --> 00:11:46,800  
你见过富士内风湿关节炎吗  
  
283  
00:11:47,560 --> 00:11:48,280  
不是那个概念  
  
284  
00:11:48,720 --> 00:11:50,920  
那么反过来，我们说汪啥意思  
  
285  
00:11:50,920 --> 00:11:51,040  
哎  
  
286  
00:11:51,040 --> 00:11:52,160  
这就好解释了  
  
287  
00:11:53,420 --> 00:11:55,060  
汪解释起来非常简单  
  
288  
00:11:55,100 --> 00:11:56,660  
这个字非常古老啊  
  
289  
00:11:57,060 --> 00:11:59,740  
早在这个吕氏春秋的时候，里头就有记载  
  
290  
00:12:00,710 --> 00:12:01,470  
吕氏春秋呢  
  
291  
00:12:01,470 --> 00:12:03,830  
其中有一个季春篇啊  
  
292  
00:12:03,990 --> 00:12:04,550  
季春篇呢  
  
293  
00:12:04,550 --> 00:12:06,070  
他说了一个一个事啊  
  
294  
00:12:06,070 --> 00:12:07,310  
讲一啥事，就是说人呐  
  
295  
00:12:07,670 --> 00:12:10,380  
喝水喝和就是水和水呢  
  
296  
00:12:10,740 --> 00:12:12,860  
那么就有的地方的水发苦  
  
297  
00:12:12,900 --> 00:12:13,900  
有的地方水发甜  
  
298  
00:12:14,740 --> 00:12:15,900  
有的地方水呢  
  
299  
00:12:16,570 --> 00:12:19,690  
偏辛辛，就是那个所谓辛辛辣的意思啊  
  
300  
00:12:19,690 --> 00:12:20,650  
但不是辣椒的辣  
  
301  
00:12:20,650 --> 00:12:21,930  
辣椒是明朝才来的啊  
  
302  
00:12:22,250 --> 00:12:22,930  
就那种辛  
  
303  
00:12:23,250 --> 00:12:27,890  
我们用今天的那个那个地理学、物候学知识非常简单  
  
304  
00:12:28,130 --> 00:12:30,290  
每个地方的水文特点、地理特点不一样  
  
305  
00:12:30,290 --> 00:12:31,130  
它水的味道  
  
306  
00:12:31,330 --> 00:12:34,690  
它里头的金属含量，它是不一样的吧  
  
307  
00:12:35,010 --> 00:12:37,490  
它矿物质、微量、微量元素含量不一样啊  
  
308  
00:12:37,890 --> 00:12:39,890  
所以他讲吕氏春秋讲了这么一个事  
  
309  
00:12:40,050 --> 00:12:42,220  
就是如果新水所啊  
  
310  
00:12:42,220 --> 00:12:43,020  
什么叫薪水所  
  
311  
00:12:43,020 --> 00:12:46,420  
就是这个地方的水偏辛  
  
312  
00:12:46,740 --> 00:12:48,100  
就是辛辣的那意思啊  
  
313  
00:12:48,100 --> 00:12:49,300  
你仔细品啊  
  
314  
00:12:49,580 --> 00:12:50,420  
这很正常嘛  
  
315  
00:12:50,420 --> 00:12:52,180  
我们知道有的地方你比如说天津  
  
316  
00:12:52,520 --> 00:12:54,600  
天津的水就就就碱大，对吧  
  
317  
00:12:54,880 --> 00:12:57,240  
因为那个地方以前就是那个海嘛  
  
318  
00:12:57,360 --> 00:12:57,560  
呃  
  
319  
00:12:57,560 --> 00:12:58,720  
对，那个水咸嘛  
  
320  
00:12:58,720 --> 00:12:59,000  
对吧  
  
321  
00:12:59,480 --> 00:13:00,960  
天津有个地方叫咸水沽  
  
322  
00:13:01,600 --> 00:13:05,040  
咸水沽那个地方就是那那个水特别咸嘛  
  
323  
00:13:06,170 --> 00:13:09,490  
那么就是有的地方水辛，水辛就是水蜡  
  
324  
00:13:09,570 --> 00:13:10,730  
那这个地方怎么着呢  
  
325  
00:13:10,730 --> 00:13:14,740  
他说多居于错  
  
326  
00:13:14,820 --> 00:13:15,420  
错啊  
  
327  
00:13:15,420 --> 00:13:16,620  
错就是错，疮的错  
  
328  
00:13:16,980 --> 00:13:17,180  
错  
  
329  
00:13:17,220 --> 00:13:20,110  
人就这些地方，偏辛辣的水  
  
330  
00:13:20,670 --> 00:13:23,350  
那必然它辛温的水，水那个热量高嘛  
  
331  
00:13:23,350 --> 00:13:23,630  
对吧  
  
332  
00:13:23,870 --> 00:13:25,470  
你总喝这样的水呢  
  
333  
00:13:25,590 --> 00:13:28,300  
这地方人容易生蛆，生拥疮  
  
334  
00:13:28,380 --> 00:13:28,700  
对吧  
  
335  
00:13:29,060 --> 00:13:29,740  
得痤疮  
  
336  
00:13:30,570 --> 00:13:31,130  
相反啊  
  
337  
00:13:31,490 --> 00:13:33,290  
苦水所就是这个地方  
  
338  
00:13:33,290 --> 00:13:34,410  
如果水特别苦  
  
339  
00:13:34,810 --> 00:13:35,330  
水发苦  
  
340  
00:13:35,730 --> 00:13:37,770  
这地方人就多得什么病呢  
  
341  
00:13:38,290 --> 00:13:39,910  
汪，余什么呀  
  
342  
00:13:40,110 --> 00:13:42,870  
与与人，与字就是单人旁一个区别的区  
  
343  
00:13:43,270 --> 00:13:44,990  
禹就是佝偻的意思嘛  
  
344  
00:13:45,630 --> 00:13:46,990  
就这人弓背对吧  
  
345  
00:13:47,350 --> 00:13:49,860  
那么那个所谓的汪是什么呀  
  
346  
00:13:50,300 --> 00:13:53,340  
汉代的时候，有一个学者叫高佑啊  
  
347  
00:13:53,380 --> 00:13:54,420  
他做了一个注  
  
348  
00:13:54,780 --> 00:13:59,190  
说汪呢，突胸仰相吉也突胸胸凸起来  
  
349  
00:13:59,670 --> 00:14:00,870  
面目是仰着的  
  
350  
00:14:01,720 --> 00:14:02,200  
那是啥呀  
  
351  
00:14:02,200 --> 00:14:03,040  
不就是鸡胸吗  
  
352  
00:14:03,760 --> 00:14:07,720  
所以汪字最早的含义就是骨节的变形  
  
353  
00:14:08,810 --> 00:14:09,730  
这个你明白了吧  
  
354  
00:14:10,090 --> 00:14:13,170  
那么后世对于汪的应用就特别的多了  
  
355  
00:14:13,410 --> 00:14:14,890  
你比如说在抱朴子  
  
356  
00:14:15,150 --> 00:14:17,710  
有一有一篇叫这个侠岚篇  
  
357  
00:14:18,790 --> 00:14:18,990  
呃  
  
358  
00:14:19,470 --> 00:14:20,870  
抱朴子，他说这么一句话  
  
359  
00:14:21,470 --> 00:14:24,150  
他弟子皆亲仆使之意  
  
360  
00:14:24,690 --> 00:14:25,450  
采薪耕田  
  
361  
00:14:25,490 --> 00:14:27,090  
就是讲啊，这其他弟子呢  
  
362  
00:14:27,610 --> 00:14:34,020  
那个都去那个就亲自去干这这这这个家人去干的事啊  
  
363  
00:14:34,780 --> 00:14:35,060  
呃  
  
364  
00:14:36,070 --> 00:14:36,830  
嘉义对吧  
  
365  
00:14:37,150 --> 00:14:38,550  
那古人这么称呼啊  
  
366  
00:14:38,870 --> 00:14:41,710  
就是采这个柴火啊  
  
367  
00:14:41,750 --> 00:14:43,810  
耕地后头又说一句话  
  
368  
00:14:44,410 --> 00:14:48,370  
惟余汪雷不堪，他老只有我呀  
  
369  
00:14:49,310 --> 00:14:51,790  
那么汪雷干不了别的事啊  
  
370  
00:14:51,830 --> 00:14:53,350  
干了之后就就拿不成个  
  
371  
00:14:53,390 --> 00:14:54,750  
那这个汪雷什么意思  
  
372  
00:14:54,990 --> 00:14:55,950  
瘦弱的意思  
  
373  
00:14:57,100 --> 00:14:58,220  
那么是不是这样呢  
  
374  
00:14:58,580 --> 00:15:02,910  
其实你到后来看，这个词后来用了很多很多地方  
  
375  
00:15:02,910 --> 00:15:07,320  
包括宋代的时候，连苏轼给宋神宗上奏折都说了这个汪磊的问题  
  
376  
00:15:07,320 --> 00:15:07,640  
对吧  
  
377  
00:15:07,800 --> 00:15:08,760  
说有人身体壮  
  
378  
00:15:09,040 --> 00:15:09,880  
有的人身体呢  
  
379  
00:15:10,080 --> 00:15:11,560  
那个很很壮，但是活不长  
  
380  
00:15:11,560 --> 00:15:12,600  
有的人身体汪雷  
  
381  
00:15:12,600 --> 00:15:14,450  
但是能能登兽欲，对吧  
  
382  
00:15:14,770 --> 00:15:15,650  
讲这么个问题  
  
383  
00:15:16,030 --> 00:15:16,230  
呃  
  
384  
00:15:16,230 --> 00:15:19,030  
所以这个词在后来是一个多用的词  
  
385  
00:15:19,550 --> 00:15:21,790  
那么我们讲任何医学理论  
  
386  
00:15:21,830 --> 00:15:24,830  
他写成书的时候都不是为了让你看不懂  
  
387  
00:15:26,060 --> 00:15:29,180  
它有一个非常重要的目的就是我写这本书是为了流通  
  
388  
00:15:29,460 --> 00:15:30,100  
是这样吧  
  
389  
00:15:30,420 --> 00:15:35,090  
流通的话我得用一个当时哪怕是比较常用的词  
  
390  
00:15:35,370 --> 00:15:37,570  
因此这个字必须在这里头能组词  
  
391  
00:15:38,090 --> 00:15:40,710  
而且这个词在同时代或早或晚  
  
392  
00:15:40,710 --> 00:15:42,030  
它能够广泛的沿用  
  
393  
00:15:42,150 --> 00:15:44,070  
因此只有一个字是跟它符合的  
  
394  
00:15:44,070 --> 00:15:45,190  
就是汪字，明白了吧  
  
395  
00:15:45,470 --> 00:15:46,550  
这个字的原意是什么  
  
396  
00:15:46,550 --> 00:15:47,350  
就是瘦弱  
  
397  
00:15:47,780 --> 00:15:48,300  
明白了吧  
  
398  
00:15:48,620 --> 00:15:52,370  
因此从这解释所谓这个肢节疼痛  
  
399  
00:15:52,450 --> 00:15:54,290  
身体，汪雷就非常好解释了  
  
400  
00:15:54,850 --> 00:15:56,530  
无非是这个人啊  
  
401  
00:15:57,210 --> 00:15:58,610  
他会有两大特征  
  
402  
00:15:58,730 --> 00:15:59,330  
第一呢  
  
403  
00:16:00,540 --> 00:16:01,740  
骨头关节疼痛  
  
404  
00:16:01,900 --> 00:16:05,340  
第二，你眼看着这个人身体一天比一天消瘦  
  
405  
00:16:05,890 --> 00:16:10,690  
这个都符合了我们今天风湿、类风湿关节炎的病理特点  
  
406  
00:16:11,170 --> 00:16:12,330  
因此还有一个特点  
  
407  
00:16:12,730 --> 00:16:15,010  
底下说这个所谓脚肿如脱  
  
408  
00:16:15,130 --> 00:16:16,090  
什么叫脚肿如脱呢  
  
409  
00:16:16,090 --> 00:16:17,330  
这个其实非常简单啊  
  
410  
00:16:17,580 --> 00:16:18,460  
就是脚呢  
  
411  
00:16:18,900 --> 00:16:22,300  
肿了之后，我们讲啥叫如如托状啊  
  
412  
00:16:22,300 --> 00:16:27,190  
就是你一看这个，这个跟这人比例失调啊  
  
413  
00:16:27,720 --> 00:16:28,720  
跟这人比例失调  
  
414  
00:16:29,080 --> 00:16:31,680  
那么在我们门诊上其实非常简单的一个事，就是  
  
415  
00:16:31,680 --> 00:16:33,200  
你看这人回去之后  
  
416  
00:16:33,200 --> 00:16:34,600  
鞋能不能脱下来就完了  
  
417  
00:16:34,760 --> 00:16:35,080  
对吧  
  
418  
00:16:35,400 --> 00:16:38,120  
他要真是脚肿到一定程度，鞋都脱不下来啊  
  
