1  
00:00:00,860 --> 00:00:01,140  
好  
  
2  
00:00:01,140 --> 00:00:01,980  
那么这会儿呢  
  
3  
00:00:01,980 --> 00:00:03,020  
时间差不多了  
  
4  
00:00:03,020 --> 00:00:05,300  
咱们接着上咱们的金贵课  
  
5  
00:00:06,020 --> 00:00:07,140  
呃，时间很快啊  
  
6  
00:00:07,420 --> 00:00:08,900  
上堂课没多长时间  
  
7  
00:00:09,260 --> 00:00:10,860  
咱们今天内容又得继续  
  
8  
00:00:11,620 --> 00:00:11,820  
呃  
  
9  
00:00:11,980 --> 00:00:14,620  
我们今天呢，所聊的内容  
  
10  
00:00:15,830 --> 00:00:17,510  
进入了一个新的篇章  
  
11  
00:00:17,750 --> 00:00:21,190  
所谓血必须劳啊这一篇  
  
12  
00:00:22,210 --> 00:00:22,410  
呃  
  
13  
00:00:22,490 --> 00:00:25,650  
他是金匮要略的第六啊，第六章  
  
14  
00:00:26,560 --> 00:00:28,680  
那么这块呢是分两个部分  
  
15  
00:00:29,280 --> 00:00:33,070  
一个是血碧，一个是虚劳啊  
  
16  
00:00:33,070 --> 00:00:34,030  
那么也有人呢  
  
17  
00:00:34,830 --> 00:00:35,030  
呃  
  
18  
00:00:35,390 --> 00:00:40,730  
在考虑这个问题就是雀壁为什么要和虚劳放一块  
  
19  
00:00:41,250 --> 00:00:45,370  
那么这个呢，其实它是有非常深的深意和内涵  
  
20  
00:00:45,900 --> 00:00:46,860  
呃，其实雪碧呢  
  
21  
00:00:46,860 --> 00:00:47,460  
在这呢  
  
22  
00:00:47,820 --> 00:00:48,820  
内容不多啊  
  
23  
00:00:48,980 --> 00:00:52,540  
全篇之中就这么一个啊  
  
24  
00:00:52,620 --> 00:00:57,490  
就这么相应的这么一个方啊  
  
25  
00:00:57,530 --> 00:01:00,970  
我们临床中用的非常多的黄芪桂枝五汤  
  
26  
00:01:01,710 --> 00:01:04,030  
但是你细考它的病因病机呢  
  
27  
00:01:04,640 --> 00:01:06,200  
跟虚劳其实一样啊  
  
28  
00:01:06,200 --> 00:01:09,720  
它都涉及到了跟血有关的这个问题  
  
29  
00:01:09,720 --> 00:01:13,160  
包括虚劳也是一会我们讲的时候就给大家说  
  
30  
00:01:15,100 --> 00:01:16,500  
这个东西的主线啊  
  
31  
00:01:16,500 --> 00:01:17,980  
实际上还是比较清晰的  
  
32  
00:01:19,020 --> 00:01:19,820  
那么我们呢  
  
33  
00:01:20,380 --> 00:01:22,340  
呃，就开始今天的课程  
  
34  
00:01:23,840 --> 00:01:24,680  
呃，他这块呢  
  
35  
00:01:24,680 --> 00:01:32,760  
一开始看这个第一条也是问约叫血痹病从何得知  
  
36  
00:01:32,840 --> 00:01:35,680  
那么这就开始出现了一个名词  
  
37  
00:01:36,980 --> 00:01:39,140  
咱们有名词就得有解释是吧  
  
38  
00:01:40,660 --> 00:01:41,900  
那么血必病  
  
39  
00:01:45,200 --> 00:01:45,880  
雪碧  
  
40  
00:01:47,840 --> 00:01:51,360  
那么这个血币是什么意思啊  
  
41  
00:01:51,480 --> 00:01:54,600  
我们得先把这个东西考证出来  
  
42  
00:01:54,640 --> 00:01:55,800  
血币是什么意思  
  
43  
00:01:56,180 --> 00:01:56,900  
这个词呢  
  
44  
00:01:56,940 --> 00:01:59,140  
其实并不是仲景老先师  
  
45  
00:01:59,820 --> 00:02:03,670  
他自己灵光一现发明出来的这个词  
  
46  
00:02:03,670 --> 00:02:04,590  
实际上呢  
  
47  
00:02:05,140 --> 00:02:07,260  
呃，本身就已经有了啊  
  
48  
00:02:07,340 --> 00:02:08,100  
本身就有了  
  
49  
00:02:08,620 --> 00:02:10,100  
而且呢，呃  
  
50  
00:02:10,550 --> 00:02:11,750  
咱们老说啊  
  
51  
00:02:11,830 --> 00:02:14,190  
这个风寒湿三气杂至，合而为痹  
  
52  
00:02:14,670 --> 00:02:18,350  
那么好像风寒湿就是比其实不然啊  
  
53  
00:02:18,350 --> 00:02:20,310  
我们不染风寒湿呢  
  
54  
00:02:20,350 --> 00:02:24,500  
它只是B发生的一个客观条件  
  
55  
00:02:24,940 --> 00:02:25,940  
那么什么是B呢  
  
56  
00:02:25,940 --> 00:02:29,690  
这个我们还得回到内经之中啊  
  
57  
00:02:30,130 --> 00:02:32,850  
素问，五脏生成中间有这么一句话  
  
58  
00:02:33,090 --> 00:02:36,010  
我希望大家留意一下他中间说了什么呢  
  
59  
00:02:37,210 --> 00:02:38,930  
卧出而风吹之啊  
  
60  
00:02:38,930 --> 00:02:41,490  
怎么讲就是你，你躺在床上对吧  
  
61  
00:02:41,530 --> 00:02:42,530  
躺在床上之后呢  
  
62  
00:02:43,210 --> 00:02:46,870  
呃，咱们临床中经常遇到这样的事啊  
  
63  
00:02:46,950 --> 00:02:47,470  
患者呢  
  
64  
00:02:47,750 --> 00:02:48,590  
躺床上睡觉  
  
65  
00:02:48,950 --> 00:02:51,590  
那么他不是你的体位的问题啊  
  
66  
00:02:51,710 --> 00:02:52,710  
或者躺，或者坐  
  
67  
00:02:53,110 --> 00:02:54,590  
他讲的主要是睡觉  
  
68  
00:02:55,200 --> 00:02:56,600  
那么人在睡着了之后  
  
69  
00:02:57,280 --> 00:02:59,920  
毛孔和糙理会怎么样  
  
70  
00:03:00,040 --> 00:03:02,570  
不自主地打开啊  
  
71  
00:03:02,570 --> 00:03:03,890  
这个时候它的毛孔呢  
  
72  
00:03:04,330 --> 00:03:06,930  
是虚张的啊，这种状态的  
  
73  
00:03:07,290 --> 00:03:08,890  
那么在这种状态的时候呢  
  
74  
00:03:09,330 --> 00:03:12,310  
我们一般来讲就是有贼风啊  
  
75  
00:03:12,350 --> 00:03:13,190  
什么叫贼风啊  
  
76  
00:03:13,670 --> 00:03:15,950  
你比如说窗户裂一缝，对吧  
  
77  
00:03:16,030 --> 00:03:19,390  
或者有更可怕的是家里头有过堂风  
  
78  
00:03:19,980 --> 00:03:21,700  
从这儿过去了，过去了之后  
  
79  
00:03:21,700 --> 00:03:23,100  
这时候你毛孔是怎么样的  
  
80  
00:03:23,100 --> 00:03:23,740  
是开的  
  
81  
00:03:24,100 --> 00:03:26,590  
那么这个时候就会出现，呃  
  
82  
00:03:26,870 --> 00:03:29,550  
内经之中五脏生成说出现了三种问题  
  
83  
00:03:29,950 --> 00:03:31,350  
那么第一种问题叫什么呢  
  
84  
00:03:31,870 --> 00:03:34,390  
叫血凝于敷者为闭啊  
  
85  
00:03:39,900 --> 00:03:45,840  
血凝渔夫者  
  
86  
00:03:48,460 --> 00:03:48,940  
为B  
  
87  
00:03:51,120 --> 00:03:53,960  
那么所以从这来说呢  
  
88  
00:03:53,960 --> 00:03:55,320  
我个人理解啊  
  
89  
00:03:55,680 --> 00:03:56,480  
这个里头呢  
  
90  
00:03:56,560 --> 00:03:57,960  
既有血又有壁  
  
91  
00:03:58,200 --> 00:03:59,160  
你看到了吧  
  
92  
00:04:01,300 --> 00:04:03,500  
那么血和B的概念其实都出来了  
  
93  
00:04:03,500 --> 00:04:06,340  
这个还不是跟我们之前说的风寒湿三  
  
94  
00:04:06,580 --> 00:04:09,300  
三气杂志和瑞碧的那个B证啊  
  
95  
00:04:09,700 --> 00:04:10,420  
完全一样  
  
96  
00:04:10,990 --> 00:04:12,110  
他讲的也是这个理  
  
97  
00:04:12,350 --> 00:04:13,390  
就是血过不去了  
  
98  
00:04:13,590 --> 00:04:14,470  
血怎么样了呢  
  
99  
00:04:14,830 --> 00:04:15,830  
凝到皮肤上了  
  
100  
00:04:16,310 --> 00:04:19,829  
但后头还有两句话，凝于脉者啊  
  
101  
00:04:19,829 --> 00:04:21,149  
凝于血脉对吧  
  
102  
00:04:22,120 --> 00:04:23,920  
因为脉者为什么呢  
  
103  
00:04:25,280 --> 00:04:25,920  
为气  
  
104  
00:04:27,920 --> 00:04:28,760  
哭泣的泣  
  
105  
00:04:28,920 --> 00:04:33,000  
这个在战汉时代在内经内难之中  
  
106  
00:04:33,000 --> 00:04:35,520  
那么经常能看到后世呢  
  
107  
00:04:35,520 --> 00:04:38,430  
那么这个气字用的很少啊  
  
108  
00:04:38,670 --> 00:04:40,390  
那么在这我们先搁在这啊  
  
109  
00:04:41,190 --> 00:04:44,080  
那么往下，宁于足者啊  
  
110  
00:04:44,080 --> 00:04:48,340  
就是宁的手足的足，为什么为绝啊  
  