419  
00:16:38,520 --> 00:16:39,920  
那为啥脚会肿呢  
  
420  
00:16:40,390 --> 00:16:43,470  
那么后头还有一句话叫头悬短气  
  
421  
00:16:43,550 --> 00:16:45,750  
那么头是整个眩眩晕状态啊  
  
422  
00:16:46,380 --> 00:16:46,580  
呃  
  
423  
00:16:46,740 --> 00:16:49,740  
气短气不够用之后，这俩字不能读温  
  
424  
00:16:49,820 --> 00:16:50,940  
我们要读运啊  
  
425  
00:16:50,940 --> 00:16:52,540  
这个在一一字里头  
  
426  
00:16:52,540 --> 00:16:53,620  
它单独就是这么读  
  
427  
00:16:53,780 --> 00:16:55,140  
叫孕育玉兔，对吧  
  
428  
00:16:55,500 --> 00:16:56,500  
那么整个恶心  
  
429  
00:16:56,540 --> 00:16:59,060  
其实这个描述的不都是一个石像吗  
  
430  
00:17:00,060 --> 00:17:02,300  
你看，无论是那个脚肿如脱  
  
431  
00:17:02,420 --> 00:17:03,300  
湿气下注吧  
  
432  
00:17:04,099 --> 00:17:06,819  
还是说头悬湿气上冲之下啊  
  
433  
00:17:07,500 --> 00:17:08,990  
那么那个那个  
  
434  
00:17:08,990 --> 00:17:12,790  
还是孕育涂湿气居于中焦上中下三焦湿气  
  
435  
00:17:12,790 --> 00:17:16,670  
走到哪儿哪儿都是一个这种状态啊  
  
436  
00:17:17,960 --> 00:17:20,160  
那么你一摸，这个时候人呢  
  
437  
00:17:20,520 --> 00:17:22,160  
他的脉象应该是一个傻脉  
  
438  
00:17:22,160 --> 00:17:23,000  
其实讲到这呢  
  
439  
00:17:23,000 --> 00:17:25,150  
我要有一个呃概念啊  
  
440  
00:17:25,150 --> 00:17:26,869  
给大家稍稍的说一说  
  
441  
00:17:28,369 --> 00:17:28,569  
呃  
  
442  
00:17:28,810 --> 00:17:32,090  
咱们记不记得我们曾经有几张方是能治关节炎的  
  
443  
00:17:32,090 --> 00:17:34,740  
在金柜记不记得有这几张画  
  
444  
00:17:35,820 --> 00:17:36,300  
哪几张  
  
445  
00:17:36,580 --> 00:17:37,380  
以谁为代表  
  
446  
00:17:38,670 --> 00:17:38,870  
哎  
  
447  
00:17:38,950 --> 00:17:39,350  
很好  
  
448  
00:17:39,670 --> 00:17:41,610  
山汤桂枝附子汤  
  
449  
00:17:41,810 --> 00:17:44,770  
那我问你为啥有桂枝附子类方了  
  
450  
00:17:45,050 --> 00:17:45,890  
有桂枝附子汤  
  
451  
00:17:45,970 --> 00:17:46,650  
白术附子汤  
  
452  
00:17:46,650 --> 00:17:49,260  
甘草附子汤，还有麻黄加猪汤吧  
  
453  
00:17:49,540 --> 00:17:50,740  
麻性乙肝汤那么多  
  
454  
00:17:51,700 --> 00:17:53,580  
那为啥还要弄两张方呢  
  
455  
00:17:54,660 --> 00:17:56,380  
第二个问题，你要弄两张方也行  
  
456  
00:17:56,380 --> 00:17:57,820  
你为啥不把他们搁一块呢  
  
457  
00:17:57,820 --> 00:17:59,580  
有没有人有这种疑虑啊  
  
458  
00:18:01,460 --> 00:18:02,820  
那既然都治风湿类风湿  
  
459  
00:18:02,820 --> 00:18:04,500  
你把它放一起不不好吗  
  
460  
00:18:05,060 --> 00:18:07,260  
你为啥要分成一个是施加  
  
461  
00:18:07,820 --> 00:18:09,260  
一个要分成力竭呢  
  
462  
00:18:11,620 --> 00:18:12,500  
时间关系啊  
  
463  
00:18:12,580 --> 00:18:14,700  
我不给你赘述很多  
  
464  
00:18:15,400 --> 00:18:16,560  
我就说一个事  
  
465  
00:18:16,680 --> 00:18:18,600  
能明白的人，你瞬间就明白了  
  
466  
00:18:19,320 --> 00:18:21,520  
那么这个也是既是道理  
  
467  
00:18:21,560 --> 00:18:23,150  
也是应用，我  
  
468  
00:18:23,150 --> 00:18:24,390  
我给大家讲课啊  
  
469  
00:18:25,070 --> 00:18:27,230  
我比较期待一种状态啊  
  
470  
00:18:27,630 --> 00:18:28,590  
就是对于我们中医  
  
471  
00:18:28,830 --> 00:18:31,750  
我们是要知行是合一的  
  
472  
00:18:32,590 --> 00:18:33,830  
知和行是不二的  
  
473  
00:18:33,830 --> 00:18:35,190  
一定你不能把它分开啊  
  
474  
00:18:35,430 --> 00:18:37,270  
也就是这个东西的礼法，你通了  
  
475  
00:18:37,270 --> 00:18:39,350  
它随时就能转化为数法  
  
476  
00:18:40,500 --> 00:18:41,620  
理通了你就能用了  
  
477  
00:18:41,620 --> 00:18:42,500  
明白这个道理了吧  
  
478  
00:18:42,740 --> 00:18:43,900  
那么为啥要分开两个  
  
479  
00:18:43,900 --> 00:18:44,860  
因为他脉不一样  
  
480  
00:18:46,000 --> 00:18:48,400  
你们还记不记得桂枝附子汤什么卖相  
  
481  
00:18:49,870 --> 00:18:50,550  
哎，很好  
  
482  
00:18:50,750 --> 00:18:51,510  
拂虚而涩啊  
  
483  
00:18:51,510 --> 00:18:53,950  
这就是我们那个条文背的熟啊  
  
484  
00:18:53,950 --> 00:18:56,230  
有好处你再看这个麦是啥麦  
  
485  
00:18:56,310 --> 00:18:58,190  
我们一开始说了，脉沉而弱  
  
486  
00:18:58,710 --> 00:18:59,910  
现在大家会用了吧  
  
487  
00:19:00,390 --> 00:19:02,470  
因此有很多人跟我问说，老师  
  
488  
00:19:02,470 --> 00:19:04,470  
那桂枝附子汤我觉得也挺好  
  
489  
00:19:04,810 --> 00:19:06,410  
白术附子汤也挺好嘛  
  
490  
00:19:06,410 --> 00:19:07,930  
呃，桂枝芍知母汤也挺好  
  
491  
00:19:08,170 --> 00:19:09,610  
那我临床上患者来了，我用谁  
  
492  
00:19:09,930 --> 00:19:10,650  
看心情吗  
  
493  
00:19:10,810 --> 00:19:13,280  
不是看脉，明白了吧  
  
494  
00:19:14,030 --> 00:19:14,630  
那个脉啊  
  
495  
00:19:14,830 --> 00:19:15,470  
它是浮像  
  
496  
00:19:16,230 --> 00:19:16,750  
明白了吧  
  
497  
00:19:16,910 --> 00:19:20,430  
因此我们讲脉里的贯通和明确是那么的重要  
  
498  
00:19:20,430 --> 00:19:21,910  
你现在还认为它不重要吗  
  
499  
00:19:22,690 --> 00:19:23,250  
明白了吧  
  
500  
00:19:23,850 --> 00:19:25,370  
当你见到浮脉的时候  
  
501  
00:19:25,610 --> 00:19:28,170  
你就不要琢磨怎么去用乌头汤的问题了  
  
502  
00:19:28,450 --> 00:19:29,010  
懂了吧  
  
503  
00:19:29,600 --> 00:19:31,960  
当你看到是一个人都讲，乐了  
  
504  
00:19:32,240 --> 00:19:34,360  
这个你一下想起临床的状态了吧  
  
505  
00:19:34,770 --> 00:19:38,530  
这回你再看我开开那个那个那个那个方子啊  
  
506  
00:19:38,770 --> 00:19:39,490  
你就看懂了  
  
507  
00:19:39,850 --> 00:19:40,130  
呃  
  
508  
00:19:41,420 --> 00:19:43,620  
我们有一位老师，你们你们也常见啊  
  
509  
00:19:43,620 --> 00:19:47,460  
经常到我门诊来咱们那个附属医院风湿科啊  
  
510  
00:19:47,670 --> 00:19:50,310  
我给我们那个带那个中内科，他经常过来啊  
  
511  
00:19:50,310 --> 00:19:51,710  
包括那跟我关系特别好  
  
512  
00:19:51,950 --> 00:19:55,110  
他有时候总问我一些关于风湿上的那个病例的问题  
  
513  
00:19:55,110 --> 00:19:55,990  
我们经常交流  
  
514  
00:19:56,310 --> 00:19:58,230  
他说说张老师，那你这个怎么考虑  
  
515  
00:19:58,230 --> 00:19:59,230  
我说其实非常简单  
  
516  
00:19:59,230 --> 00:19:59,910  
就一个麦  
  
517  
00:20:00,580 --> 00:20:01,220  
就一个卖  
  
518  
00:20:01,260 --> 00:20:03,100  
这个东西，我开啥方我说了不算  
  
519  
00:20:03,460 --> 00:20:05,860  
不是我咋考虑，是他让我用什么方子  
  
520  
00:20:06,180 --> 00:20:06,980  
这个你懂了吧  
  
521  
00:20:07,380 --> 00:20:09,430  
那么所以说，成人弱的时候  
  
522  
00:20:09,750 --> 00:20:11,190  
那么就给你两条路  
  
523  
00:20:11,230 --> 00:20:12,470  
一个是桂枝芍药知母汤  
  
524  
00:20:12,470 --> 00:20:13,310  
一个是乌头汤  
  
525  
00:20:13,950 --> 00:20:15,070  
那么证明这个病啊  
  
526  
00:20:15,070 --> 00:20:17,510  
他不是湿气在筋骨之间  
  
527  
00:20:17,510 --> 00:20:20,550  
我讲那个桂枝附子汤不都在筋骨筋骨之间吗  
  
528  
00:20:20,550 --> 00:20:21,390  
对吧，肌肉之间  
  
529  
00:20:21,630 --> 00:20:24,020  
那么这个已经到了金谷了  
  
530  
00:20:24,930 --> 00:20:25,690  
到了筋骨了  
  
531  
00:20:25,690 --> 00:20:27,570  
那你就是这两张方啊  
  
532  
00:20:27,730 --> 00:20:29,210  
但是这两张方有区别啊  
  
533  
00:20:29,530 --> 00:20:30,130  
有啥区别  
  
534  
00:20:30,130 --> 00:20:31,730  
这个我们从桥本上慢慢看  
  
535  
00:20:31,730 --> 00:20:33,150  
啊，对  
  
536  
00:20:33,150 --> 00:20:33,990  
还得说一个问题  
  
537  
00:20:34,350 --> 00:20:37,870  
那么所谓那个第一个世家的那个浮脉啊  
  
538  
00:20:37,950 --> 00:20:38,870  
那为啥建浮脉  
  
539  
00:20:39,350 --> 00:20:40,630  
我们说那种浮脉呢  
  
540  
00:20:40,630 --> 00:20:42,440  
无非是外感  
  
541  
00:20:42,680 --> 00:20:43,560  
它其实偏我  
  
542  
00:20:43,560 --> 00:20:46,560  
我说过静视液偏于伤寒中风之间吧  
  
543  
00:20:47,010 --> 00:20:48,450  
他其实偏于外感  
  
544  
00:20:48,450 --> 00:20:52,410  
伤寒之表邪，那个是一个实风还是一个虚风啊  
  
545  
00:20:53,120 --> 00:20:53,880  
是个实风  
  
546  
00:20:54,320 --> 00:20:55,200  
我们这个风呢  
  
547  
00:20:55,880 --> 00:20:56,560  
脉沉而弱  
  
548  
00:20:56,840 --> 00:20:58,640  
它不是外感伤寒之风  
  
549  
00:20:59,210 --> 00:21:01,250  
他是一个入理之风，时间很长了  
  
550  
00:21:01,250 --> 00:21:03,370  
你问问任何类风湿关节炎患者  
  
551  
00:21:03,370 --> 00:21:05,810  
他是第一天感冒了之后打喷嚏  
  
552  
00:21:05,810 --> 00:21:07,010  
第二天类风湿了吗  
  
553  
00:21:07,550 --> 00:21:09,030  
它经过了一个漫长的过程  
  
554  
00:21:09,110 --> 00:21:09,750  
汗出当风  
  
555  
00:21:09,750 --> 00:21:10,750  
自己不注意，对吧  
  