111  
00:04:48,420 --> 00:04:49,300  
觉者是什么  
  
112  
00:04:49,700 --> 00:04:54,350  
那么伤寒之中有约觉者脉阴阳气不相顺  
  
113  
00:04:54,350 --> 00:04:55,550  
接变为觉觉者  
  
114  
00:04:55,710 --> 00:04:57,630  
手足逆冷是也啊  
  
115  
00:04:57,630 --> 00:05:00,500  
那么这个说到根源上就怎么样  
  
116  
00:05:00,740 --> 00:05:05,240  
还是外来之虚空之中的这种虚邪贼风  
  
117  
00:05:05,560 --> 00:05:08,280  
那么克了这个卒六经啊  
  
118  
00:05:08,280 --> 00:05:09,240  
那把卒伤了  
  
119  
00:05:10,410 --> 00:05:11,210  
呃，此三者  
  
120  
00:05:11,250 --> 00:05:12,170  
他说了一件事  
  
121  
00:05:13,170 --> 00:05:16,850  
血行而不得，反其空啊  
  
122  
00:05:18,770 --> 00:05:19,730  
这就说了一个问题  
  
123  
00:05:19,850 --> 00:05:20,610  
总结了一下  
  
124  
00:05:21,330 --> 00:05:25,200  
血腥不得  
  
125  
00:05:28,160 --> 00:05:30,960  
反其空  
  
126  
00:05:34,380 --> 00:05:34,540  
故  
  
127  
00:05:34,540 --> 00:05:36,820  
为什么必绝  
  
128  
00:05:41,160 --> 00:05:41,960  
故为必绝  
  
129  
00:05:44,020 --> 00:05:44,700  
所以这个呢  
  
130  
00:05:44,700 --> 00:05:47,420  
最后统归下来这么一个词叫避绝  
  
131  
00:05:47,860 --> 00:05:48,820  
那么这个秘诀呢  
  
132  
00:05:49,380 --> 00:05:50,180  
实际上啊  
  
133  
00:05:50,580 --> 00:05:56,980  
才是我们金匮要略那么血壁一篇的思想之源头啊  
  
134  
00:05:57,020 --> 00:05:58,700  
那么咱们这个血币从哪来啊  
  
135  
00:05:58,940 --> 00:06:00,100  
实际上从这儿来  
  
136  
00:06:00,760 --> 00:06:02,360  
呃，我老那么讲啊  
  
137  
00:06:02,680 --> 00:06:06,030  
所谓伤寒杂病论干什么呀  
  
138  
00:06:06,150 --> 00:06:07,750  
发明内经奥制啊  
  
139  
00:06:07,750 --> 00:06:08,990  
那么没有这个东西呢  
  
140  
00:06:08,990 --> 00:06:11,310  
很多东西他就不好落地，血毕  
  
141  
00:06:11,590 --> 00:06:16,100  
我希望大家，你病不是仅仅学一个汤  
  
142  
00:06:16,260 --> 00:06:17,620  
治了哪个病啊  
  
143  
00:06:18,090 --> 00:06:19,210  
一上来我就告诉你  
  
144  
00:06:19,210 --> 00:06:21,930  
我说黄芪、桂枝、桂枝五汤就是治不仁的，对吧  
  
145  
00:06:22,290 --> 00:06:23,050  
就是治这个的  
  
146  
00:06:23,050 --> 00:06:24,890  
那么咱们会这个  
  
147  
00:06:24,890 --> 00:06:27,610  
但是你也得知道为什么它的原因  
  
148  
00:06:28,620 --> 00:06:30,820  
呃，所谓这里头出现一个事啊  
  
149  
00:06:31,020 --> 00:06:35,900  
就是血行不得反其空这句话是什么意思呢  
  
150  
00:06:37,240 --> 00:06:39,000  
这个空字啊  
  
151  
00:06:39,920 --> 00:06:40,120  
呃  
  
152  
00:06:40,560 --> 00:06:45,880  
古汉字我们说在医学论述之中  
  
153  
00:06:46,160 --> 00:06:48,740  
其实它出现的概率很多啊  
  
154  
00:06:48,740 --> 00:06:50,100  
我不知道大家还记不记得啊  
  
155  
00:06:50,100 --> 00:06:50,740  
有这么一句话  
  
156  
00:06:51,100 --> 00:06:53,060  
粗手关，上手神啊  
  
157  
00:06:53,100 --> 00:06:55,460  
粗手关或者上手机啊  
  
158  
00:06:55,740 --> 00:06:57,680  
机制动不离其空  
  
159  
00:06:57,760 --> 00:07:00,330  
空中之际，清静而危其来  
  
160  
00:07:00,330 --> 00:07:01,810  
不可逢其往不可追  
  
161  
00:07:02,130 --> 00:07:02,970  
有这么句话吧  
  
162  
00:07:03,570 --> 00:07:05,530  
咱们讲这是什么意思啊  
  
163  
00:07:05,930 --> 00:07:08,610  
什么叫粗手关上手机是不是啊  
  
164  
00:07:09,590 --> 00:07:10,870  
那么这个呃  
  
165  
00:07:11,030 --> 00:07:13,350  
鸡之动不离其空，空是啥意思啊  
  
166  
00:07:13,840 --> 00:07:14,360  
在这呢  
  
167  
00:07:14,760 --> 00:07:17,080  
它其实有很深层的含义  
  
168  
00:07:17,080 --> 00:07:20,120  
但在这我就给大家简单的说  
  
169  
00:07:20,760 --> 00:07:20,960  
呃  
  
170  
00:07:21,200 --> 00:07:23,360  
所谓天有道曰清净，对吧  
  
171  
00:07:23,840 --> 00:07:24,720  
那么这是什么东西  
  
172  
00:07:24,720 --> 00:07:26,920  
我们讲叫先天啊  
  
173  
00:07:26,960 --> 00:07:28,520  
那么你可以先这么理解  
  
174  
00:07:28,560 --> 00:07:32,160  
就是先天，那么血行不等反其空  
  
175  
00:07:32,660 --> 00:07:34,100  
我们就说一个什么概念呢  
  
176  
00:07:34,420 --> 00:07:36,540  
那么血也好，气也好  
  
177  
00:07:36,660 --> 00:07:38,180  
它是先天还是后天啊  
  
178  
00:07:38,670 --> 00:07:40,510  
其实它的实质  
  
179  
00:07:40,950 --> 00:07:42,230  
那你比如抽血  
  
180  
00:07:42,310 --> 00:07:44,550  
你抽出来这个就是后天，对吧  
  
181  
00:07:44,950 --> 00:07:46,350  
但是气血之用呢  
  
182  
00:07:46,390 --> 00:07:48,430  
它在乎先后天之间  
  
183  
00:07:48,830 --> 00:07:50,670  
如果我们讲六六经六气  
  
184  
00:07:50,950 --> 00:07:52,110  
它就是先天的了吧  
  
185  
00:07:52,600 --> 00:07:54,160  
所以我记得有很多人呢  
  
186  
00:07:54,160 --> 00:07:55,360  
经常讨论一个问题  
  
187  
00:07:55,640 --> 00:07:57,120  
也就是六经的实质是啥  
  
188  
00:07:57,240 --> 00:07:59,880  
其实你讨论不出来，为什么那么讲啊  
  
189  
00:08:00,590 --> 00:08:02,750  
咱说白了，死人身上是没有六经的  
  
190  
00:08:03,230 --> 00:08:06,350  
那你谈到实质，你就一定得能在死人身上找到  
  
191  
00:08:07,300 --> 00:08:08,300  
这是这个道理吧  
  
192  
00:08:08,780 --> 00:08:10,220  
那你在死人身上找不到  
  
193  
00:08:10,500 --> 00:08:11,740  
那这东西就不是后天  
  
194  
00:08:12,100 --> 00:08:15,140  
那他最次最次也是先后天之间  
  
195  
00:08:15,730 --> 00:08:16,770  
盛泽是先天  
  
196  
00:08:17,590 --> 00:08:20,430  
那么死人是没有思考的，没有意识的  
  
197  
00:08:20,870 --> 00:08:23,750  
那么活人有这东西，他没有实质意识  
  
198  
00:08:23,750 --> 00:08:24,590  
实质是啥呀  
  
199  
00:08:25,060 --> 00:08:25,340  
呵  
  
200  
00:08:25,540 --> 00:08:26,740  
你谈到这个实质  
  
201  
00:08:27,060 --> 00:08:29,500  
那古人就讲了，叫形而上者谓之道  
  
202  
00:08:29,540 --> 00:08:30,700  
形而下者谓之器  
  
203  
00:08:31,250 --> 00:08:32,090  
但这句话呢  
  
204  
00:08:32,090 --> 00:08:33,610  
被我们今天的人念歪了  
  
205  
00:08:33,610 --> 00:08:35,650  
很多人把他俩割裂开啊  
  
206  
00:08:35,970 --> 00:08:36,929  
说你这个人呢  
  
207  
00:08:37,250 --> 00:08:38,090  
不能形而上  
  
208  
00:08:38,210 --> 00:08:39,610  
或者你这个就是形而下  
  
209  
00:08:39,970 --> 00:08:42,130  
其实我认为没有上哪有下呀  
  
210  
00:08:42,970 --> 00:08:44,850  
你这么看，上和下之间  
  
211  
00:08:45,330 --> 00:08:47,010  
它是统一的  
  
212  
00:08:47,090 --> 00:08:48,330  
它一定是有  
  
213  
00:08:48,410 --> 00:08:49,530  
有一个就全有  
  
214  
00:08:50,110 --> 00:08:52,670  
没有就全没有你你想想是不是这个道理啊  
  
215  
00:08:53,150 --> 00:08:54,870  
上和下，你没有上  
  
216  
00:08:54,910 --> 00:08:56,030  
怎么可能有下呀  
  
217  
00:08:56,570 --> 00:08:59,690  
所以它是一个东西一体的两面啊  
  
218  
00:08:59,770 --> 00:09:00,890  
从来都是这样的  
  
219  
00:09:01,090 --> 00:09:03,050  
因此我们说血型不能反其空  
  
220  
00:09:03,170 --> 00:09:07,170  
其实我说一个比较简单的解读就什么概念  
  
221  
00:09:07,460 --> 00:09:11,380  
就是我们说后天的气血不能反归于先天  
  
222  
00:09:12,710 --> 00:09:13,310  
这个呢  
  
223  
00:09:13,390 --> 00:09:14,830  
在道德经之中  
  
224  
00:09:14,830 --> 00:09:18,750  
老子就讲过，所谓归根曰静静曰复命  
  
225  
00:09:18,750 --> 00:09:21,350  
复命曰常知常曰明  
  
226  
00:09:22,310 --> 00:09:24,570  
不知常妄作凶，是吧  
  
227  
00:09:24,930 --> 00:09:26,490  
那么所谓归根复命  
  
228  
00:09:26,890 --> 00:09:27,690  
那么人啊  
  
229  
00:09:27,970 --> 00:09:29,330  
就像这个大马哈鱼似的  
  
230  
00:09:29,330 --> 00:09:33,290  
你看过去说那个大马哈鱼产卵都在，都在哪啊  
  
231  
00:09:34,100 --> 00:09:37,320  
呃，河的下游是不是要上啊  
  
232  
00:09:37,320 --> 00:09:39,440  
上游之后他他用一辈子怎么样  
  
233  
00:09:39,760 --> 00:09:41,400  
它它游过去，然后再游回来  
  
234  
00:09:41,720 --> 00:09:42,520  
人不也是吗  
  
235  
00:09:42,920 --> 00:09:44,880  
其实我们的任何一口呼吸  
  
236  
00:09:45,250 --> 00:09:46,730  
都是一个生命的过程  
  
237  
00:09:47,090 --> 00:09:51,650  
你把天之气我们中用中医的思想来讲，叫吸入肝与肾  
  
238  
00:09:52,010 --> 00:09:54,410  
我们把再添之气添一生水  
  
239  
00:09:54,830 --> 00:09:57,750  
那么我们自己吸到这个肝肾之中  
  
240  
00:09:58,390 --> 00:09:59,350  
那么怎么办啊  
  
241  
00:09:59,910 --> 00:10:00,110  
诶  
  
242  
00:10:00,310 --> 00:10:01,830  
那在返回  
  
243  
00:10:01,950 --> 00:10:03,590  
返回来，呼出心与肺  
  
244  
00:10:04,390 --> 00:10:06,350  
再把他交还给老天爷那  
  
245  
00:10:06,350 --> 00:10:10,970  
从生下来呃咕咕坠地哭这么一声就开始了  
  
246  
00:10:11,330 --> 00:10:14,210  
那直到人走的时候，这口气再还回去  
  
247  
00:10:14,530 --> 00:10:15,330  
因此，我们讲  
  
248  
00:10:15,330 --> 00:10:17,130  
人体化生之后  
  
249  
00:10:17,130 --> 00:10:19,930  
天气血是在先天的作用下产生  
  
250  
00:10:20,300 --> 00:10:21,020  
那么最后呢  
  
251  
00:10:21,220 --> 00:10:24,860  
他还要返归和欲先天，这个就叫气血呢  
  
252  
00:10:24,940 --> 00:10:26,180  
其实不光是血啊  
  
253  
00:10:26,570 --> 00:10:28,290  
气和血都要返于空  
  
254  
00:10:28,410 --> 00:10:29,370  
就是反于空是什么  
  
255  
00:10:29,370 --> 00:10:30,130  
反于这个先天  
  
256  
00:10:30,730 --> 00:10:32,930  
那么我们用一个呃  
  
257  
00:10:33,900 --> 00:10:37,940  
看不见摸不着的它的先天之后，天的概念  
  
258  
00:10:37,940 --> 00:10:40,300  
也就是讲一下就是什么  
  
259  
00:10:40,300 --> 00:10:41,020  
就是经络  
  
260  
00:10:41,500 --> 00:10:43,820  
那么这个气血，最后我们要落地的  
  
261  
00:10:43,820 --> 00:10:46,060  
说它必须得能通达于经络  
  
262  
00:10:46,480 --> 00:10:50,120  
经络才能得气血之濡养，经络才能工作吧  
  
263  
00:10:50,620 --> 00:10:53,660  
那么天和人，我们古人认为天和人是合一的  
  
264  
00:10:53,660 --> 00:10:54,340  
在哪合呀  
  
265  
00:10:54,340 --> 00:10:55,860  
就在这个空合是吧  
  
266  
00:10:56,140 --> 00:10:58,380  
那你这个气血能返于空  
  
267  
00:10:59,040 --> 00:11:01,360  
那么这是人一个比较理想化的状态  
  
268  
00:11:01,790 --> 00:11:04,510  
古人讲呢，有一个非常重要的概念  
  
269  
00:11:04,510 --> 00:11:06,750  
我们今天的人很多人不知道啊  
  
270  
00:11:06,750 --> 00:11:08,590  
或者看了之后也不当回事  
  
271  
00:11:09,270 --> 00:11:13,150  
那那个你看道德经之中有三个字非常重要  
  
272  
00:11:13,150 --> 00:11:13,550  
叫什么  
  
273  
00:11:13,550 --> 00:11:15,190  
叫荡其无啊  
  
274  
00:11:15,190 --> 00:11:17,110  
这个我给你写一下啊  
  
275  
00:11:18,560 --> 00:11:19,440  
荡其无  
  
276  
00:11:29,780 --> 00:11:31,100  
老子道德经这么说的  
  
277  
00:11:31,460 --> 00:11:32,460  
萨福共一毂  
  
278  
00:11:32,580 --> 00:11:34,140  
荡其武，有居之用  
  
279  
00:11:34,690 --> 00:11:38,490  
凿户有以为室当其无有室之用  
  
280  
00:11:38,530 --> 00:11:39,050  
什么意思  
  
281  
00:11:39,050 --> 00:11:40,690  
就是你那个车轱辘上  
  
282  
00:11:41,670 --> 00:11:45,190  
只有它中间那个车条中间是有空隙  
  
283  
00:11:45,710 --> 00:11:48,430  
它才能当成车轮，它才能用  
  
284  
00:11:49,010 --> 00:11:53,050  
那么你你把这个房子你凿一窗户对吧  
  
285  
00:11:53,890 --> 00:11:54,850  
这个没有了  
  
286  
00:11:55,170 --> 00:11:57,980  
那这个窗户才有了，就是这个道理  
  
287  
00:11:57,980 --> 00:11:59,780  
这是古人讲有无相生的道理  
  
288  
00:11:59,980 --> 00:12:01,780  
那么因此人体之中也是人体  
  
289  
00:12:01,780 --> 00:12:05,670  
并不是简单的气和血的一个一个拼凑  
  
290  
00:12:06,390 --> 00:12:09,150  
它气和血呢，一定有它自己的生化之基  
  
291  
00:12:09,150 --> 00:12:10,630  
有它的运动特点  
  
292  
00:12:11,110 --> 00:12:12,750  
那么我们现在这个血壁呢  
  
293  
00:12:12,750 --> 00:12:14,110  
就出现了一个啥问题  
  
294  
00:12:14,710 --> 00:12:16,870  
那现在这条线呢，就很清楚了  
  
295  
00:12:17,270 --> 00:12:19,430  
由于人在睡着了之后  
  
296  
00:12:19,810 --> 00:12:22,130  
睡着了之后，人的悬浮是打开的吧  
  
297  
00:12:22,490 --> 00:12:26,500  
这我们讲叫悬这个这个悬浮之跳啊，悬浮之关窍  
  
298  
00:12:26,820 --> 00:12:28,460  
那么这个关窍开了之后呢  
  
299  
00:12:29,680 --> 00:12:32,000  
那么自然界中的虚邪贼风  
  
300  
00:12:32,970 --> 00:12:34,010  
刻入于悬窍  
  
301  
00:12:34,730 --> 00:12:39,370  
那么就是沃尔吹风之后造成悬浮不能闭合  
  
302  
00:12:39,850 --> 00:12:42,480  
于是乎血凝于覆  
  
303  
00:12:42,960 --> 00:12:43,840  
那么旋定于负之后  
  
304  
00:12:43,840 --> 00:12:45,560  
你拧这就怎么导致怎么办啊  
  
305  
00:12:46,040 --> 00:12:47,760  
它是不是悬浮就被闭上了  
  
306  
00:12:48,360 --> 00:12:51,990  
那么这个时候，那么气血就不能反归于先天  
  
307  
00:12:52,910 --> 00:12:54,900  
你就把他堵这了啊  
  
308  
00:12:54,900 --> 00:12:55,900  
就这么简单一个事  
  
309  
00:12:56,420 --> 00:12:56,620  
呃  
  
310  
00:12:56,620 --> 00:12:58,380  
所以说这个就产生了弊绝  
  
311  
00:12:58,970 --> 00:13:01,570  
那么什么样的人容易得病绝呢  
  
312  
00:13:01,610 --> 00:13:03,770  
其实你看内经这说了一条线  
  
313  
00:13:03,930 --> 00:13:05,330  
但内经没给方，对吧  
  
314  
00:13:05,970 --> 00:13:06,530  
我们说  
  
315  
00:13:07,680 --> 00:13:09,720  
这个古书啊，皆有法无方  
  
316  
00:13:10,480 --> 00:13:12,000  
自此使有法有方言  
  
317  
00:13:12,040 --> 00:13:13,440  
那么有了仲景先师之后  
  
318  
00:13:13,800 --> 00:13:15,560  
那么这些东西都有了注释啊  
  
319  
00:13:15,560 --> 00:13:17,530  
告诉你这个壁绝怎么办  
  
320  
00:13:17,890 --> 00:13:20,810  
这块就说了诗曰，这个诗呢  
  
321  
00:13:20,810 --> 00:13:23,340  
我们呃，难以考证了  
  
322  
00:13:23,340 --> 00:13:24,980  
到底是仲景老先师啊  
  
323  
00:13:25,420 --> 00:13:30,450  
还是仲景先师的呃的师傅张伯祖先生  
  
324  
00:13:30,450 --> 00:13:30,730  
对吧  
  
325  