556  
00:21:11,270 --> 00:21:12,990  
它累积到拖到这种程度  
  
557  
00:21:13,230 --> 00:21:16,270  
因此他这种风已经变成了一个虚邪贼风  
  
558  
00:21:16,940 --> 00:21:17,500  
明白了吧  
  
559  
00:21:17,940 --> 00:21:18,860  
因此这个方呢  
  
560  
00:21:18,860 --> 00:21:19,380  
我们说  
  
561  
00:21:20,490 --> 00:21:21,730  
那个桂枝芍药知母汤啊  
  
562  
00:21:21,730 --> 00:21:25,050  
我们把它拆一下桂枝芍药知母汤的组合啊  
  
563  
00:21:25,050 --> 00:21:26,930  
那我们再次借助一下黑板啊  
  
564  
00:21:27,250 --> 00:21:28,410  
再做介绍一下黑板  
  
565  
00:21:28,650 --> 00:21:30,250  
它的方母非常的简单  
  
566  
00:21:30,730 --> 00:21:33,090  
两张方的组合，第一个桂枝汤  
  
567  
00:21:36,680 --> 00:21:39,760  
第二章甘草附子汤  
  
568  
00:21:44,340 --> 00:21:44,540  
哎  
  
569  
00:21:44,980 --> 00:21:46,300  
你把这两张方方记住  
  
570  
00:21:46,420 --> 00:21:48,820  
那桂枝条这么长，不用背方歌就记住了  
  
571  
00:21:48,820 --> 00:21:49,500  
明白了吧  
  
572  
00:21:50,130 --> 00:21:54,050  
桂枝汤那么用它去调和营卫，所谓营尾双运  
  
573  
00:21:54,340 --> 00:21:55,340  
我经常这么讲吧  
  
574  
00:21:55,420 --> 00:21:56,420  
贵草辛甘化阳  
  
575  
00:21:56,460 --> 00:21:58,060  
少草酸甘化阴阴阳  
  
576  
00:21:58,060 --> 00:22:00,720  
这个时候你需要双向调节啊  
  
577  
00:22:01,040 --> 00:22:02,320  
那么才能去补虚  
  
578  
00:22:02,360 --> 00:22:03,960  
因为它是一个虚风，不是实风  
  
579  
00:22:03,960 --> 00:22:04,560  
明白了吧  
  
580  
00:22:05,970 --> 00:22:07,330  
那麦是沉弱的  
  
581  
00:22:07,490 --> 00:22:10,650  
但是有一个问题，必须要去掉谁呢  
  
582  
00:22:12,160 --> 00:22:13,800  
哎，大枣为啥去大枣  
  
583  
00:22:15,900 --> 00:22:16,500  
原因很简单  
  
584  
00:22:16,500 --> 00:22:17,420  
大枣滋腻嘛  
  
585  
00:22:17,860 --> 00:22:18,780  
咱不说这个问题了吗  
  
586  
00:22:18,780 --> 00:22:20,580  
你现在有湿，你还要用大枣吗  
  
587  
00:22:20,580 --> 00:22:21,260  
不得去掉吗  
  
588  
00:22:21,700 --> 00:22:21,900  
啊  
  
589  
00:22:22,020 --> 00:22:22,940  
非常简单啊  
  
590  
00:22:23,780 --> 00:22:26,060  
甘草附子汤，那这个就简单极了  
  
591  
00:22:26,060 --> 00:22:27,100  
我们说，呃  
  
592  
00:22:27,140 --> 00:22:29,060  
他这里头桂枝甘草呢  
  
593  
00:22:29,100 --> 00:22:32,460  
能，那能调这个调外啊  
  
594  
00:22:32,780 --> 00:22:33,540  
父子白猪呢  
  
595  
00:22:33,540 --> 00:22:34,500  
能主里是吧  
  
596  
00:22:34,740 --> 00:22:35,820  
一个主外，一个主里  
  
597  
00:22:35,860 --> 00:22:36,620  
两头一抻  
  
598  
00:22:37,140 --> 00:22:42,020  
中间就就就就调了那个中间的那个那个那个，机凑的问题  
  
599  
00:22:42,020 --> 00:22:42,380  
对吧  
  
600  
00:22:42,990 --> 00:22:44,030  
肌肉筋骨的问题  
  
601  
00:22:44,750 --> 00:22:45,510  
那从这个呢  
  
602  
00:22:46,030 --> 00:22:49,310  
还要有补充，还有补充三味药  
  
603  
00:22:50,140 --> 00:22:51,700  
麻黄，防风和知母啊  
  
604  
00:22:51,700 --> 00:22:52,180  
干什么  
  
605  
00:22:52,500 --> 00:22:56,220  
那开表怕它那个那个力量不够啊  
  
606  
00:22:57,970 --> 00:23:01,290  
麻黄加上加强一下是吧  
  
607  
00:23:02,800 --> 00:23:04,440  
那么去掉大枣之滋腻  
  
608  
00:23:05,280 --> 00:23:06,880  
那么又要加上谁呢  
  
609  
00:23:06,960 --> 00:23:11,780  
防风之疏泄，风性主疏泄吗  
  
610  
00:23:12,660 --> 00:23:14,860  
那么都完事之后，一个非常重要的问题  
  
611  
00:23:15,020 --> 00:23:17,980  
桂枝芍母之母汤之中一定有一个要非常重要，是谁  
  
612  
00:23:18,990 --> 00:23:19,550  
十只母  
  
613  
00:23:20,480 --> 00:23:23,000  
你看他三味特别重要的药，他都给你写上了  
  
614  
00:23:23,320 --> 00:23:25,120  
桂枝主阳芍药主阴  
  
615  
00:23:26,040 --> 00:23:26,960  
知母主啥呀  
  
616  
00:23:27,480 --> 00:23:28,400  
记住这个事  
  
617  
00:23:29,720 --> 00:23:30,240  
玉字  
  
618  
00:23:32,200 --> 00:23:36,040  
玉字，玉字会画什么  
  
619  
00:23:37,980 --> 00:23:40,420  
热预字会化热  
  
620  
00:23:40,700 --> 00:23:45,140  
那么你看一下本经里面关于知母的这个条纹  
  
621  
00:23:45,580 --> 00:23:49,580  
那有很多人说说知母为啥能能下水器啊，对吧  
  
622  
00:23:49,580 --> 00:23:51,260  
能能能能治这个水肿啊  
  
623  
00:23:52,050 --> 00:23:53,570  
那其实就是这个原因  
  
624  
00:23:53,810 --> 00:23:56,250  
因为养育之后就会有这个问题  
  
625  
00:23:56,250 --> 00:23:58,170  
养育之后脚肿如脱，看见了吧  
  
626  
00:23:59,120 --> 00:24:01,880  
那么这个时候你不能认为说字母，字母本身苦寒  
  
627  
00:24:02,040 --> 00:24:02,680  
它能滋阴  
  
628  
00:24:02,720 --> 00:24:05,160  
滋阴之后，那你这块肿那不肿的更厉害了吗  
  
629  
00:24:05,160 --> 00:24:05,600  
错了  
  
630  
00:24:05,800 --> 00:24:08,120  
你没有指母，它这个遇热不达  
  
631  
00:24:08,280 --> 00:24:08,960  
阳气不通  
  
632  
00:24:09,440 --> 00:24:11,200  
它是不开的这道理吧  
  
633  
00:24:11,690 --> 00:24:11,890  
哎  
  
634  
00:24:11,890 --> 00:24:14,130  
所以桂枝芍芝麻汤我再次重复一遍  
  
635  
00:24:14,450 --> 00:24:17,850  
桂枝汤去掉大枣，合上谁啊  
  
636  
00:24:18,210 --> 00:24:19,050  
甘草附子汤  
  
637  
00:24:19,910 --> 00:24:23,470  
再加上麻黄开表防风疏泄之母呢  
  
638  
00:24:23,670 --> 00:24:26,550  
透预热完事了就就这么非常简单  
  
639  
00:24:26,550 --> 00:24:28,310  
一个组合，你不用还用背方歌吗  
  
640  
00:24:28,760 --> 00:24:29,440  
不用背啊  
  
641  
00:24:29,600 --> 00:24:30,480  
这个你不用背  
  
642  
00:24:30,720 --> 00:24:32,200  
但是你要趁年轻，你没啥事  
  
643  
00:24:32,200 --> 00:24:33,240  
你愿意背也行啊  
  
644  
00:24:33,240 --> 00:24:36,400  
以后老了万一岁数大记不住了呢，啊  
  
645  
00:24:37,340 --> 00:24:40,140  
那么这就是桂枝芍药知母汤的一个基本组合  
  
646  
00:24:40,590 --> 00:24:41,990  
呃，关于他的江西法呢  
  
647  
00:24:41,990 --> 00:24:44,550  
这个我不再过多赘述啊  
  
648  
00:24:44,670 --> 00:24:45,510  
不再过多赘述  
  
649  
00:24:46,030 --> 00:24:48,430  
我们往下看啊，嗯啊对  
  
650  
00:24:48,430 --> 00:24:49,710  
那这个我们简单说一下  
  
651  
00:24:49,830 --> 00:24:52,470  
那么很多那个关节疼痛对吧  
  
652  
00:24:52,890 --> 00:24:54,210  
那么身体瘦弱啊  
  
653  
00:24:54,210 --> 00:24:57,570  
你观察身体瘦弱，同时那个有湿啊  
  
654  
00:24:57,570 --> 00:24:59,130  
那脚肿如脱，说的是有湿吗  
  
655  
00:24:59,480 --> 00:25:01,040  
包括孕育土说的都是这个  
  
656  
00:25:01,360 --> 00:25:02,720  
你都可以以此立法  
  
657  
00:25:03,420 --> 00:25:03,620  
呃  
  
658  
00:25:03,780 --> 00:25:05,620  
跟乌头汤有区别啊  
  
659  
00:25:05,660 --> 00:25:08,940  
乌头汤这个就更严重了啊  
  
660  
00:25:09,380 --> 00:25:11,700  
一会我们具体的说它严重在哪啊  
  
661  
00:25:13,290 --> 00:25:16,370  
下头有一个中间有一个段落啊  
  
662  
00:25:16,370 --> 00:25:18,850  
简单给大家说一下，胃酸则伤筋  
  
663  
00:25:18,890 --> 00:25:22,150  
这个酸指的是太过，这道理明白了吧  
  
664  
00:25:22,390 --> 00:25:24,630  
那么今商则缓缓是啥呀  
  
665  
00:25:25,230 --> 00:25:26,750  
这个缓说的是肢体啊  
  
666  
00:25:27,350 --> 00:25:29,510  
行动不能自收持  
  
667  
00:25:30,530 --> 00:25:31,330  
大家明白吧  
  
668  
00:25:31,570 --> 00:25:33,690  
哎，这个筋骨就是你自己行动  
  
669  
00:25:33,690 --> 00:25:34,890  
他就滞涩啊  
  
670  
00:25:35,250 --> 00:25:38,290  
这个缓名曰泄，泄是啥泄说的是阳气啊  
  
671  
00:25:39,070 --> 00:25:40,510  
呃，咸则伤谷  
  
672  
00:25:40,590 --> 00:25:41,670  
那就是指过咸  
  
673  
00:25:41,790 --> 00:25:45,670  
这个在我们东北其实是往往容易发生的，东北的菜系呢  
  
674  
00:25:45,670 --> 00:25:47,870  
本身它就是很多人都口重  
  
675  
00:25:48,260 --> 00:25:49,380  
它里头盐放的多  
  
676  
00:25:49,380 --> 00:25:50,580  
盐放多又吃  
  
677  
00:25:50,580 --> 00:25:53,140  
时间长了之后，它本身就是伤骨头啊  
  
678  
00:25:53,180 --> 00:25:56,060  
骨伤则萎萎曰枯，呃  
  
679  
00:25:56,100 --> 00:25:58,220  
所谓枯谢相搏啊  
  
680  
00:25:58,220 --> 00:26:00,050  
就是这个两个病机  
  
681  
00:26:00,090 --> 00:26:02,330  
一个是胃咸伤骨  
  
682  
00:26:02,490 --> 00:26:04,770  
胃酸伤个呃，伤筋啊  
  
683  
00:26:04,850 --> 00:26:07,750  
筋骨两伤，这个时候呢就叫断泄  
  
684  
00:26:08,390 --> 00:26:09,950  
那断泄之后就怎么着了呢  
  
685  
00:26:09,950 --> 00:26:11,390  
就筋骨都伤了  
  
686  
00:26:11,910 --> 00:26:14,160  
营气不通，尾气啊  
  
687  
00:26:14,160 --> 00:26:15,160  
尾部独行啊  
  
688  
00:26:15,800 --> 00:26:17,040  
那么所谓营纬呢  
  
689  
00:26:17,240 --> 00:26:17,800  
据微  
  
690  
00:26:18,860 --> 00:26:20,780  
因为巨威，那其实回过头来  
  
691  
00:26:20,900 --> 00:26:25,640  
他不也是在解释我们之前说的寸口脉沉弱的问题吗  
  
692  