00:13:30,730 --> 00:13:31,570  
但咱不知道  
  
326  
00:13:31,970 --> 00:13:34,370  
但是总之是老师教学生  
  
327  
00:13:34,770 --> 00:13:36,970  
告诉他服务尊容人诶  
  
328  
00:13:36,970 --> 00:13:39,930  
那这块就出现了一个呃一个名词  
  
329  
00:13:40,050 --> 00:13:43,860  
这个在咱们过去的时候啊，没见过  
  
330  
00:13:44,160 --> 00:13:46,400  
我今天也经常会把这句话呢  
  
331  
00:13:46,640 --> 00:13:47,920  
跟患者聊天的时候啊  
  
332  
00:13:47,920 --> 00:13:49,360  
或者跟同行交流的时候啊  
  
333  
00:13:49,480 --> 00:13:50,320  
唉，我也这么讲  
  
334  
00:13:50,320 --> 00:13:52,280  
我说尊容人什么意思啊  
  
335  
00:13:52,760 --> 00:13:55,690  
过去我们讲这个汉代的时候呢  
  
336  
00:13:55,690 --> 00:13:58,050  
他的社会制度，九品中正制  
  
337  
00:13:58,410 --> 00:13:59,770  
所谓士大夫门阀  
  
338  
00:14:00,290 --> 00:14:02,130  
呃，过去经常有那个笑话吗  
  
339  
00:14:02,130 --> 00:14:03,250  
就是呃  
  
340  
00:14:03,670 --> 00:14:05,270  
所谓五谷不分，对吧  
  
341  
00:14:05,350 --> 00:14:09,910  
那么呃，很多东西的这个看见马都不认识啊  
  
342  
00:14:10,110 --> 00:14:12,350  
讲这个汉晋时代的很多世家  
  
343  
00:14:12,830 --> 00:14:14,910  
那么平时呢，就是身体啊  
  
344  
00:14:15,190 --> 00:14:16,910  
我们说他位尊啊  
  
345  
00:14:16,910 --> 00:14:17,870  
他地位尊贵  
  
346  
00:14:18,230 --> 00:14:20,110  
然后呃，身体呢  
  
347  
00:14:20,550 --> 00:14:21,790  
养尊处优啊  
  
348  
00:14:22,610 --> 00:14:23,970  
这个养的特别好  
  
349  
00:14:24,810 --> 00:14:28,010  
那么这种状态之下就会出现一个事  
  
350  
00:14:29,400 --> 00:14:30,640  
骨弱肌肤盛  
  
351  
00:14:31,160 --> 00:14:32,520  
那么一个养尊处优的人  
  
352  
00:14:32,520 --> 00:14:34,360  
平时他吃喝都不差  
  
353  
00:14:34,440 --> 00:14:34,760  
对吧  
  
354  
00:14:35,000 --> 00:14:37,520  
每顿都不落之后从来都不锻炼  
  
355  
00:14:38,770 --> 00:14:40,090  
那么这个时候呢  
  
356  
00:14:40,650 --> 00:14:42,930  
就出现了这么一个事，叫骨弱肌复盛  
  
357  
00:14:42,970 --> 00:14:45,370  
其实这骨弱肌肤盛是俩事啊  
  
358  
00:14:45,370 --> 00:14:46,570  
是俩事，你一定要知道  
  
359  
00:14:47,050 --> 00:14:47,330  
呃  
  
360  
00:14:48,390 --> 00:14:49,710  
这俩事分别是什么  
  
361  
00:14:49,910 --> 00:14:51,150  
骨弱是一回事  
  
362  
00:14:51,470 --> 00:14:52,470  
骨若是啥呀  
  
363  
00:14:52,510 --> 00:14:54,830  
其实它中间含了一个最核心的事  
  
364  
00:14:55,140 --> 00:14:55,340  
呃  
  
365  
00:14:55,340 --> 00:14:56,180  
大家要留神  
  
366  
00:14:56,660 --> 00:15:00,120  
这个说的也包含了肾虚啊  
  
367  
00:15:00,560 --> 00:15:02,280  
这个我一说大家能明白了吧  
  
368  
00:15:02,560 --> 00:15:04,000  
它中间包含了肾虚  
  
369  
00:15:04,520 --> 00:15:07,240  
肾虚之后那么骨痹弱啊  
  
370  
00:15:07,280 --> 00:15:09,160  
就这是其中一个问题  
  
371  
00:15:10,340 --> 00:15:11,340  
呃，第二呢  
  
372  
00:15:11,660 --> 00:15:13,660  
肌肤盛啊，说的是什么  
  
373  
00:15:14,260 --> 00:15:15,020  
肾又虚  
  
374  
00:15:15,860 --> 00:15:17,060  
然后身体还很胖  
  
375  
00:15:17,500 --> 00:15:18,820  
其实这样的人呢  
  
376  
00:15:18,820 --> 00:15:20,980  
我们说句心里话，在今天不难找  
  
377  
00:15:21,380 --> 00:15:22,420  
你很能看得见  
  
378  
00:15:22,860 --> 00:15:24,780  
古若也可以翻译过来  
  
379  
00:15:24,780 --> 00:15:27,940  
还有一个说法，我们就可以解释为什么呢  
  
380  
00:15:28,300 --> 00:15:30,600  
所谓的这个骨质疏松  
  
381  
00:15:32,150 --> 00:15:33,150  
钙流失对吧  
  
382  
00:15:33,150 --> 00:15:33,990  
我们都可以这么讲  
  
383  
00:15:34,350 --> 00:15:37,550  
那有很多时候在临床上我们看见这个人骨质疏松  
  
384  
00:15:38,010 --> 00:15:39,850  
那钙不足之后呢  
  
385  
00:15:40,450 --> 00:15:41,890  
呃，问怎么补钙  
  
386  
00:15:41,970 --> 00:15:43,250  
我说你这个算了  
  
387  
00:15:43,250 --> 00:15:43,850  
你别补了  
  
388  
00:15:43,850 --> 00:15:44,290  
为什么  
  
389  
00:15:44,570 --> 00:15:45,530  
我说你补也没用  
  
390  
00:15:45,970 --> 00:15:46,850  
调调气血吧  
  
391  
00:15:46,850 --> 00:15:49,450  
把气血重新给它规整规整，呃  
  
392  
00:15:49,610 --> 00:15:52,650  
让他的肾呢，能自然的化生精气  
  
393  
00:15:52,690 --> 00:15:55,080  
那么一会我们下一个讲这个，呃  
  
394  
00:15:55,080 --> 00:15:56,000  
虚劳症的时候  
  
395  
00:15:56,160 --> 00:15:57,920  
谈到这个男子失精，女子梦交  
  
396  
00:15:57,920 --> 00:15:59,280  
我还会讲这个问题啊  
  
397  
00:15:59,840 --> 00:16:00,040  
呃  
  
398  
00:16:00,480 --> 00:16:04,730  
那怎么去调整它，把人体调健康了  
  
399  
00:16:05,250 --> 00:16:07,530  
那么这个时候骨能强健  
  
400  
00:16:08,180 --> 00:16:09,180  
然后身体呢  
  
401  
00:16:09,580 --> 00:16:10,540  
能够匀称  
  
402  
00:16:11,180 --> 00:16:12,500  
骨密度能增大，对吧  
  
403  
00:16:12,740 --> 00:16:14,420  
那就才能解决这个问题  
  
404  
00:16:14,940 --> 00:16:15,140  
呃  
  
405  
00:16:15,380 --> 00:16:18,730  
就像老子讲的，虚其心实其腹  
  
406  
00:16:19,130 --> 00:16:20,690  
弱其志，强其骨  
  
407  
00:16:21,130 --> 00:16:21,690  
对不对啊  
  
408  
00:16:22,010 --> 00:16:22,210  
哎  
  
409  
00:16:22,730 --> 00:16:24,970  
那么骨头要要，密度要大啊  
  
410  
00:16:25,010 --> 00:16:28,130  
骨头里头要气机要足，精气要足  
  
411  
00:16:28,670 --> 00:16:30,590  
肌肉呢，要不能过剩  
  
412  
00:16:30,910 --> 00:16:33,390  
古人讲叫余食赘行物或恶之故  
  
413  
00:16:33,390 --> 00:16:35,550  
有道者不处，什么叫余食赘形啊  
  
414  
00:16:35,550 --> 00:16:38,930  
就总是他，他那个兜里总是有零食啊  
  
415  
00:16:38,930 --> 00:16:39,690  
总是吃不了  
  
416  
00:16:40,050 --> 00:16:44,520  
那么最后那身体就是比较多余的肉就出来了吧  
  
417  
00:16:44,520 --> 00:16:47,560  
赘肉赘肉，鱼食赘形物或物质  
  
418  
00:16:48,950 --> 00:16:52,380  
那么这个骨弱肌肤弱  
  
419  
00:16:52,500 --> 00:16:53,900  
他呃肌肌肤盛啊  
  
420  
00:16:53,900 --> 00:16:58,490  
他形容的是汉代的一个特有的阶层啊  
  
421  
00:16:59,050 --> 00:16:59,250  
呃  
  
422  
00:16:59,490 --> 00:17:01,570  
尊荣人，那么放到今天呢  
  
423  
00:17:01,850 --> 00:17:05,450  
也可以指代平时吃的特别饱  
  
424  
00:17:06,089 --> 00:17:08,369  
锻炼运动特别少是吧  
  
425  
00:17:08,849 --> 00:17:12,099  
他的骨密度一定是因为他的不动啊  
  
426  
00:17:12,099 --> 00:17:14,420  
不动肌肉它也不消耗啊  
  
427  
00:17:14,420 --> 00:17:15,339  
脂肪也比较厚  
  
428  
00:17:15,740 --> 00:17:18,760  
然后骨头呢，骨质也疏松啊  
  
429  
00:17:18,760 --> 00:17:21,839  
没事再喝点碳酸饮料啊什么的  
  
430  
00:17:22,280 --> 00:17:27,520  
那么我我朋友都有这种出去卡一跤这个腿就折了啊  
  
431  
00:17:27,640 --> 00:17:30,440  
那一看就骨密度特别低啊  
  
432  
00:17:31,570 --> 00:17:32,850  
这样的人啊  
  
433  
00:17:33,370 --> 00:17:36,380  
那么当然他这个比内经描述的就详细了吧  
  
434  
00:17:36,420 --> 00:17:38,740  
内经只说是躺下之后被风吹了  
  
435  
00:17:38,900 --> 00:17:42,220  
但这块有限限定限定的前提条件就  
  
436  
00:17:42,220 --> 00:17:46,550  
这样人本身就是身体盛，然后骨虚重音啊  
  
437  
00:17:46,550 --> 00:17:47,390  
就是怎么样呢  
  
438  
00:17:48,110 --> 00:17:50,830  
又因为疲劳汗出  
  
439  
00:17:52,180 --> 00:17:53,500  
勿我不时动摇  
  
440  
00:17:54,620 --> 00:17:54,820  
呃  
  
441  
00:17:54,940 --> 00:17:56,930  
那么这个疲劳汗出啊  
  
442  
00:17:57,330 --> 00:17:59,610  
那么我们就说它有多重含义  
  
443  
00:18:00,050 --> 00:18:04,050  
由于在血病虚劳篇其中也可以暗指防老  
  
444  
00:18:05,320 --> 00:18:05,680  
对吧  
  
445  
00:18:06,080 --> 00:18:09,750  
那么房事不节制太过啊  
  
446  
00:18:09,750 --> 00:18:12,390  
那么总之导致凑理呢  
  
447  
00:18:12,950 --> 00:18:13,990  
不能闭合啊  
  
448  
00:18:14,470 --> 00:18:16,010  
之后出汗，呃  
  
449  
00:18:16,410 --> 00:18:18,410  
躺在那儿呢，也睡不稳当  
  
450  
00:18:18,410 --> 00:18:19,690  
因为气血不调和啊  
  
451  
00:18:20,090 --> 00:18:21,730  
睡不稳当，翻来覆去烙饼  
  
452  
00:18:22,410 --> 00:18:26,720  
这时候一吹风加倍威风遂得之，明白了吧  
  
453  
00:18:27,030 --> 00:18:27,230  
哎  
  
454  
00:18:27,230 --> 00:18:28,350  
那么这时候被风吹了  
  
455  
00:18:28,550 --> 00:18:31,510  
就是印证了我们说的血凝于夫者为弊啊  
  
456  
00:18:31,550 --> 00:18:33,760  
那么本身被雪给他怎么样啊  
  
457  
00:18:33,760 --> 00:18:34,680  
给它凝住了啊  
  
458  
00:18:34,760 --> 00:18:36,000  
血行不能反其空  
  
459  
00:18:37,200 --> 00:18:39,000  
呃，那么这个时候呢  
  
460  
00:18:40,230 --> 00:18:42,310  
就说了一个非常重要的事啊  
  
461  
00:18:42,550 --> 00:18:43,670  
他的脉是什么脉  
  
462  
00:18:44,290 --> 00:18:46,810  
但以麦子微涩在村口，哎  
  
463  
00:18:46,930 --> 00:18:50,170  
其实到这呢，可以暂停一下了啊  
  
464  
00:18:50,970 --> 00:18:54,870  
呃，什么叫微色在寸口啊  
  
465  
00:18:55,420 --> 00:18:57,260  
那么微和色是俩事  
  
466  
00:18:57,260 --> 00:18:58,940  
这个在我们临床中非常多见  
  
467  
00:18:59,580 --> 00:19:02,980  
呃，在这我再说一下这个麦啊  
  
468  
00:19:03,830 --> 00:19:07,230  
你看那个麦经里头他讲的很清楚啊  
  
469  
00:19:07,470 --> 00:19:09,190  
24种脉的形状对吧  
  
470  
00:19:09,510 --> 00:19:11,310  
福抠红华硕粗显紧  
  
471  
00:19:11,750 --> 00:19:13,710  
微涩细软，有这个词吧  
  
472  
00:19:14,110 --> 00:19:17,790  
那么微和色分别代表了气和血的什么  
  
473  
00:19:18,440 --> 00:19:20,800  
一个不足的状态  
  
474  
00:19:21,080 --> 00:19:23,120  
我们讲不急或者太过吧  
  
475  
00:19:23,450 --> 00:19:23,650  
哎  
  
476  
00:19:23,650 --> 00:19:24,890  
那么就是气和血不及  
  
477  
00:19:24,970 --> 00:19:27,970  
其实这个人的典型现象是一个什么样呢  
  
478  
00:19:28,210 --> 00:19:31,640  
你一摸他的脉就是很虚的啊  
  
479  
00:19:31,640 --> 00:19:33,240  
你一摸他的脉就是很虚的  
  
480  
00:19:33,600 --> 00:19:34,560  
那么与此同时呢  
  
481  
00:19:34,560 --> 00:19:36,640  
他这说了一个事叫关上小锦  
  
482  
00:19:37,200 --> 00:19:38,960  
那有很多人说了，说这个我就蒙了  
  
483  
00:19:38,960 --> 00:19:41,040  
那你说七又是微色又摸不着  
  
484  
00:19:41,040 --> 00:19:43,110  
那为啥又出现紧向你注意啊  
  
485  
00:19:43,110 --> 00:19:44,630  
这个是因为古人啊  
  
486  
00:19:44,790 --> 00:19:47,110  
他没有我们现代的呃  
  
487  
00:19:47,680 --> 00:19:52,280  
这种这种形象的模拟的方式啊  
  
488  
00:19:52,280 --> 00:19:56,100  
或者三维立体空间的这种构图的教学方法  
  
489  
00:19:56,300 --> 00:19:58,300  
所以他没办法，只是很直观的给你讲  
  
490  
00:19:58,300 --> 00:19:59,180  
他只能用语言  
  
491  
00:19:59,560 --> 00:20:02,040  
而且这个字数呢，又非常的珍贵啊  
  
492  
00:20:02,080 --> 00:20:04,090  
惜字如金，这个其实是什么  
  
493  
00:20:04,090 --> 00:20:06,930  
他整个人脉就是被色的，就是摸不着  
  
494  
00:20:07,170 --> 00:20:09,570  
但你仔细的摸，你发没发现一个问题啊  
  
495  
00:20:09,890 --> 00:20:11,770  
很多脉特别虚摸不着的人  
  
496  
00:20:12,270 --> 00:20:14,550  
两寸脉即使没有冠脉也能摸得着  
  
497  
00:20:15,530 --> 00:20:16,610  
这个很简单  
  
498  
00:20:16,610 --> 00:20:18,530  
因为你掌后高骨这个位置  
  
499  
00:20:19,010 --> 00:20:21,290  
冠脉是他整个一般来说啊  
  
500  
00:20:21,290 --> 00:20:24,440  
他脉体比较大的一个地方  
  
501  
00:20:24,560 --> 00:20:25,720  
我，我指的是一般啊  
  
502  
00:20:25,800 --> 00:20:27,360  
咱别别拿特殊情况说事  
  
503  
00:20:27,680 --> 00:20:29,320  
那么一般情况下都是这样  
  
504  
00:20:29,510 --> 00:20:31,590  
那么所以你尺寸摸不着的时候，你诶  
  
505  
00:20:31,590 --> 00:20:32,750  
你看冠脉还有麦  
  
506  
00:20:33,270 --> 00:20:34,190  
但是仔细一听  
  
507  
00:20:34,190 --> 00:20:34,710  
这个劲儿  
  
508  
00:20:34,710 --> 00:20:35,270  
哎，坏了  
  
509  
00:20:35,510 --> 00:20:36,950  
这关脉是一个啥样呢  
  
510  
00:20:37,490 --> 00:20:38,250  
小而紧  
  
511  
00:20:38,930 --> 00:20:42,810  
它这个脉体是前提是跟那个微色是一样，也是特别小的  
  
512  
00:20:42,970 --> 00:20:44,010  
但是你一动啊  
  
513  
00:20:44,290 --> 00:20:45,830  
他那个脉，啥叫紧  
  
514  
00:20:45,830 --> 00:20:48,710  
我在这再给你形象一点说，就是有一种预象  
  
515  
00:20:48,950 --> 00:20:49,950  
这个你明白了吧  
  
516  
00:20:50,940 --> 00:20:53,340  
所以后头又说了一个问题，叫尺重小锦  
  
517  
00:20:53,340 --> 00:20:57,020  
很多人就懵了，说那你血壁之脉到底是关还是齿  
  
518  
00:20:57,060 --> 00:20:58,160  
小锦，算了  
  
519  
00:20:58,160 --> 00:21:00,760  
不看了，那就直接啥病就用这方就完了  
  
520  
00:21:00,960 --> 00:21:01,600  
那你错了  
  
521  
00:21:01,600 --> 00:21:02,840  
你没理解他的意思  
  
522  
00:21:03,700 --> 00:21:06,060  
这个说了雪碧的两个重要的要素  
  
523  
00:21:07,300 --> 00:21:09,620  
第一，微色讲的是什么  
  
524  
00:21:09,620 --> 00:21:12,300  
他的第一要素就是这个人气血一定是虚的  
  
525  
00:21:12,980 --> 00:21:13,740  
这个明白了吧  
  
526  
00:21:13,780 --> 00:21:16,180  
气血不虚得不上这个病，啊你你  
  
527  
00:21:16,180 --> 00:21:17,420  
你要说姚明  
  
528  
00:21:17,820 --> 00:21:18,460  
咱打比方  
  
529  
00:21:18,460 --> 00:21:19,900  
那你总锻炼这样的人  
  
530  
00:21:20,180 --> 00:21:22,180  
你让他得那不容易啊  
  
531  
00:21:22,180 --> 00:21:23,990  
这样人身体壮来说是吧  
  
532  
00:21:24,270 --> 00:21:25,750  
经常锻炼，呃  
  
533  
00:21:26,190 --> 00:21:27,670  
但是有第二个问题  
  
534  
00:21:28,310 --> 00:21:32,450  
血碧血碧它一定产生血被B组的问题  
  
535  
00:21:32,490 --> 00:21:35,920  
用内经来说叫风气凝于夫，没错吧  
  
536  
00:21:36,320 --> 00:21:38,440  
那么这个他肯定得血得被凝住  
  
537  
00:21:38,480 --> 00:21:40,040  
因此它中间一定有颈项  
  
538  
00:21:40,340 --> 00:21:43,060  