00:26:26,080 --> 00:26:27,200  
就是肝肾的问题吗  
  
693  
00:26:27,200 --> 00:26:28,160  
肝肾虚损的问题  
  
694  
00:26:28,160 --> 00:26:29,360  
筋骨虚损的问题啊  
  
695  
00:26:29,850 --> 00:26:31,850  
那么它就是迎和胃也会出现问题  
  
696  
00:26:31,850 --> 00:26:34,930  
因此要用桂枝芍药知母汤的时候为啥要要用桂枝汤啊  
  
697  
00:26:35,090 --> 00:26:36,290  
那不也要行营位嘛  
  
698  
00:26:36,290 --> 00:26:36,690  
对吧  
  
699  
00:26:36,980 --> 00:26:39,020  
那为啥要用那个乌头汤  
  
700  
00:26:39,460 --> 00:26:40,580  
那一会我给你讲啊  
  
701  
00:26:40,900 --> 00:26:42,060  
他不也要行营卫吗  
  
702  
00:26:42,060 --> 00:26:43,740  
他这是给你讲这个道理啊  
  
703  
00:26:44,560 --> 00:26:47,320  
营伟巨威，所以就会造成一个问题  
  
704  
00:26:48,360 --> 00:26:49,440  
三焦无所欲  
  
705  
00:26:49,800 --> 00:26:51,480  
那么三焦为上中下三焦  
  
706  
00:26:52,080 --> 00:26:55,360  
四属断绝，那么啥叫四属断绝啊  
  
707  
00:26:55,360 --> 00:26:59,390  
实际上这个在咱们那个呃伤寒论的平脉法之中  
  
708  
00:26:59,830 --> 00:27:00,830  
是有原文的  
  
709  
00:27:01,470 --> 00:27:04,360  
呃，阜阳脉浮而抠浮者呢  
  
710  
00:27:04,360 --> 00:27:04,920  
胃气衰  
  
711  
00:27:05,400 --> 00:27:08,440  
叩者盈气，伤其身体  
  
712  
00:27:08,520 --> 00:27:10,400  
受肌肉甲挫  
  
713  
00:27:10,910 --> 00:27:12,150  
福寇相团  
  
714  
00:27:12,710 --> 00:27:13,590  
宗气衰位  
  
715  
00:27:13,710 --> 00:27:15,700  
四属断绝这一段呢  
  
716  
00:27:15,700 --> 00:27:17,900  
是那个在平脉法之中是有原文  
  
717  
00:27:18,180 --> 00:27:19,740  
那么啥叫四属断绝  
  
718  
00:27:20,140 --> 00:27:22,900  
它讲的是一个事，宗气是啥呀  
  
719  
00:27:23,340 --> 00:27:23,540  
注  
  
720  
00:27:23,660 --> 00:27:24,420  
胸中之气  
  
721  
00:27:24,460 --> 00:27:25,500  
胸中之阳啊  
  
722  
00:27:25,920 --> 00:27:28,840  
那么这个就是人的那个阳气不用  
  
723  
00:27:28,880 --> 00:27:30,440  
阳气不用之后四属是啥  
  
724  
00:27:30,520 --> 00:27:32,600  
讲的是四末，也就是四肢  
  
725  
00:27:33,520 --> 00:27:33,880  
对吧  
  
726  
00:27:34,160 --> 00:27:36,800  
那人的四肢就啥叫四肢断绝  
  
727  
00:27:36,800 --> 00:27:38,560  
不是说胳膊腿它它断了啊  
  
728  
00:27:38,800 --> 00:27:41,180  
而是你的那个营  
  
729  
00:27:41,660 --> 00:27:42,540  
什么叫四肢断  
  
730  
00:27:42,540 --> 00:27:43,940  
他说的是营气  
  
731  
00:27:43,980 --> 00:27:47,740  
尾气通达于四肢的道路断绝  
  
732  
00:27:47,740 --> 00:27:48,700  
这个你明白了吧  
  
733  
00:27:49,160 --> 00:27:50,920  
我们经常讲清阳14支  
  
734  
00:27:52,310 --> 00:27:53,470  
这就叫次数啊  
  
735  
00:27:53,510 --> 00:27:54,270  
这就叫四数  
  
736  
00:27:54,630 --> 00:27:56,590  
因此风湿类风湿、关节炎  
  
737  
00:27:57,670 --> 00:28:00,950  
一般情况下不是说肚子疼对吧  
  
738  
00:28:01,550 --> 00:28:05,710  
他疼痛位置有的时候也不是说头疼，多是四肢疼  
  
739  
00:28:06,320 --> 00:28:07,120  
大家发现了吧  
  
740  
00:28:07,680 --> 00:28:10,560  
其实治疗肺类风湿呃关节炎力结痛  
  
741  
00:28:10,880 --> 00:28:12,400  
一个核心问题就是  
  
742  
00:28:12,400 --> 00:28:18,160  
你怎么够能够通过这个筋骨调节你的营位  
  
743  
00:28:19,110 --> 00:28:22,550  
再通过营卫能够通行三焦四属  
  
744  
00:28:23,590 --> 00:28:25,590  
这个就是它相应的一个生理  
  
745  
00:28:25,830 --> 00:28:26,870  
这个大家明白了吧  
  
746  
00:28:27,190 --> 00:28:28,070  
因此说，你看  
  
747  
00:28:28,070 --> 00:28:30,310  
我既可以用桂枝芍药知母汤  
  
748  
00:28:30,350 --> 00:28:34,230  
可以用乌头汤去解决它的局部的那个风寒湿的问题  
  
749  
00:28:34,510 --> 00:28:36,910  
当然，后世有一张明房啊  
  
750  
00:28:38,630 --> 00:28:42,500  
呃，千金之中的什么独活寄生汤  
  
751  
00:28:43,020 --> 00:28:44,140  
其实你仔细看一看啊  
  
752  
00:28:44,140 --> 00:28:46,180  
它依然是按照这张思路去走  
  
753  
00:28:46,340 --> 00:28:49,060  
独活寄生汤，你看它里头无非风寒湿  
  
754  
00:28:49,970 --> 00:28:51,010  
无非肝脾肾  
  
755  
00:28:51,050 --> 00:28:52,530  
你仔细把那个方拆开  
  
756  
00:28:52,890 --> 00:28:54,530  
你就发现他就讲了六个字  
  
757  
00:28:54,890 --> 00:28:55,450  
风寒湿  
  
758  
00:28:55,490 --> 00:28:56,090  
肝脾肾  
  
759  
00:28:56,700 --> 00:28:58,100  
你守着这个方，根据脉证  
  
760  
00:28:58,100 --> 00:28:59,420  
你就可以自由调整  
  
761  
00:28:59,860 --> 00:29:00,060  
呃  
  
762  
00:29:00,100 --> 00:29:00,660  
汪老师呢  
  
763  
00:29:00,660 --> 00:29:02,140  
那天他跟我闲聊  
  
764  
00:29:02,220 --> 00:29:02,860  
就说说  
  
765  
00:29:03,740 --> 00:29:08,020  
之前有一个我的患者在门诊上呃治那个类风湿  
  
766  
00:29:08,560 --> 00:29:10,360  
呃，后来到他们科里去住院  
  
767  
00:29:11,040 --> 00:29:11,240  
呃  
  
768  
00:29:11,320 --> 00:29:12,200  
他们看了一下  
  
769  
00:29:12,280 --> 00:29:12,640  
觉得  
  
770  
00:29:13,400 --> 00:29:16,290  
呃，挺这个挺那个啊  
  
771  
00:29:16,610 --> 00:29:17,610  
为什么这么讲呢  
  
772  
00:29:17,980 --> 00:29:19,700  
呃，这个患者挂不上我的号了  
  
773  
00:29:19,700 --> 00:29:22,460  
后来就就有，有一个月就到咱们附属医院呢  
  
774  
00:29:22,460 --> 00:29:23,460  
去去住院  
  
775  
00:29:23,980 --> 00:29:26,900  
呃，他们看了一下这个患者在我这整个的那个治疗  
  
776  
00:29:27,460 --> 00:29:29,860  
发现居然没用过任何西药  
  
777  
00:29:30,650 --> 00:29:34,530  
而且一检查发现所有指标都非常好啊  
  
778  
00:29:34,570 --> 00:29:38,670  
他们觉得这个事就是你们用西药这事  
  
779  
00:29:38,670 --> 00:29:40,670  
我们觉得不太那个啊  
  
780  
00:29:40,940 --> 00:29:43,220  
之后问我说张老师你怎么怎么弄的  
  
781  
00:29:43,580 --> 00:29:44,940  
我说这个就是根据脉啊  
  
782  
00:29:45,340 --> 00:29:46,020  
那你看啊  
  
783  
00:29:46,180 --> 00:29:47,460  
有没有肝，有没有脾啊  
  
784  
00:29:47,620 --> 00:29:48,380  
有没有肾呢  
  
785  
00:29:48,380 --> 00:29:49,660  
其实这里头都讲了吧  
  
786  
00:29:50,120 --> 00:29:52,710  
那么千金方那方大一点  
  
787  
00:29:52,990 --> 00:29:54,990  
它一定跟金匮不一样吗  
  
788  
00:29:55,310 --> 00:29:58,030  
其他不讲的还是肝肾和营卫的问题吗  
  
789  
00:29:58,890 --> 00:30:01,210  
那么金金匮里头没说脾吗  
  
790  
00:30:01,650 --> 00:30:03,650  
没说阜阳脉浮而华吗  
  
791  
00:30:04,110 --> 00:30:05,510  
什么叫骨气食啊，对吧  
  
792  
00:30:05,950 --> 00:30:09,310  
你怎么叫消化能畅通就能有营尾，能有气血  
  
793  
00:30:09,670 --> 00:30:13,020  
消化不畅通，那就没有气血就变成湿了  
  
794  
00:30:13,780 --> 00:30:16,060  
这个都是我们要解决的解决的问题吧  
  
795  
00:30:16,420 --> 00:30:17,900  
哎，四属断绝的问题啊  
  
796  
00:30:19,650 --> 00:30:22,610  
那么这个40断绝之后就会导致一个自然而然的现象  
  
797  
00:30:22,850 --> 00:30:26,010  
什么叫身体雷兽毒足肿大  
  
798  
00:30:26,640 --> 00:30:28,760  
那么身体雷兽说的就是没有气血吧  
  
799  
00:30:30,180 --> 00:30:32,100  
这个我我想我，我我认为啊  
  
800  
00:30:32,100 --> 00:30:33,860  
如果这一堂课有一个核心的问题  
  
801  
00:30:34,060 --> 00:30:35,260  
就我现在说这句话  
  
802  
00:30:35,260 --> 00:30:37,220  
大家千万不要在这犯困啊  
  
803  
00:30:37,550 --> 00:30:39,230  
如果我的课给你讲困了  
  
804  
00:30:39,350 --> 00:30:40,310  
但是大家没困啊  
  
805  
00:30:40,830 --> 00:30:42,070  
你千万不要在这犯困  
  
806  
00:30:42,070 --> 00:30:42,670  
这是核心  
  
807  
00:30:42,950 --> 00:30:44,590  
至于用啥方子，其实不重要  
  
808  
00:30:45,360 --> 00:30:46,360  
我教我的学生啊  
  
809  
00:30:46,800 --> 00:30:49,520  
呃，我学生有的在在我这听几节课  
  
810  
00:30:49,520 --> 00:30:50,400  
他他听不了了  
  
811  
00:30:50,400 --> 00:30:51,080  
他就走了  
  
812  
00:30:51,480 --> 00:30:53,600  
最后能留下来的这些学生  
  
813  
00:30:53,600 --> 00:30:55,800  
他就是反而越听越越不愿意走啊  
  
814  
00:30:55,800 --> 00:30:56,680  
你撵都撵不走  
  
815  
00:30:57,040 --> 00:31:00,360  
在我门诊，刮风下雨下雹子他都得来  
  
816  
00:31:01,440 --> 00:31:04,680  
为什么我不给他讲哪一味药能治哪个病  
  
817  
00:31:05,200 --> 00:31:07,630  
为啥有的学生回过味儿来了  
  
818  
00:31:07,630 --> 00:31:09,030  
发现老师上课讲的啊  
  
819  
00:31:09,070 --> 00:31:10,670  
这个药能能治这个病  
  
820  
00:31:10,950 --> 00:31:12,310  
当然有它的好处啊  
  
821  
00:31:12,750 --> 00:31:14,150  
好处就是拿来就能用  
  
822  
00:31:14,630 --> 00:31:15,590  
但是也有它的坏处  
  
823  
00:31:15,830 --> 00:31:17,070  
万一拿来了就能用  
  
824  
00:31:17,070 --> 00:31:19,110  
用了之后发现不好使你下一步怎么办啊  
  
825  
00:31:20,280 --> 00:31:21,360  
你空你就空了  
  
826  
00:31:21,560 --> 00:31:22,560  
但是我给你讲啊  
  
827  
00:31:22,560 --> 00:31:23,640  
是给你讲这个道理  
  
828  