如果这个人完全是一个空了的脉象  
  
539  
00:21:43,420 --> 00:21:44,460  
完全是一个空的脉象  
  
540  
00:21:44,460 --> 00:21:45,300  
他得不了雪碧  
  
541  
00:21:46,100 --> 00:21:47,700  
因为都没有血，怎么闭呀  
  
542  
00:21:48,510 --> 00:21:48,830  
对吧  
  
543  
00:21:49,270 --> 00:21:51,350  
这个他可能就直接就是中风啊  
  
544  
00:21:51,350 --> 00:21:52,830  
或者或者说别的事了  
  
545  
00:21:52,830 --> 00:21:53,950  
他得不了雪碧之症  
  
546  
00:21:54,440 --> 00:21:55,080  
呃，雪碧呢  
  
547  
00:21:55,080 --> 00:21:56,280  
是还有抵抗的啊  
  
548  
00:21:56,600 --> 00:21:57,480  
但是这个抵抗呢  
  
549  
00:21:57,480 --> 00:21:58,240  
是局部的啊  
  
550  
00:21:58,240 --> 00:22:00,200  
就是部队都跑了，警察还在抵抗  
  
551  
00:22:00,560 --> 00:22:01,440  
这个你明白了吧  
  
552  
00:22:01,520 --> 00:22:03,730  
就是这种问题，呃  
  
553  
00:22:03,970 --> 00:22:04,850  
关上小紧  
  
554  
00:22:05,010 --> 00:22:06,490  
所以这种情况该怎么办  
  
555  
00:22:06,610 --> 00:22:08,970  
政治之法亦真，引阳气  
  
556  
00:22:09,010 --> 00:22:10,410  
另外合紧去则愈  
  
557  
00:22:10,820 --> 00:22:11,580  
那么这块呢  
  
558  
00:22:11,580 --> 00:22:14,700  
仲景先师告诉你，这个时候你可以给他用一个什么办法啊  
  
559  
00:22:14,940 --> 00:22:16,170  
用针灸物啊  
  
560  
00:22:16,170 --> 00:22:17,090  
他在这告诉你了  
  
561  
00:22:17,090 --> 00:22:17,810  
你可以用针灸  
  
562  
00:22:18,290 --> 00:22:20,570  
那么为啥用的是针灸  
  
563  
00:22:20,610 --> 00:22:21,370  
我个人啊  
  
564  
00:22:21,530 --> 00:22:23,290  
我是这么看这个事啊  
  
565  
00:22:23,290 --> 00:22:24,250  
为啥用针灸  
  
566  
00:22:25,570 --> 00:22:25,770  
呃  
  
567  
00:22:26,250 --> 00:22:28,850  
相对来说我们还是说相对，不说绝对  
  
568  
00:22:29,250 --> 00:22:31,450  
虽然我们针灸呢，有烧山火对吧  
  
569  
00:22:31,810 --> 00:22:33,220  
有这个呃  
  
570  
00:22:33,300 --> 00:22:35,060  
大补元气的方法啊，有很多  
  
571  
00:22:35,580 --> 00:22:35,820  
呃  
  
572  
00:22:35,940 --> 00:22:37,380  
我过去的时候呢  
  
573  
00:22:37,780 --> 00:22:37,980  
呃  
  
574  
00:22:38,380 --> 00:22:40,580  
门诊没那么忙，也经常给人用  
  
575  
00:22:41,140 --> 00:22:42,020  
但是有一点  
  
576  
00:22:42,620 --> 00:22:44,580  
针和酒啊这两种东西  
  
577  
00:22:44,580 --> 00:22:46,420  
从天然的角度来说啊  
  
578  
00:22:46,420 --> 00:22:48,140  
我们就从这个咱不抬杠  
  
579  
00:22:48,140 --> 00:22:49,420  
从物理的角度来说  
  
580  
00:22:49,850 --> 00:22:51,730  
针本身就是偏于泄的  
  
581  
00:22:52,250 --> 00:22:53,330  
因为它属于金属  
  
582  
00:22:54,240 --> 00:22:54,960  
艾灸呢  
  
583  
00:22:55,120 --> 00:22:58,320  
像天然的它也能用泻法，对不对  
  
584  
00:22:58,620 --> 00:23:00,860  
那么这个我们临床上也用过呀  
  
585  
00:23:00,860 --> 00:23:03,260  
那有的时候你看这人伤势了  
  
586  
00:23:03,260 --> 00:23:05,540  
那久一下就给他酒拉肚了对吧  
  
587  
00:23:05,820 --> 00:23:06,660  
那给他泄出去  
  
588  
00:23:06,660 --> 00:23:07,700  
这这可以啊  
  
589  
00:23:07,700 --> 00:23:09,420  
或者勇兔之法都行啊  
  
590  
00:23:09,640 --> 00:23:10,560  
但是有一个问题  
  
591  
00:23:11,320 --> 00:23:11,520  
呃  
  
592  
00:23:12,040 --> 00:23:14,280  
真天然的，因为它是属金  
  
593  
00:23:15,200 --> 00:23:16,840  
艾草呢，是属木吧  
  
594  
00:23:16,920 --> 00:23:19,830  
那这个东西咱没有办法改变的  
  
595  
00:23:20,110 --> 00:23:21,950  
所以金本身就主肃杀  
  
596  
00:23:22,350 --> 00:23:23,710  
木呢，本身就主生发  
  
597  
00:23:24,350 --> 00:23:28,770  
因此真拿它用泻法是得心应手  
  
598  
00:23:29,340 --> 00:23:31,180  
你是过去我们讲九针  
  
599  
00:23:31,300 --> 00:23:32,820  
那不只是限于一个  
  
600  
00:23:33,300 --> 00:23:33,940  
那这块呢  
  
601  
00:23:33,940 --> 00:23:36,650  
我们说不只限于一个毫针啊  
  
602  
00:23:36,810 --> 00:23:37,690  
缠针，圆针  
  
603  
00:23:37,730 --> 00:23:38,050  
提针  
  
604  
00:23:38,050 --> 00:23:38,410  
锋针  
  
605  
00:23:38,410 --> 00:23:38,770  
批针  
  
606  
00:23:38,770 --> 00:23:39,170  
圆利针  
  
607  
00:23:39,170 --> 00:23:39,530  
毫针  
  
608  
00:23:39,530 --> 00:23:39,890  
长针  
  
609  
00:23:39,890 --> 00:23:41,410  
大针九种针  
  
610  
00:23:41,880 --> 00:23:46,160  
那么换到今天，你比如说咱们一些这个这个引流啊  
  
611  
00:23:46,620 --> 00:23:49,140  
那都是在九针之中P针对吧  
  
612  
00:23:49,140 --> 00:23:51,460  
那整个把他那个那个脓包给它切开  
  
613  
00:23:51,660 --> 00:23:54,820  
那它本身就是用来疏导为主的  
  
614  
00:23:55,800 --> 00:23:56,760  
而艾草呢  
  
615  
00:23:56,760 --> 00:23:59,600  
相对来说天然的就是长于补益  
  
616  
00:23:59,720 --> 00:24:02,730  
那为啥说我没事，就那个桂枝加桂汤  
  
617  
00:24:02,730 --> 00:24:04,250  
我们要九七合上各一状啊  
  
618  
00:24:04,250 --> 00:24:04,490  
对吧  
  
619  
00:24:04,490 --> 00:24:05,410  
那你补心阳啊  
  
620  
00:24:05,410 --> 00:24:06,770  
用这个效果特别好啊  
  
621  
00:24:07,010 --> 00:24:07,610  
能驱寒  
  
622  
00:24:08,770 --> 00:24:08,970  
呃  
  
623  
00:24:08,970 --> 00:24:12,880  
那么这个这块就说针引阳气  
  
624  
00:24:12,960 --> 00:24:14,600  
其实说的是一个思想  
  
625  
00:24:14,960 --> 00:24:17,600  
那么你见到麦粒有玉象的时候，你得给他开淤  
  
626  
00:24:17,960 --> 00:24:19,600  
开淤最直接的方法是怎么办  
  
627  
00:24:19,680 --> 00:24:20,120  
扎针  
  
628  
00:24:20,460 --> 00:24:23,020  
这时候扎针我倒不建议，你非得用泻法  
  
629  
00:24:23,580 --> 00:24:24,060  
明白了吗  
  
630  
00:24:24,060 --> 00:24:24,940  
因为他气血也不足  
  
631  
00:24:25,220 --> 00:24:27,740  
我本人扎针是步步不泄  
  
632  
00:24:29,000 --> 00:24:30,680  
你只要看了色脉  
  
633  
00:24:32,000 --> 00:24:34,240  
把这个脉理把它搞清楚  
  
634  
00:24:34,700 --> 00:24:35,980  
把这个为什么  
  
635  
00:24:35,980 --> 00:24:38,220  
因为我我我，这是我个人的观点啊  
  
636  
00:24:38,220 --> 00:24:39,900  
那不是说我说的是对的啊  
  
637  
00:24:39,900 --> 00:24:42,980  
只是我把我的观点介绍给你  
  
638  
00:24:42,980 --> 00:24:43,780  
你作为参考  
  
639  
00:24:44,060 --> 00:24:46,340  
我扎针是不用补和泄手法的  
  
640  
00:24:46,820 --> 00:24:48,300  
但是我不否定这个东西  
  
641  
00:24:48,300 --> 00:24:50,330  
它肯定是有它道理  
  
642  
00:24:50,530 --> 00:24:52,010  
所谓天道左旋对吧  
  
643  
00:24:52,890 --> 00:24:54,610  
他肯定是那个那个呃  
  
644  
00:24:54,610 --> 00:24:55,640  
进退，呃  
  
645  
00:24:55,800 --> 00:24:56,160  
旋转  
  
646  
00:24:56,160 --> 00:24:57,160  
它是有它的道理  
  
647  
00:24:57,680 --> 00:25:00,080  
但是我扎针我更喜欢无为而治啊  
  
648  
00:25:00,080 --> 00:25:01,000  
就是怎么扎呢  
  