00:31:24,440 --> 00:31:25,520  
道理讲通之后，好  
  
829  
00:31:25,520 --> 00:31:27,680  
我再告诉你一个方，你可以参考  
  
830  
00:31:28,560 --> 00:31:30,000  
但这方有的时候一用，不好使  
  
831  
00:31:30,000 --> 00:31:30,640  
不好使说，哎  
  
832  
00:31:30,640 --> 00:31:31,800  
老师还告诉我一个道理  
  
833  
00:31:32,000 --> 00:31:33,120  
那我自己研究研究吧  
  
834  
00:31:33,400 --> 00:31:33,600  
哎  
  
835  
00:31:33,600 --> 00:31:34,840  
后来发现研究研究之后  
  
836  
00:31:35,040 --> 00:31:35,240  
哎  
  
837  
00:31:35,240 --> 00:31:36,930  
这个方我不用你的方法  
  
838  
00:31:36,930 --> 00:31:38,010  
还可以用别的方法  
  
839  
00:31:38,680 --> 00:31:39,320  
不用别的方  
  
840  
00:31:39,320 --> 00:31:40,880  
那总有一个方适合你，对吧  
  
841  
00:31:41,320 --> 00:31:42,680  
那所以今天讲的核心  
  
842  
00:31:42,720 --> 00:31:44,320  
我们说力竭的核心就这一段  
  
843  
00:31:44,360 --> 00:31:45,160  
大家记住了吧  
  
844  
00:31:45,930 --> 00:31:47,050  
他的道理是什么  
  
845  
00:31:47,610 --> 00:31:48,810  
人吃五谷杂粮  
  
846  
00:31:49,210 --> 00:31:50,970  
所谓因之武功本于五位  
  
847  
00:31:51,880 --> 00:31:55,360  
因之所伤在于五味，对吧  
  
848  
00:31:55,920 --> 00:31:59,400  
那么酸，太过则伤肝  
  
849  
00:32:01,230 --> 00:32:02,310  
肝合于什么  
  
850  
00:32:02,310 --> 00:32:04,740  
合于金贤太过  
  
851  
00:32:05,580 --> 00:32:07,780  
未过于贤怎么大过  
  
852  
00:32:08,020 --> 00:32:08,220  
呃  
  
853  
00:32:08,220 --> 00:32:12,410  
未过于咸大骨气劳短肌心气抑，有这句话吧  
  
854  
00:32:13,090 --> 00:32:16,690  
那么他就伤古大骨气劳吗  
  
855  
00:32:16,930 --> 00:32:17,930  
讲讲这个问题吗  
  
856  
00:32:18,170 --> 00:32:19,650  
那么筋骨受伤之后  
  
857  
00:32:20,090 --> 00:32:21,570  
那么营位就不同了  
  
858  
00:32:21,890 --> 00:32:23,530  
营位走不到哪儿走不到筋骨  
  
859  
00:32:24,370 --> 00:32:25,330  
因为你筋骨伤了  
  
860  
00:32:25,450 --> 00:32:26,290  
营位到不了了  
  
861  
00:32:26,450 --> 00:32:28,650  
到不了之后，营尾衰弱呀  
  
862  
00:32:29,410 --> 00:32:31,410  
迎行脉中卫行脉外，营尾衰弱呀  
  
863  
00:32:31,690 --> 00:32:34,140  
那么宁伟不能出于通  
  
864  
00:32:34,140 --> 00:32:34,260  
达  
  
865  
00:32:34,260 --> 00:32:36,580  
于三焦，不能达于四末  
  
866  
00:32:36,960 --> 00:32:40,360  
那么时间长了四墨这个位置没有营委去通  
  
867  
00:32:40,640 --> 00:32:41,880  
慢慢你就发现这个人啊  
  
868  
00:32:41,920 --> 00:32:45,000  
因为营尾不能输入营营者是营营养啊  
  
869  
00:32:45,000 --> 00:32:45,320  
对吧  
  
870  
00:32:45,680 --> 00:32:46,720  
伪者是委外啊  
  
871  
00:32:47,040 --> 00:32:49,080  
外无所委，内无所营  
  
872  
00:32:49,330 --> 00:32:51,690  
慢慢这个四肢就啥样了  
  
873  
00:32:52,050 --> 00:32:52,890  
就虚弱了  
  
874  
00:32:53,250 --> 00:32:55,450  
很瘦弱，瘦弱不说  
  
875  
00:32:56,040 --> 00:32:57,320  
湿气下注了，对吧  
  
876  
00:32:57,320 --> 00:32:58,400  
营尾正气不去  
  
877  
00:32:58,440 --> 00:33:00,160  
湿气去了，湿往哪走  
  
878  
00:33:00,360 --> 00:33:03,600  
那为啥我问你不是手肿如脱，而是脚肿如脱呢  
  
879  
00:33:04,180 --> 00:33:04,940  
原因很简单  
  
880  
00:33:05,020 --> 00:33:05,980  
湿气下流嘛  
  
881  
00:33:06,020 --> 00:33:06,340  
对吧  
  
882  
00:33:06,580 --> 00:33:07,700  
这是一个物理现象  
  
883  
00:33:07,700 --> 00:33:08,580  
是一个自然现象  
  
884  
00:33:08,940 --> 00:33:11,220  
那么湿气往上走，说明阳气升不上来啊  
  
885  
00:33:11,580 --> 00:33:14,610  
那么就毒足肿大，就这么简单啊  
  
886  
00:33:14,890 --> 00:33:16,370  
它既解释了桂枝芍药知母汤  
  
887  
00:33:16,370 --> 00:33:18,130  
也解释了乌头汤啊  
  
888  
00:33:18,130 --> 00:33:19,090  
都在这里头呢  
  
889  
00:33:19,990 --> 00:33:21,790  
其实他解释的是力竭病啊  
  
890  
00:33:22,390 --> 00:33:24,830  
之后黄汉初指的是有诗对吧  
  
891  
00:33:25,150 --> 00:33:28,390  
那有诗才能那个黄为师之正色嘛  
  
892  
00:33:28,970 --> 00:33:31,770  
静冷假令发热变为力节炎  
  
893  
00:33:31,770 --> 00:33:32,570  
那么在临床上  
  
894  
00:33:32,570 --> 00:33:36,290  
我们的那个风湿类风湿关节炎有很多是这种那个那个  
  
895  
00:33:36,730 --> 00:33:37,770  
发烧的状态嘛  
  
896  
00:33:37,770 --> 00:33:38,890  
对吧，发烧的状态  
  
897  
00:33:40,520 --> 00:33:40,720  
呃  
  
898  
00:33:40,800 --> 00:33:43,240  
乌头汤啊这块讲这么一个事  
  
899  
00:33:44,040 --> 00:33:46,710  
治脚气疼痛，不可不可确认  
  
900  
00:33:46,990 --> 00:33:48,630  
其实那个我们还有一个版本啊  
  
901  
00:33:48,630 --> 00:33:49,470  
我这版本不好  
  
902  
00:33:49,470 --> 00:33:50,430  
他讲的是脚气  
  
903  
00:33:50,670 --> 00:33:51,910  
一会我看时间  
  
904  
00:33:51,950 --> 00:33:54,030  
时间够我再给你讲讲脚气的事啊  
  
905  
00:33:54,680 --> 00:33:54,880  
呃  
  
906  
00:33:54,880 --> 00:33:56,640  
那有同学问说脚气还用讲吗  
  
907  
00:33:57,120 --> 00:33:59,280  
那你不知道前提你知不知道啥是脚气啊  
  
908  
00:33:59,480 --> 00:34:00,520  
不是脚癣啊  
  
909  
00:34:00,520 --> 00:34:02,440  
哈哈哈，这个不是脚癣啊  
  
910  
00:34:03,060 --> 00:34:04,060  
一会我们再说啊  
  
911  
00:34:04,140 --> 00:34:05,540  
可能今天我得压点糖啊  
  
912  
00:34:05,540 --> 00:34:06,460  
提前告诉你啊  
  
913  
00:34:07,340 --> 00:34:10,670  
那么这个我们还有一个版本  
  
914  
00:34:10,670 --> 00:34:12,070  
就是所谓的那个呃  
  
915  
00:34:12,230 --> 00:34:13,949  
咱们咱们说的那个比较好的版本  
  
916  
00:34:14,429 --> 00:34:16,190  
并力竭不可屈伸疼痛  
  
917  
00:34:16,610 --> 00:34:17,250  
这是原文  
  
918  
00:34:17,370 --> 00:34:18,850  
你们那个可能是这么写的吧  
  
919  
00:34:20,010 --> 00:34:20,210  
唉  
  
920  
00:34:20,210 --> 00:34:21,090  
我这不是啊  
  
921  
00:34:21,570 --> 00:34:23,370  
那个病历节不可缺身疼痛啊  
  
922  
00:34:23,730 --> 00:34:24,850  
那么其实说的是一个事  
  
923  
00:34:25,090 --> 00:34:26,730  
但是在我们今天临床观察中  
  
924  
00:34:27,130 --> 00:34:28,330  
这种乌头糖的患者  
  
925  
00:34:28,610 --> 00:34:30,610  
两个重重重点的现象  
  
926  
00:34:30,889 --> 00:34:33,290  
第一，他的疼痛更甚  
  
927  
00:34:34,120 --> 00:34:35,560  
而且疼痛到啥程度  
  
928  
00:34:35,600 --> 00:34:37,480  
胳膊不能动到啥程度  
  
929  
00:34:37,480 --> 00:34:39,040  
在我门诊上通常是这样的  
  
930  
00:34:39,199 --> 00:34:41,360  
这种患者我是要站起来看脉的  
  
931  
00:34:41,679 --> 00:34:45,400  
因为我那桌子说实话其实不是  
  
932  
00:34:45,679 --> 00:34:47,199  
我觉得不是特别适合开麦  
  
933  
00:34:47,199 --> 00:34:48,880  
我以前用那个是长条调暗  
  
934  
00:34:49,280 --> 00:34:52,760  
但是现在我坐那个圈椅圈椅，它高调暗不行  
  
935  
00:34:52,760 --> 00:34:54,400  
我就换了一个高桌子  
  
936  
00:34:54,679 --> 00:34:55,880  
这桌子吧，离患者远  
  
937  
00:34:55,960 --> 00:34:58,000  
有的时候我就得够着看，对吧  
  
938  
00:34:58,520 --> 00:35:00,720  
呃，当然啥东西利弊啊  
  
939  
00:35:00,720 --> 00:35:01,840  
它也有它的好处啊  
  
940  
00:35:03,040 --> 00:35:06,460  
那么这个东西有的时候这种痢疾病啊  
  
941  
00:35:06,460 --> 00:35:07,620  
也就是类风湿患者来  
  
942  
00:35:07,780 --> 00:35:09,420  
这种乌头症的患者来  
  
943  
00:35:10,140 --> 00:35:11,100  
我只能站着看  
  
944  
00:35:11,100 --> 00:35:11,380  
为啥  
  
945  
00:35:11,380 --> 00:35:12,660  
因为他胳膊伸不开  
  
946  
00:35:13,180 --> 00:35:14,500  
我也不能让它伸开  
  
947  
00:35:14,580 --> 00:35:15,700  
患者努力的往前伸  
  
948  
00:35:15,860 --> 00:35:16,620  
咱也不忍心  
  
949  
00:35:16,620 --> 00:35:18,300  
我说你你别动，你别动我  
  
950  
00:35:18,300 --> 00:35:20,620  
一般这个场景我们同学太熟悉不过了啊  
  
951  
00:35:20,620 --> 00:35:21,580  
那每天都有啊  
  
952  
00:35:21,800 --> 00:35:23,040  
我得站起来弓着腰  
  
953  
00:35:23,040 --> 00:35:24,200  
我说你别动，我就活着  
  
954  
00:35:24,200 --> 00:35:27,200  
你不单说手不能伸，翻都翻不过来吧  
  
955  
00:35:27,840 --> 00:35:30,680  
那甚至有的时候我们经常是患者抬着来到屋里的  
  
956  
00:35:30,680 --> 00:35:31,800  
那每周都有啊  
  
957  
00:35:32,120 --> 00:35:33,400  
我就得绕过去  
  
958  
00:35:33,400 --> 00:35:33,800  
学生  
  
959  
00:35:34,200 --> 00:35:34,360  
呃  
  
960  
00:35:34,360 --> 00:35:36,970  
我们学生，那个都手疾眼快啊  
  
961  
00:35:37,250 --> 00:35:40,640  
手疾眼快，一边一个凳子一个凳子放一边啊  
  
962  
00:35:40,720 --> 00:35:42,880  
我就得过去这边看完那边看是吧  
  
963  
00:35:43,160 --> 00:35:43,760  
都是这样  
  
964  
00:35:43,960 --> 00:35:46,560  
那他伸不开，那为啥伸不开筋骨啊  
  
965  
00:35:47,070 --> 00:35:48,070  