649  
00:25:01,820 --> 00:25:03,180  
根据色脉，哎  
  
650  
00:25:03,420 --> 00:25:04,620  
那他有一个前提呀  
  
651  
00:25:04,940 --> 00:25:07,140  
也就是人的穴位其实是什么  
  
652  
00:25:07,540 --> 00:25:10,870  
无非是神气之所，游行出入之处  
  
653  
00:25:11,390 --> 00:25:12,430  
那么你既然这样呢  
  
654  
00:25:12,430 --> 00:25:14,230  
我看到你神器卡在哪儿了  
  
655  
00:25:14,620 --> 00:25:16,020  
我帮他开个门就完了  
  
656  
00:25:16,340 --> 00:25:17,220  
所以我扎针呢  
  
657  
00:25:17,220 --> 00:25:18,260  
虽然不补不泻  
  
658  
00:25:18,700 --> 00:25:20,620  
但是我的学生有的他们知道啊  
  
659  
00:25:20,980 --> 00:25:24,020  
这个扎完之后，有的那就浑身发热  
  
660  
00:25:24,020 --> 00:25:24,700  
一身汗啊  
  
661  
00:25:25,540 --> 00:25:28,860  
一身汗之后有的就是那个我还有这种那个  
  
662  
00:25:28,940 --> 00:25:33,420  
我看一人那个就就就前段时间呃  
  
663  
00:25:34,440 --> 00:25:36,440  
一朋友啊，就这过来赴约  
  
664  
00:25:36,720 --> 00:25:39,180  
我一看我说你不对劲啊，没打脉  
  
665  
00:25:39,180 --> 00:25:40,140  
我一瞅他那气色  
  
666  
00:25:40,140 --> 00:25:41,780  
我说你呀感冒了  
  
667  
00:25:42,260 --> 00:25:43,460  
他说对我是感冒了  
  
668  
00:25:43,740 --> 00:25:44,500  
只有我第二句话  
  
669  
00:25:44,500 --> 00:25:46,180  
我说你感冒了，为啥还要喝酒啊  
  
670  
00:25:46,690 --> 00:25:47,810  
一下给他揍哭了  
  
671  
00:25:47,970 --> 00:25:49,610  
他说我有个应酬，不去不行  
  
672  
00:25:49,850 --> 00:25:50,930  
但是感冒非常难受  
  
673  
00:25:50,930 --> 00:25:51,890  
我现在特别难受  
  
674  
00:25:51,890 --> 00:25:52,650  
我就来见你  
  
675  
00:25:53,150 --> 00:25:53,870  
我说这样吧  
  
676  
00:25:53,870 --> 00:25:56,390  
我说你呀，必须得遭点罪啊  
  
677  
00:25:56,870 --> 00:25:57,470  
别想了  
  
678  
00:25:57,510 --> 00:25:58,590  
直接一针扎上去  
  
679  
00:25:59,070 --> 00:26:01,600  
过一会儿跑厕所，哇哇吐去了  
  
680  
00:26:01,960 --> 00:26:03,960  
吐完之后神清气爽，烧也退了  
  
681  
00:26:04,540 --> 00:26:06,500  
那我没做补法也没做泄法  
  
682  
00:26:06,940 --> 00:26:08,260  
就把它放在该放的地方  
  
683  
00:26:08,260 --> 00:26:10,200  
他那个他那个神器啊  
  
684  
00:26:10,200 --> 00:26:12,040  
他自己就该过去就过去了  
  
685  
00:26:12,160 --> 00:26:13,080  
那咱啥也没干啊  
  
686  
00:26:13,120 --> 00:26:14,640  
这是我比较喜欢的  
  
687  
00:26:14,640 --> 00:26:16,320  
就是我不喜欢帮他干  
  
688  
00:26:16,980 --> 00:26:18,620  
那我有多少我能帮你啊  
  
689  
00:26:18,620 --> 00:26:19,220  
帮不了你  
  
690  
00:26:19,500 --> 00:26:20,540  
但是我只能怎么样  
  
691  
00:26:20,540 --> 00:26:22,860  
你自己想要到那去，我帮你开一下门  
  
692  
00:26:22,860 --> 00:26:24,460  
完了就这样吧  
  
693  
00:26:24,580 --> 00:26:26,420  
欲以为真通其经脉，啊  
  
694  
00:26:26,420 --> 00:26:29,500  
这我是喜欢这么用的补法，泻法都是这样  
  
695  
00:26:30,020 --> 00:26:32,580  
呃，包括有的时候你要做对了  
  
696  
00:26:32,900 --> 00:26:33,940  
那个针放在那啊  
  
697  
00:26:34,260 --> 00:26:35,020  
你不用管它  
  
698  
00:26:35,100 --> 00:26:37,590  
它自己在那刑侦是吧  
  
699  
00:26:37,710 --> 00:26:38,750  
他自己就刑侦啊  
  
700  
00:26:38,750 --> 00:26:42,710  
这个我一说可能有很多人觉得张老师瞎扯淡  
  
701  
00:26:43,150 --> 00:26:45,310  
呃，随意姑妄言之啊  
  
702  
00:26:45,350 --> 00:26:46,070  
姑妄言之  
  
703  
00:26:46,310 --> 00:26:50,830  
你就听一听呃作为如果对你有启发有参考，那就更好嘛  
  
704  
00:26:50,830 --> 00:26:51,110  
对吧  
  
705  
00:26:51,470 --> 00:26:51,670  
哎  
  
706  
00:26:51,670 --> 00:26:53,390  
真是可以自己给自己刑侦的  
  
707  
00:26:53,390 --> 00:26:54,630  
不用你给他刑侦啊  
  
708  
00:26:55,250 --> 00:26:56,290  
他自己一阵儿一阵儿的  
  
709  
00:26:56,290 --> 00:26:59,260  
而且是一阵紧一阵松，一阵紧一阵松哈  
  
710  
00:26:59,500 --> 00:27:01,060  
甚至是自己出去自己  
  
711  
00:27:01,340 --> 00:27:02,860  
他不是那么那么明显的  
  
712  
00:27:02,860 --> 00:27:04,180  
他自己出自己进啊  
  
713  
00:27:04,180 --> 00:27:05,720  
就这种状态，为什么  
  
714  
00:27:05,840 --> 00:27:07,000  
因为人是活的  
  
715  
00:27:07,560 --> 00:27:08,280  
记住这个问题  
  
716  
00:27:08,280 --> 00:27:10,560  
你人是有气血之顺，逆气血之苦  
  
717  
00:27:10,560 --> 00:27:11,440  
当你扎针  
  
718  
00:27:11,440 --> 00:27:14,480  
如果都不尊重人自己的气血，你尊重的就是  
  
719  
00:27:16,050 --> 00:27:17,770  
穴位哪个穴位主治啥  
  
720  
00:27:18,260 --> 00:27:21,300  
那你是扎不出来这个穴位自己的东西的  
  
721  
00:27:21,620 --> 00:27:23,620  
我指的是你让他人是活人  
  
722  
00:27:23,620 --> 00:27:25,140  
你扎死人他是不会动的  
  
723  
00:27:25,500 --> 00:27:26,140  
明白了吧  
  
724  
00:27:26,880 --> 00:27:28,080  
你不用扎他自己  
  
725  
00:27:28,080 --> 00:27:29,800  
他的身体也是一开一合  
  
726  
00:27:29,960 --> 00:27:31,400  
经脉也是有顺有逆的  
  
727  
00:27:31,560 --> 00:27:32,440  
是不是这个道理啊  
  
728  
00:27:32,920 --> 00:27:34,000  
就就这么回事  
  
729  
00:27:34,920 --> 00:27:35,120  
呃  
  
730  
00:27:36,840 --> 00:27:40,850  
那么这个所谓的针法啊  
  
731  
00:27:40,930 --> 00:27:41,930  
这个你不用执迷  
  
732  
00:27:41,930 --> 00:27:44,170  
这个我在临床上，我现在没有时间给你扎针  
  
733  
00:27:44,170 --> 00:27:44,810  
说实话啊  
  
734  
00:27:45,130 --> 00:27:46,450  
尤其门诊的时候，哎  
  
735  
00:27:46,450 --> 00:27:49,540  
除非极特殊情况，我门诊也经常有这种现象吧  
  
736  
00:27:49,540 --> 00:27:51,660  
那我学生们他们总能看见  
  
737  
00:27:51,860 --> 00:27:52,940  
有的时候这患者来了  
  
738  
00:27:53,860 --> 00:27:56,060  
那通常这不是啥好事啊  
  
739  
00:27:56,140 --> 00:27:57,380  
我就一伸左手啊  
  
740  
00:27:57,380 --> 00:27:58,580  
左边这时候有学生抄房  
  
741  
00:27:58,580 --> 00:28:01,820  
我说你把抽屉拉开给我一根1.5寸的或者多少寸的  
  
742  
00:28:01,980 --> 00:28:03,740  
这时候患者一定是有特殊情况吧  
  
743  
00:28:03,740 --> 00:28:04,540  
总有这种啊  
  
744  
00:28:04,580 --> 00:28:05,220  
那么可能  
  
745  
00:28:05,530 --> 00:28:07,690  
呃个把月不一定那三个月  
  
746  
00:28:07,690 --> 00:28:09,250  
可能有的时候总会赶上一回  
  
747  
00:28:09,690 --> 00:28:12,370  
患者非常的难受，就正好赶上发作了对  
  
748  
00:28:12,370 --> 00:28:12,530  
吧  
  
749  
00:28:12,810 --> 00:28:14,890  
这个时候那么多重原因吧  
  
750  
00:28:14,890 --> 00:28:19,500  
一是为了防止这个疾病严重啊  
  
751  
00:28:19,500 --> 00:28:22,310  
这个这个咱们别别别出现危险  
  
752  
00:28:22,310 --> 00:28:25,390  
我甚至有一回门口有一个患者突然间发心脏病  
  
753  
00:28:25,630 --> 00:28:27,950  
我直接给他扎上一针，扎上一针说我行  
  
754  
00:28:27,950 --> 00:28:29,030  
我说你再在这儿等会儿  
  
755  
00:28:29,030 --> 00:28:30,310  