我们说过一个问题  
  
966  
00:35:48,830 --> 00:35:52,380  
什么金商则缓，大家还记得了吧  
  
967  
00:35:52,860 --> 00:35:54,100  
那缓是啥意思啊  
  
968  
00:35:54,950 --> 00:35:57,750  
他他他屈伸就是环  
  
969  
00:35:57,790 --> 00:35:59,830  
主要说的是屈曲不出去  
  
970  
00:36:01,360 --> 00:36:01,560  
啊  
  
971  
00:36:02,400 --> 00:36:04,040  
就是伸伸不出去，对不对  
  
972  
00:36:04,040 --> 00:36:04,440  
对不对  
  
973  
00:36:05,080 --> 00:36:05,360  
哎  
  
974  
00:36:06,130 --> 00:36:09,090  
那个那个那曲是能区回来的，哈  
  
975  
00:36:09,370 --> 00:36:10,850  
那区区不出去啊  
  
976  
00:36:11,570 --> 00:36:14,610  
那整个那个屈伸的那个那个那个功能受限  
  
977  
00:36:15,050 --> 00:36:17,450  
那么骨伤，则委委就是啥意思  
  
978  
00:36:17,450 --> 00:36:19,170  
啊这他就一直曲着对吧  
  
979  
00:36:20,340 --> 00:36:22,580  
整个胳膊是弯的，就这种状态了啊  
  
980  
00:36:23,710 --> 00:36:23,910  
呃  
  
981  
00:36:24,710 --> 00:36:25,230  
与此同时  
  
982  
00:36:25,230 --> 00:36:28,790  
再严重你记住，在类风湿关节之中就会发生一个问题  
  
983  
00:36:28,790 --> 00:36:29,350  
叫变形  
  
984  
00:36:31,860 --> 00:36:34,620  
一般手关节啊，最常见骨头都变了  
  
985  
00:36:35,060 --> 00:36:37,420  
这种时候往往你用其他的药呢  
  
986  
00:36:37,820 --> 00:36:39,180  
效果就不是特别好  
  
987  
00:36:39,730 --> 00:36:44,110  
呃，你一般都得配合乌头汤效果好啊  
  
988  
00:36:44,230 --> 00:36:45,710  
这个时候乌头汤是最好的  
  
989  
00:36:46,150 --> 00:36:47,670  
那么为啥乌头汤效果好  
  
990  
00:36:47,670 --> 00:36:49,150  
顾名思义，乌头乌头  
  
991  
00:36:49,510 --> 00:36:50,430  
这是啥汤啊  
  
992  
00:36:52,190 --> 00:36:53,190  
哎，上黑板啊  
  
993  
00:36:53,190 --> 00:36:54,070  
这都得上黑板  
  
994  
00:36:54,990 --> 00:36:56,070  
这叫乌头哈  
  
995  
00:36:59,600 --> 00:37:03,360  
病力竭不可屈伸疼痛  
  
996  
00:37:08,860 --> 00:37:09,220  
力竭  
  
997  
00:37:10,660 --> 00:37:14,100  
重点，不可屈伸  
  
998  
00:37:18,180 --> 00:37:19,700  
这是邓珍本的写法啊  
  
999  
00:37:20,060 --> 00:37:21,580  
跟我用这版本不一样  
  
1000  
00:37:22,460 --> 00:37:24,780  
那么这个为啥用乌头汤  
  
1001  
00:37:25,420 --> 00:37:34,200  
它的主要乌头污渍你们觉得长得特别像哪个字  
  
1002  
00:37:37,000 --> 00:37:37,200  
鸟  
  
1003  
00:37:37,480 --> 00:37:39,960  
其实你不仔细看，你尤其我这一脸比啊  
  
1004  
00:37:39,960 --> 00:37:42,080  
你离得远，鸟头汤没错  
  
1005  
00:37:42,160 --> 00:37:45,110  
就是鸟头，有一个鸟不得了啊  
  
1006  
00:37:45,830 --> 00:37:47,550  
它的名字叫金乌  
  
1007  
00:37:49,520 --> 00:37:51,120  
金乌就是太阳  
  
1008  
00:37:52,630 --> 00:37:55,150  
金乌就是太阳乌头，大家见过没有  
  
1009  
00:37:56,430 --> 00:37:57,990  
长得像不像一个鸟的头  
  
1010  
00:37:59,120 --> 00:38:00,960  
而且乌头上有一个部位  
  
1011  
00:38:01,000 --> 00:38:02,280  
它的学名叫秽  
  
1012  
00:38:03,280 --> 00:38:07,790  
就是跟鸟的那个鸟嘴的那个会是一个会，明白了吧  
  
1013  
00:38:08,390 --> 00:38:12,550  
乌头下来之后，一般乌头会辅一个负责是吧  
  
1014  
00:38:12,670 --> 00:38:13,790  
有的多的是两个  
  
1015  
00:38:13,910 --> 00:38:17,790  
甚则是有三个的那么辅一个父子就像连着一个脖子  
  
1016  
00:38:17,790 --> 00:38:18,910  
底下一个鸟身子  
  
1017  
00:38:20,090 --> 00:38:21,690  
这个整个长得就像一个鸟  
  
1018  
00:38:22,530 --> 00:38:24,690  
因此我们之前总讲一个问题  
  
1019  
00:38:25,230 --> 00:38:26,470  
附子是乌头的子根  
  
1020  
00:38:26,470 --> 00:38:28,830  
它是给附子干嘛的提供能量的  
  
1021  
00:38:28,830 --> 00:38:30,830  
这个我在讲伤寒论的时候  
  
1022  
00:38:30,830 --> 00:38:35,220  
曾经非常详细的给大家讲过附子和乌头之间的关系  
  
1023  
00:38:35,700 --> 00:38:41,340  
以及它的那个那个那个那个生长环境和他的公用在这  
  
1024  
00:38:41,340 --> 00:38:42,900  
我们只是勾勒一下  
  
1025  
00:38:43,100 --> 00:38:44,460  
捎带捎带一下而已  
  
1026  
00:38:44,870 --> 00:38:45,070  
呃  
  
1027  
00:38:45,110 --> 00:38:45,990  
附子是子根  
  
1028  
00:38:46,110 --> 00:38:50,230  
由于乌头附子，他所居的地方在云贵川那个地方  
  
1029  
00:38:50,670 --> 00:38:51,430  
云贵川啊  
  
1030  
00:38:51,990 --> 00:38:53,110  
你要比哪天冷  
  
1031  
00:38:54,140 --> 00:38:54,780  
那不是那样  
  
1032  
00:38:54,780 --> 00:38:56,620  
你要说天冷，东北天更冷  
  
1033  
00:38:57,100 --> 00:38:58,140  
你往俄罗斯更冷  
  
1034  
00:38:58,140 --> 00:38:59,340  
那那个地方不产附子  
  
1035  
00:38:59,820 --> 00:39:03,060  
你必须有一个重要条件，就是它也得热  
  
1036  
00:39:03,760 --> 00:39:04,440  
得有温差  
  
1037  
00:39:05,040 --> 00:39:07,560  
白天给他足够的时间去蓄阳气  
  
1038  
00:39:08,290 --> 00:39:11,370  
晚上给它足够的环境，让它阳气收藏  
  
1039  
00:39:11,570 --> 00:39:14,930  
让它冷不得不白天再次的蓄阳气  
  
1040  
00:39:14,930 --> 00:39:15,890  
明白这个道理了吧  
  
1041  
00:39:16,290 --> 00:39:20,540  
因此这个就是附子和乌头这个植株长生长的环境  
  
1042  
00:39:20,580 --> 00:39:21,660  
父乌头是主根  
  
1043  
00:39:21,780 --> 00:39:22,580  
附子是子根  
  
1044  
00:39:22,980 --> 00:39:23,740  
附子是它的  
  
1045  
00:39:23,740 --> 00:39:26,520  
什么是它的，能量包  
  
1046  
00:39:26,760 --> 00:39:28,200  
我们今天的话叫能量包  
  
1047  
00:39:28,200 --> 00:39:29,000  
叫储蓄罐  
  
1048  
00:39:29,340 --> 00:39:32,660  
就像火箭的主主键和它的旁边的运载火箭吧  
  
1049  
00:39:33,060 --> 00:39:33,780  
就这个关系  
  
1050  
00:39:34,060 --> 00:39:35,420  
因此父子是有营养的  
  
1051  
00:39:35,420 --> 00:39:36,060  
它能温阳  
  
1052  
00:39:36,640 --> 00:39:39,600  
你看我们用温阳就用附子，乌头干什么  
  
1053  
00:39:40,600 --> 00:39:43,520  
你看鸟的那个头，尤其他那个会是干什么用的  
  
1054  
00:39:44,360 --> 00:39:46,040  
它是浊这个东西用的吧  
  
1055  
00:39:46,640 --> 00:39:47,800  
它有突破之力  
  
1056  
00:39:48,080 --> 00:39:51,520  
因此乌头有这个破这个寒湿的作用  
  
1057  
00:39:52,350 --> 00:39:53,270  
是不是这个道理啊  
  
1058  
00:39:53,680 --> 00:39:54,960  
整个那个寒湿痹痛  
  
1059  
00:39:54,960 --> 00:39:57,280  
你用那个乌头就能把它把它，把它把它刀开  
  
1060  
00:39:57,720 --> 00:39:58,840  
而且尤其还有一点  
  
1061  
00:39:59,160 --> 00:40:00,080  
他是什么头啊  
  
1062  
00:40:00,080 --> 00:40:00,880  
这个不得了啊  
  
1063  
00:40:01,000 --> 00:40:01,440  
金乌  
  
1064  
00:40:02,100 --> 00:40:04,980  
我们说天地之间只此一轮，一轮红日  
  
1065  
00:40:06,070 --> 00:40:07,230  
天地之大宝，对吧  
  
1066  
00:40:07,470 --> 00:40:10,470  
值此一轮红日，我们讲当空离照之象  
  
1067  
00:40:11,420 --> 00:40:14,140  
这叫什么异火之源，以消阴一把  
  
1068  
00:40:14,420 --> 00:40:15,460  
乌头有这个作用  
  
1069  
00:40:15,780 --> 00:40:18,900  
但是我们说太阳当空这么一照啊  
  
1070  
00:40:19,280 --> 00:40:23,520  
他也有他的一个一个比较麻烦的一个事啊  
  
1071  
00:40:23,920 --> 00:40:25,320  
呃，也有一个麻烦的事  
  
1072  
00:40:26,160 --> 00:40:26,440  
呃  
  
1073  
00:40:27,760 --> 00:40:28,600  
就是啥问题呢  
  
1074  
00:40:29,280 --> 00:40:33,750  
这个容易火毒之力太过，最后伤阴  
  
1075  
00:40:34,150 --> 00:40:36,310  
所以乌头有大毒，这个大家知道吧  
  
1076  
00:40:36,650 --> 00:40:36,850  
哎  
  
1077  
00:40:36,850 --> 00:40:39,130  
因此你重点看一下他的那个炮制啊  
  
1078  
00:40:39,530 --> 00:40:41,290  
乌头，这告诉你五枚夫举  
  
1079  
00:40:41,530 --> 00:40:45,450  
那么首先要把它那个炮制加工之后怎么着呢  
  
1080  
00:40:46,250 --> 00:40:46,530  
呃  
  
1081  
00:40:47,270 --> 00:40:49,470  
乌头是有一个特殊方式的啊  
  
1082  
00:40:49,470 --> 00:40:52,340  
在这建筑这块特别有意思，呃  
  
1083  
00:40:52,420 --> 00:40:53,900  
乌头是要单拿出来啊  
  
1084  
00:40:54,220 --> 00:40:57,800  
它不是直接的那个尖放一块拿水煮，明白了吧  
  
1085  
00:40:58,040 --> 00:41:00,320  
当然我们临床中也有很多老师啊  
  
1086  
00:41:00,520 --> 00:41:02,080  
一些临床高手，呃  
  
1087  
00:41:02,160 --> 00:41:04,360  
拿大剂量，你比如15克的乌头  
  
1088  
00:41:04,950 --> 00:41:08,350  
直接那个入煎剂一起煎煮  
  
1089  
00:41:08,790 --> 00:41:11,320  
呃呃，我只能说我胆子小啊  
  
1090  
00:41:11,360 --> 00:41:13,800  
这个咱们手艺不到，我不敢  
  
1091  
00:41:14,200 --> 00:41:15,320  
我一般用乌头呢  
  
1092  
00:41:15,840 --> 00:41:16,920  
我都是不着急  
  
1093  
00:41:17,550 --> 00:41:18,110  
哈哈  
  
1094  
00:41:18,150 --> 00:41:18,950  
你能挂上号  
  
1095  
00:41:18,950 --> 00:41:19,950  
你慢慢来，对吧  
  
1096  
00:41:20,190 --> 00:41:24,350  
一点点来，我都是得用一个练密的过程  
  
1097  
00:41:24,350 --> 00:41:25,910  
这个其实金柜里头说的啊  
  
1098  
00:41:26,340 --> 00:41:27,420  
嗯，什么叫富举  
  
1099  
00:41:27,780 --> 00:41:29,420  
以蜜2L煎取一升  
  
1100  
00:41:29,900 --> 00:41:31,340  
我用的方法更简单啊  
  
1101  
00:41:31,620 --> 00:41:32,500  
就是两碗蜜  
  
1102  
00:41:32,890 --> 00:41:35,780  
但是有个前提，你一定要用那个天然蜜  
  
1103  
00:41:35,780 --> 00:41:38,180  
因为现在有很多蜜是什么人工勾兑的  
  
1104  
00:41:38,180 --> 00:41:40,380  
用酱油，用白糖兑出来的那个  
  
1105  
00:41:40,380 --> 00:41:41,420  
你用它煎乌头  
  
1106  
00:41:41,420 --> 00:41:42,300  
那你不开玩笑嘛  
  
1107  
00:41:42,300 --> 00:41:42,660  
对吧  
  
1108  
00:41:43,050 --> 00:41:44,210  
蜜有百草之精  
  
1109  
00:41:44,370 --> 00:41:47,430  
它正好能解这个那个金乌啊  
  
1110  
00:41:47,430 --> 00:41:50,670  
我们讲叫鸟头的那个那个火毒，对吧  
  
1111  
00:41:50,910 --> 00:41:52,430  
能解这个火毒，那么  
  
1112  
00:41:52,590 --> 00:41:54,710  
用两碗蜜煎成一碗之后  
  
1113  
00:41:54,790 --> 00:41:56,430  
我一般都比较抠啊  
  
1114  
00:41:56,470 --> 00:41:57,310  
就比较吝啬  
  
1115  
00:41:57,310 --> 00:41:59,900  
我说这一碗米你就备用，你  
  
1116  
00:41:59,980 --> 00:42:01,580  
你你就一点一点往里放  
  
1117  
00:42:01,980 --> 00:42:02,180  
呃  
  
1118  
00:42:02,580 --> 00:42:03,620  
那么还没完事啊  
  
1119  
00:42:04,060 --> 00:42:07,300  
你要是这么直接煎患者也会胃疼  
  
1120  
00:42:08,910 --> 00:42:09,710  
你还要怎么办  
  
1121  
00:42:10,070 --> 00:42:14,070  
把它和另外四味药合到一起一起用蜜煎  
  
1122  
00:42:14,350 --> 00:42:15,310  
这个你明白了吗  
  
1123  
00:42:16,030 --> 00:42:16,230  
哎  
  
1124  
00:42:16,790 --> 00:42:19,910  
那个那个那个你，你看啊  
  
1125  
00:42:20,590 --> 00:42:21,190  
那个  
  
1126  
00:42:24,640 --> 00:42:28,080  
这个啊，就是把那几味药你看啊  
  
1127  
00:42:28,940 --> 00:42:32,020  
水3L煮取一升去籽  
  
1128  
00:42:32,980 --> 00:42:33,660  
然后呢  
  
1129  
00:42:34,730 --> 00:42:35,930  
那个叫这样啊  
  
1130  
00:42:36,290 --> 00:42:38,850  
叫纳密，间钟之后要怎么办  
  
1131  
00:42:39,090 --> 00:42:40,730  
更建质看到了没有  
  
1132  
00:42:41,410 --> 00:42:43,370  
他有一个二变加工的过程  
  
1133  
00:42:44,130 --> 00:42:46,450  
你如果直接把那个密啊兑在一块  
  
1134  
00:42:47,480 --> 00:42:49,840  
你你你你就把那个服下去  
  
1135  
00:42:49,840 --> 00:42:53,360  
之后万患者会有一个非常强烈的胃的刺激症  
  
1136  
00:42:53,890 --> 00:42:55,690  
所以这个加工过程就比较麻烦  
  
1137  
00:42:55,930 --> 00:42:59,990  
先把密煎乌头煎出来备用对吧  
  
1138  
00:43:00,270 --> 00:43:01,510  
然后把那几味药煎好  
  
1139  
00:43:01,870 --> 00:43:03,950  
然后把它们堆到一块再煎，明白了吧  
  
1140  
00:43:04,270 --> 00:43:04,470  
哎  
  
1141  
00:43:04,470 --> 00:43:06,830  
这么过程，那那几味药是谁呢  
  
1142  
00:43:07,660 --> 00:43:09,700  
在这给大家说一下啊，四味药  
  
1143  
00:43:11,400 --> 00:43:12,280  
呃，二黄  
  
1144  
00:43:13,760 --> 00:43:17,610  
一个麻黄，一个黄旗  
  
1145  
00:43:19,870 --> 00:43:22,590  
之后有一个芍药甘草汤看见了没有  
  
1146  
00:43:23,470 --> 00:43:23,670  
哎  
  
1147  
00:43:24,390 --> 00:43:26,270  
芍药甘草汤在这干啥呀  
  
1148  
00:43:27,430 --> 00:43:29,710  
我们之前伤寒论第29条里头  
  
1149  
00:43:29,710 --> 00:43:31,230  
不给大家讲过一个问题了吗  
  
1150  
00:43:33,160 --> 00:43:37,360  
所谓这个伤寒脉浮自汗出小便数心烦  
  
1151  
00:43:37,360 --> 00:43:39,040  
微恶寒脚挛急  
  
1152  
00:43:39,080 --> 00:43:40,480  
反与桂枝，欲攻其表  
  
1153  
00:43:40,480 --> 00:43:41,200  
此物也罢  
  
1154  
00:43:41,810 --> 00:43:43,050  
哎得之便，厥咽中干  
  
1155  
00:43:43,050 --> 00:43:44,370  
烦躁吐逆者啊  
  
1156  
00:43:44,650 --> 00:43:48,370  
做甘草甘汤汤，与之若绝育足温更作芍药甘草汤  
  
1157  
00:43:48,530 --> 00:43:49,880  
其脚即肾啊  
  
1158  
00:43:49,880 --> 00:43:51,680  
它是能缓急的  
  
1159  
00:43:52,000 --> 00:43:53,440  
这个很多腿抽筋的时候啊  
  
1160  
00:43:53,560 --> 00:43:54,920  
各种地方抽筋的时候啊  
  
1161  
00:43:55,240 --> 00:43:58,560  
包括我们说很多肌肉的这个痉挛紧张  
  
1162  
00:43:59,100 --> 00:44:01,100  
芍药本身主邪气，腹痛  
  
1163  
00:44:01,180 --> 00:44:02,460  
除血痹、破肩肌  
  
1164  
00:44:02,780 --> 00:44:04,300  
它能够让你松懈下来  
  
1165  
00:44:04,340 --> 00:44:05,540  
芍药甘草酸甘化阴  
  
1166  
00:44:05,820 --> 00:44:09,760  
它能解疾，解一些人的那个僵集和拘挛的问题  
  
1167  
00:44:09,960 --> 00:44:15,230  
那么我们说这个时候已经是人已经出现了萎缓之症吧  
  
1168  
00:44:15,590 --> 00:44:17,470  
那么胳膊腿已经僵及了吧  
  
1169  
00:44:17,710 --> 00:44:19,430  
那么用芍药就能迅速的缓解  
  
1170  
00:44:19,430 --> 00:44:20,910  
这个在临床中非常确切  
  
1171  
00:44:21,570 --> 00:44:24,090  
那么包括在未来的出现  
  
1172  
00:44:24,170 --> 00:44:25,930  
后世的独活寄生汤之中  
  
1173  
00:44:26,210 --> 00:44:27,930  
也有这种芍药甘草的配合  
  
1174  
00:44:28,130 --> 00:44:30,880  
其实你仔细看看你就发现了，非常简单啊  
  
1175  
00:44:31,160 --> 00:44:31,800  
非常简单  
  
1176  
00:44:32,160 --> 00:44:34,080  
那么这个芍药甘草在这配合呢  
  
1177  
00:44:34,080 --> 00:44:34,920  
那我们不说啊  
  
1178  
00:44:34,920 --> 00:44:37,520  
它就是养阴的同时解疾对吧  
  
1179  
00:44:37,950 --> 00:44:39,590  
那么麻黄黄芪干什么  
  
1180  
00:44:40,310 --> 00:44:41,310  
乌头的量啊  
  
1181  
00:44:41,350 --> 00:44:41,950  
非常大  
  
1182  
00:44:42,350 --> 00:44:43,910  
而且它的毒性非常厉害  
  
1183  
00:44:44,310 --> 00:44:45,230  
那么这个里头呢  
  
1184  
00:44:45,690 --> 00:44:47,690  
你不能让它的毒蓄在身上  
  
1185  
00:44:47,930 --> 00:44:49,490  
一定要用麻黄开门  
  
1186  
00:44:50,450 --> 00:44:53,530  
麻黄开门通哪儿啊，通营分  
  
1187  
00:44:56,960 --> 00:44:58,120  
如果迎闭于内  
  
1188  
00:44:59,040 --> 00:45:00,040  
那么你想想啊  
  
1189  
00:45:00,640 --> 00:45:01,400  
迎闭于内  
  
1190  
00:45:02,480 --> 00:45:05,570  
那么问题没解决，反而怎么样啊  
  
1191  
00:45:06,290 --> 00:45:06,970  
把什么呀  
  
1192  
00:45:07,330 --> 00:45:09,010  
把乌头的毒续在身上了  
  
1193  
00:45:09,250 --> 00:45:11,410  
这就是有的时候有的同学问我说  
  
1194  
00:45:11,410 --> 00:45:15,250  
老师，你看有的那个大夫说乌头起手用量那么大  
  
1195  
00:45:15,490 --> 00:45:17,010  
那是因为人家用出经验了  
  
1196  
00:45:17,290 --> 00:45:19,360  
一脉证明白了，对吧  
  
1197  
00:45:19,360 --> 00:45:21,760  
是这种沉寒的脉象可以用木头  
  
1198  
00:45:21,920 --> 00:45:22,280  
第二  
  
1199  
00:45:22,480 --> 00:45:25,160  
你仔细观察他的麻黄用多大量，你就明白了  
  
1200  
00:45:25,440 --> 00:45:26,720  
他麻黄一定要到位  
  
1201  
00:45:27,620 --> 00:45:28,740  
这个才是核心  
  
1202  
00:45:28,740 --> 00:45:30,660  
坑结人家用乌头人就不中毒  
  
1203  
00:45:30,660 --> 00:45:34,060  
为啥麻黄倒亮了，它一定要到量  
  
1204  
00:45:34,060 --> 00:45:35,700  
麻黄不到量怎么办  
  
1205  
00:45:35,700 --> 00:45:37,180  
你看这块麻黄用多大量  
  
1206  
00:45:38,620 --> 00:45:39,180  
多大量  
  
1207  
00:45:40,100 --> 00:45:41,140  
三两麻黄是多少  
  
1208  
00:45:41,820 --> 00:45:43,980  
折算到今天的计量，我们说一两  
  
1209  
00:45:43,980 --> 00:45:46,060  
如果是14克，算三两是多少  
  
1210  
00:45:46,060 --> 00:45:47,460  
你算一下，你就明白了吗  
  
1211  
00:45:47,820 --> 00:45:48,260  
对吧  
  
1212  
00:45:50,630 --> 00:45:51,710  
那么那么大剂量啊  
  
1213  
00:45:51,710 --> 00:45:54,110  
三四十克的麻黄给你扔下去  
  
1214  
00:45:54,670 --> 00:45:57,500  
那你还怕它发汗发不出来吗  
  
1215  
00:45:57,700 --> 00:45:59,140  
那整个营气都通开了  
  
1216  
00:45:59,420 --> 00:46:01,820  
乌头借着麻黄的力量都通开了吧  
  
1217  
00:46:02,100 --> 00:46:03,580  
但是我们还说一个问题  
  
1218  
00:46:03,820 --> 00:46:05,580  
你通得太过开太大  
  
1219  
00:46:05,980 --> 00:46:08,140  
你要有一个事要要要要防止  
  
1220  
00:46:08,300 --> 00:46:10,020  
所以这个时候为啥没用桂枝  
  
1221  
00:46:11,130 --> 00:46:13,090  
一般我们说桂枝和麻黄配合吗  
  
1222  
00:46:13,890 --> 00:46:14,610  
不得已啊  
  
1223  
00:46:14,930 --> 00:46:15,970  
我怕开太过  
  
1224  
00:46:16,370 --> 00:46:20,070  
这时候把桂枝换掉，不用桂枝去调胃  
  
1225  
00:46:20,310 --> 00:46:21,430  
那么我们一般讲啊  
  
1226  
00:46:21,470 --> 00:46:22,670  
风寒两伤营卫吗  
  
1227  
00:46:23,150 --> 00:46:26,880  
那么一般竹尾我们都是用桂枝吗  
  
1228  
00:46:27,360 --> 00:46:28,600  
固始汉初依旧斜风者  
  
1229  
00:46:28,600 --> 00:46:29,440  
一桂枝汤，对吧  
  
1230  
00:46:29,970 --> 00:46:31,290  
调尾气都用调尾阳  
  
1231  
00:46:31,290 --> 00:46:32,890  
用桂枝调迎阴用麻黄吗  
  
1232  
00:46:33,170 --> 00:46:34,930  
但这块为啥把桂枝拿掉  
  
1233  
00:46:35,170 --> 00:46:37,330  
那你桂枝进来，你再去祛风  
  
1234  
00:46:37,820 --> 00:46:38,780  
人受不了了吧  
  
1235  
00:46:39,660 --> 00:46:42,550  
是不是这个道理，他就他就太过了  
  
1236  
00:46:42,670 --> 00:46:43,390  
这时候相反  
  
1237  
00:46:43,390 --> 00:46:45,430  
我们把黄旗拿出来，黄旗干嘛  
  
1238  
00:46:45,430 --> 00:46:46,470  
非常简单俩字  
  
1239  
00:46:46,990 --> 00:46:49,920  
时表，把那门再关一下  
  
1240  
00:46:49,920 --> 00:46:50,720  
稍稍收一收  
  
1241  
00:46:51,000 --> 00:46:54,440  
防止你发的太过，这人本来就气血不足  
  
1242  
00:46:54,850 --> 00:46:58,090  
因为很多类风湿关节炎患者本身很气血虚弱吧  
  
1243  
00:46:58,610 --> 00:47:00,090  
那你发开门开太大  
  
1244  
00:47:00,530 --> 00:47:02,090  
这人最后就导致一个问题啊  
  
1245  
00:47:04,270 --> 00:47:05,790  
一下血压就下去了吧  
  
1246  
00:47:06,390 --> 00:47:08,510  
整个气血就一下很衰弱了  
  
1247  
00:47:08,510 --> 00:47:09,510  
所以这个时候很麻烦  
  
1248  
00:47:09,830 --> 00:47:11,030  
因此是这么一个组合  
  
1249  
00:47:11,430 --> 00:47:15,490  
所以关于这个我们的这个乌头汤啊  
  
1250  
00:47:15,530 --> 00:47:16,290  
它的应用  
  
1251  
00:47:16,330 --> 00:47:21,090  
我就想说这些他在临床上主要治的呢类风湿关节炎，以疼痛剧烈  
  
1252  
00:47:21,650 --> 00:47:22,250  
三要素啊  
  
1253  
00:47:22,250 --> 00:47:23,250  
我一般这么看啊  
  
1254  
00:47:24,080 --> 00:47:26,840  
当然他前提一定要满足脉沉而弱的这个前提  
  
1255  
00:47:27,690 --> 00:47:28,490  
肝肾虚弱  
  
1256  
00:47:28,850 --> 00:47:30,130  
筋骨虚弱的前提  
  
1257  
00:47:30,690 --> 00:47:31,730  
在这个前提之下  
  
1258  
00:47:32,210 --> 00:47:33,570  
三要素，第一  
  
1259  
00:47:34,070 --> 00:47:34,870  
疼痛剧烈  
  
1260  
00:47:35,430 --> 00:47:37,310  
乌头汤的人一定是非常疼的啊  
  
1261  
00:47:37,550 --> 00:47:40,330  
我们临床有的时候用乌头都拿它治什么呀  
  
1262  
00:47:40,330 --> 00:47:43,170  
一些寒性的肿瘤造成的肿瘤痛吧  
  
1263  
00:47:43,170 --> 00:47:43,450  
对吧  
  
1264  
00:47:43,890 --> 00:47:45,410  
那么第二呢，呃  
  
1265  
00:47:45,530 --> 00:47:46,330  
拿它干什么  
  
1266  
00:47:47,160 --> 00:47:48,320  
就是一定这个人啊  
  
1267  
00:47:48,440 --> 00:47:50,760  
往往是出现了什么问题呢  
  
1268  
00:47:51,360 --> 00:47:52,880  
四肢关节的屈伸不利  
  
1269  
00:47:53,300 --> 00:47:56,180  
你能看出来这人坐在你门诊的时候手伸不直  
  
1270  
00:47:56,180 --> 00:47:57,300  
他够不着你，对吧  
  
1271  
00:47:57,640 --> 00:47:58,920  
那还有一个要点  
  
1272  
00:47:59,280 --> 00:48:04,000  
那么这个人一定要或多或少出现某种骨节的变形  
  
1273  
00:48:04,000 --> 00:48:07,160  
一般我我观察一般都是从手指开始的  
  
1274  
00:48:07,840 --> 00:48:09,480  
因为手指是气血的末端  
  
1275  
00:48:09,520 --> 00:48:11,920  
迎尾我们讲三焦不利  
  
1276  
00:48:12,480 --> 00:48:13,840  
所谓四属断绝吧  
  
1277  
00:48:14,500 --> 00:48:17,700  
那么他四属啊，最远的端不就是手指节吗  
  
1278  
00:48:17,900 --> 00:48:22,390  
一般都从那个，比如说食指啊的那个那个末节啊  
  
1279  
00:48:22,510 --> 00:48:23,950  
都从这个关节开始变形  
  
1280  
00:48:24,430 --> 00:48:25,550  
那么，呃  
  
1281  
00:48:25,710 --> 00:48:27,790  
这个不是说病治不了啊  
  
1282  
00:48:27,790 --> 00:48:29,030  
而是我们未得其术  
  
1283  
00:48:29,310 --> 00:48:30,910  
你只要能把这张方理解透  
  
1284  
00:48:31,430 --> 00:48:33,190  
那么这个就临床上很好用了  
  
1285  
00:48:33,610 --> 00:48:35,010  
那么后头有一个樊氏汤  
  
1286  
00:48:35,250 --> 00:48:36,970  
其实就是用繁石洗脚啊  
  
1287  
00:48:36,970 --> 00:48:38,250  
但是他要用的是江水  
  
1288  
00:48:38,290 --> 00:48:39,450  
江水就是淘米水吧  
  
1289  
00:48:40,000 --> 00:48:40,840  
然后用它泡脚  
  
1290  
00:48:41,280 --> 00:48:45,970  
那用淘米水，那个那个那个那个煮繁食泡脚  
  
1291  
00:48:45,970 --> 00:48:46,370  
治啥  
  
1292  
00:48:46,410 --> 00:48:47,010  
治脚气  
  
1293  
00:48:47,530 --> 00:48:48,290  
啥是脚气  
  
1294  
00:48:48,290 --> 00:48:49,410  
我给大家在这啊  
  
1295  
00:48:49,410 --> 00:48:50,370  
我不多讲了  
  
1296  
00:48:50,370 --> 00:48:51,890  
因为时间也快到了  
  
1297  
00:48:52,190 --> 00:48:53,230  
我就讲一个问题  
  
1298  
00:48:53,350 --> 00:48:55,870  
脚气是在古代非常常见的一种疾病  
  
1299  
00:48:56,190 --> 00:48:58,830  
不是我们今天说的脚癣  
  
1300  
00:48:59,850 --> 00:49:02,050  
也不是你们想象中的  
  
1301  
00:49:02,330 --> 00:49:06,450  
就是后来我们说的维生素BB族的那个缺乏症  
  
1302  
00:49:07,520 --> 00:49:08,880  
日本是多见脚气啊  
  
1303  
00:49:08,880 --> 00:49:10,640  
因为日本人以稻米为主对吧  
  
1304  
00:49:10,640 --> 00:49:11,680  
他不吃维生维生素  
  
1305  
00:49:11,680 --> 00:49:13,200  
就是那个水果摄入少  
  
1306  
00:49:13,200 --> 00:49:15,400  
在古代的时候，所以多发脚气病  
  
1307  
00:49:15,880 --> 00:49:18,120  
包括过去的船员，这个都没错  
  
1308  
00:49:18,480 --> 00:49:19,920  
但是我们中国呢  
  
1309  
00:49:20,200 --> 00:49:22,240  
我们说这个文化是一个兼容的文化  
  
1310  
00:49:22,280 --> 00:49:24,800  
它讲一个问题其实是从多角度考虑问题  
  
1311  
00:49:25,150 --> 00:49:28,700  
我们考虑奖学金气病的主要出发点  
  
1312  
00:49:29,140 --> 00:49:30,940  
是从古人的一个生活习惯  
  
1313  
00:49:30,940 --> 00:49:32,980  
也就是古人多数没有鞋  
  
1314  
00:49:33,750 --> 00:49:34,910  
而且在古代的时候  
  
1315  
00:49:34,910 --> 00:49:36,590  
即使有鞋也没有橡胶  
  
1316  
00:49:37,600 --> 00:49:39,560  
所以那个时候我们说东北有三宝  
  
1317  
00:49:39,960 --> 00:49:41,560  
其中有一个东西叫乌拉草  
  
1318  
00:49:41,640 --> 00:49:44,990  
为什么乌拉草在东北这种苦寒的地方啊  
  
1319  
00:49:44,990 --> 00:49:46,510  
尤其天冬天的时候  
  
1320  
00:49:46,510 --> 00:49:47,750  
在外头走都是雪地  
  
1321  
00:49:48,210 --> 00:49:49,450  
它是不湿的，对吧  
  
1322  
00:49:49,570 --> 00:49:50,330  
而且非常快  
  
1323  
00:49:50,330 --> 00:49:51,370  
能干燥，能保暖  
  
1324  
00:49:51,690 --> 00:49:52,970  
因此那个时候东西是好东西  
  
1325  
00:49:52,970 --> 00:49:56,350  
就跟我们今天的那个橡胶的作用就差不多了啊  
  
1326  
00:49:56,670 --> 00:49:58,990  
因此什么地方它就产什么东西  
  
1327  
00:49:59,790 --> 00:50:01,150  
你说这个就特别有意思吧  
  
1328  
00:50:01,670 --> 00:50:01,950  
哎  
  
1329  
00:50:03,140 --> 00:50:06,580  
那么脚气病对我们今天其实有非常大的临床意义  
  
1330  
00:50:06,580 --> 00:50:07,900  
但非常可惜的是  
  
1331  
00:50:08,300 --> 00:50:12,490  
这个病是被当代的医学界集体遗忘的一个病  
  
1332  
00:50:13,150 --> 00:50:13,990  
呃，你看啊  
  
1333  
00:50:14,310 --> 00:50:14,990  
外台之中  
  
1334  
00:50:15,070 --> 00:50:16,510  
千机之中，盛济总录  
  
1335  
00:50:16,830 --> 00:50:17,630  
太平盛会方  
  
1336  
00:50:18,110 --> 00:50:20,150  
包括那个那个那个普济方  
  
1337  
00:50:20,590 --> 00:50:22,550  
都有关于脚气的专论  
  
1338  
00:50:22,980 --> 00:50:23,900  
这个没说错吧  
  
1339  
00:50:24,300 --> 00:50:25,180  
那么为什么  
  
1340  
00:50:25,540 --> 00:50:27,100  
因为在古代的时候，人没有鞋  
  
1341  
00:50:27,260 --> 00:50:29,940  
而且古代的时候天气很容易出现  
  
1342  
00:50:29,940 --> 00:50:31,540  
四季变更的时候天气潮湿  
  
1343  
00:50:32,060 --> 00:50:33,820  
那个寒气就从脚上来了吧  
  
1344  
00:50:34,380 --> 00:50:36,580  
脚气那必然要攻心寒气  
  
1345  
00:50:36,580 --> 00:50:39,780  
阴寒时间长了必然要上逆称于心脏  
  
1346  
00:50:40,320 --> 00:50:40,720  
那么  
  
1347  
00:50:41,890 --> 00:50:45,650  
脚气病就可以广泛地应用于我们今天的  
  
1348  
00:50:46,090 --> 00:50:47,970  
比如说很多妇科病  
  
1349  
00:50:49,170 --> 00:50:52,050  
是不是有这种寒气弃于包公啊  
  
1350  
00:50:52,850 --> 00:50:55,730  
那么很多比较疑难的那个  
  
1351  
00:50:55,730 --> 00:50:57,490  
我们说下焦虚冷之病  
  
1352  
00:50:58,190 --> 00:50:59,510  
所谓的肝肾虚寒之病  
  
1353  
00:50:59,510 --> 00:51:02,710  
是不是都可以从脚气病中去找到突破口呢  
  
1354  
00:51:03,870 --> 00:51:08,210  
那么从这一点上我觉得可以作为思考啊  
  
1355  
00:51:08,290 --> 00:51:10,370  
那么其实说说不完啊  
  
1356  
00:51:10,850 --> 00:51:14,630  
这45分钟的课让我讲到了，呃50多分钟  
  
1357  
00:51:15,110 --> 00:51:15,350  
呃  
  
1358  
00:51:15,390 --> 00:51:16,110  
那么今天呢  
  
1359  
00:51:16,110 --> 00:51:18,150  
我们主要说的内容也都讲完了  
  
1360  
00:51:18,230 --> 00:51:19,550  
关于中风，关于力竭  
  
1361  
00:51:19,860 --> 00:51:23,180  
下一堂课的时候，我们将从血痹、虚劳病开始  
  
1362  
00:51:23,180 --> 00:51:27,700  
我们对金匮要略接下来的探索和研究啊  
  
1363  
00:51:27,740 --> 00:51:29,460  
那么期待大家下次呢  
  
1364  
00:51:29,580 --> 00:51:32,700  
再记一堂，继续课程好下课