等会儿之后看了脉再走  
  
756  
00:28:30,530 --> 00:28:31,410  
后来这人好了  
  
757  
00:28:31,450 --> 00:28:32,210  
啥事没有了  
  
758  
00:28:32,610 --> 00:28:34,670  
那么呃，咱北方人吧  
  
759  
00:28:34,670 --> 00:28:37,160  
可能性格比较比较豪爽一点啊  
  
760  
00:28:37,160 --> 00:28:37,760  
包括我本人  
  
761  
00:28:37,760 --> 00:28:39,160  
这跟人的性格有关  
  
762  
00:28:39,560 --> 00:28:40,480  
我有一回呢  
  
763  
00:28:40,720 --> 00:28:42,560  
其实你想想，这个挺危险的啊  
  
764  
00:28:42,880 --> 00:28:46,120  
有一回我上课的时候这话说得是哪年的事了  
  
765  
00:28:46,680 --> 00:28:50,480  
16年好像是还是17年我给他们真推  
  
766  
00:28:50,480 --> 00:28:52,520  
有一班上课，有一女同学啊  
  
767  
00:28:52,520 --> 00:28:53,400  
学习挺认真的  
  
768  
00:28:53,400 --> 00:28:54,640  
那天不知道怎么回事  
  
769  
00:28:54,910 --> 00:28:55,830  
上着上着课，诶  
  
770  
00:28:55,830 --> 00:28:57,150  
当时你在场呢，是不是  
  
771  
00:28:57,150 --> 00:28:57,310  
哎  
  
772  
00:28:57,430 --> 00:28:58,710  
是不是跟你借的针啊  
  
773  
00:28:59,190 --> 00:28:59,390  
啊  
  
774  
00:28:59,390 --> 00:29:00,430  
真是你的对吧啊  
  
775  
00:29:00,550 --> 00:29:02,030  
当时有有有有人在场  
  
776  
00:29:02,470 --> 00:29:05,590  
然后那女同学咣当一下子我是真见着了  
  
777  
00:29:05,630 --> 00:29:08,470  
就我过去说谁喝酒喝到桌子底下我不信  
  
778  
00:29:08,710 --> 00:29:10,110  
但是这个我是真看见了  
  
779  
00:29:10,470 --> 00:29:11,950  
咣当一下钻到桌子底下去了  
  
780  
00:29:11,950 --> 00:29:13,310  
我说人怎么没影儿了  
  
781  
00:29:13,810 --> 00:29:16,610  
哎，这女同学个儿挺大家是敦化的啊  
  
782  
00:29:16,610 --> 00:29:17,890  
就是个儿挺高  
  
783  
00:29:18,820 --> 00:29:20,940  
一扶起来，我说怎么回事啊  
  
784  
00:29:20,980 --> 00:29:24,380  
当时班长的意思那是赶快打120吧  
  
785  
00:29:24,740 --> 00:29:26,100  
那么这个其实挺危险的  
  
786  
00:29:26,100 --> 00:29:28,040  
当时人是那个那种  
  
787  
00:29:28,910 --> 00:29:33,590  
你看牙牙关紧咬就是就就就有点虚脱这种状态了  
  
788  
00:29:34,230 --> 00:29:35,990  
但是我一摸它麦坏了  
  
789  
00:29:36,800 --> 00:29:38,400  
说句实话，我是当老师的  
  
790  
00:29:38,400 --> 00:29:41,520  
当老师咱们有的时候吧，这挺复杂  
  
791  
00:29:41,640 --> 00:29:44,400  
我这个时候如果打了120  
  
792  
00:29:45,740 --> 00:29:48,060  
说句实话，我啥毛病都没有  
  
793  
00:29:48,260 --> 00:29:51,660  
说句不好听的话，就这学生今天在这没了  
  
794  
00:29:52,700 --> 00:29:54,140  
我没责任你知道吗  
  
795  
00:29:55,310 --> 00:29:56,710  
但是我摸了它脉之后  
  
796  
00:29:56,710 --> 00:29:58,310  
我一看，不行  
  
797  
00:29:58,510 --> 00:30:00,830  
那个麦有点危险  
  
798  
00:30:02,580 --> 00:30:05,180  
我就没打120，直接跟雨琦是吧  
  
799  
00:30:05,180 --> 00:30:07,820  
你正好当时就跟他借的这样，跟这小伙  
  
800  
00:30:08,200 --> 00:30:10,880  
我说谁有真因为有学生蹭我课嘛  
  
801  
00:30:10,880 --> 00:30:13,240  
当时哎，当时你还是本科生呢是吧  
  
802  
00:30:13,860 --> 00:30:14,780  
啊泽瑞的人啊  
  
803  
00:30:14,780 --> 00:30:16,140  
我忘了，那那想不起来了  
  
804  
00:30:16,340 --> 00:30:19,740  
反正反正是借来了之后，当时一针扎下去  
  
805  
00:30:20,170 --> 00:30:21,530  
这人一会儿就缓过来了  
  
806  
00:30:21,530 --> 00:30:24,850  
后来接着上的课又又改了场改了下一堂课  
  
807  
00:30:25,200 --> 00:30:27,120  
当时其实我心里也打鼓  
  
808  
00:30:27,160 --> 00:30:29,840  
你万一这针能扎过来怎么着都行  
  
809  
00:30:30,240 --> 00:30:33,390  
万一这针没扎过来呢，那你怎么办  
  
810  
00:30:33,390 --> 00:30:35,110  
那就是我耽误人家事了  
  
811  
00:30:35,230 --> 00:30:36,310  
但是我是医生啊  
  
812  
00:30:36,310 --> 00:30:39,580  
我纯从技术层面，我认为他撑不到120来的时候  
  
813  
00:30:39,580 --> 00:30:42,500  
因为我们学校博硕路那块那道也不是特别好走  
  
814  
00:30:42,780 --> 00:30:44,540  
新人大街你120从哪来啊  
  
815  
00:30:44,940 --> 00:30:46,420  
那特别麻烦，呃  
  
816  
00:30:46,660 --> 00:30:48,300  
还不如我直接给他扎一针诶  
  
817  
00:30:48,300 --> 00:30:49,860  
一针之后气血过去了  
  
818  
00:30:50,120 --> 00:30:51,440  
她自己年轻嘛，对吧  
  
819  
00:30:51,440 --> 00:30:53,240  
缓一缓，后头再注意一点  
  
820  
00:30:53,240 --> 00:30:55,480  
后来这女生身体挺好的，一直不错  
  
821  
00:30:56,520 --> 00:30:59,510  
那么这个不到，这种时候一般不用  
  
822  
00:30:59,750 --> 00:31:00,950  
那么你在门诊上咋弄  
  
823  
00:31:00,950 --> 00:31:02,870  
门诊上我一看有一瘀像怎么办  
  
824  
00:31:02,870 --> 00:31:03,470  
非常简单  
  
825  
00:31:03,750 --> 00:31:04,750  
哪淤开哪呗  
  
826  
00:31:05,360 --> 00:31:06,960  
那这个还用还用我说吗  
  
827  
00:31:06,960 --> 00:31:07,480  
那不用吧  
  
828  
00:31:07,840 --> 00:31:09,640  
那这个以后咱们陆续的时候  
  
829  
00:31:10,080 --> 00:31:12,780  
那那那那讲会说到一些啊  
  
830  
00:31:12,980 --> 00:31:14,020  
哪儿淤就开哪  
  
831  
00:31:15,410 --> 00:31:16,330  
那么后头呢  
  
832  
00:31:16,650 --> 00:31:17,610  
前头是讲机理  
  
833  
00:31:17,770 --> 00:31:22,600  
后头这块讲的是黄芪桂枝五物汤的一个状态啊  
  
834  
00:31:22,600 --> 00:31:23,640  
这个汤是什么状态  
  
835  
00:31:24,000 --> 00:31:26,520  
这说了一个问题，叫血必阴阳俱微  
  
836  
00:31:27,660 --> 00:31:29,260  
呃，这个阴阳俱微啊  
  
837  
00:31:29,460 --> 00:31:32,820  
实际上怎么说它的解法有很多啊  
  
838  
00:31:33,110 --> 00:31:37,630  
那么通常的解法，大家认为阴阳那代表了寸尺两不迈  
  
839  
00:31:38,190 --> 00:31:39,950  
或者是左右两手  
  
840  
00:31:40,930 --> 00:31:43,850  
甚则是我们说这个浮沉  
  
841  
00:31:44,610 --> 00:31:44,810  
呃  
  
842  
00:31:44,970 --> 00:31:45,730  
但在这呢  
  
843  
00:31:45,810 --> 00:31:48,410  
你可以如果是按照读取寸口的方法  
  
844  
00:31:48,410 --> 00:31:49,850  
这这个思想是对的  
  
845  
00:31:50,170 --> 00:31:52,250  
但是我们不得不发现一个问题啊  
  
846  
00:31:52,730 --> 00:31:55,230  
其实在伤寒论的时代  
  
847  
00:31:55,790 --> 00:31:58,710  
还是我上次说的那个货币退出历史舞台的道理  
  
848  
00:31:59,070 --> 00:32:03,050  
不是说电子货币出现那么纸质货币就消失了  
  
849  
00:32:03,290 --> 00:32:06,930  
可能过1000年以后，我们再跟谁聊这个事  
  
850  
00:32:06,930 --> 00:32:07,770  
别人不理解  
  
851  
00:32:09,290 --> 00:32:13,850  
但是当下的大家，我说这个事大家会都很能明白  
  
852  
00:32:14,130 --> 00:32:16,010  
那你兜里现在有的时候还拿纸币  
  
853  
00:32:16,010 --> 00:32:17,330  
是不是就是这个道理啊  
  
854  
00:32:17,610 --> 00:32:19,690  
但是你到哪也刷微信，对吧  
  
855  
00:32:19,810 --> 00:32:20,690  
也刷支付宝  
  
856  
00:32:20,960 --> 00:32:22,160  
咱们讲这么一个问题  
  
857  
00:32:22,800 --> 00:32:25,360  
那么这个就是当时我们讲叫什么呢  
  
858  
00:32:25,800 --> 00:32:27,930  
辩证法，那么阴指的是什么  
  
859  
00:32:27,930 --> 00:32:30,330  
阴指的是足少阴，阳说的呢  
  
860  
00:32:30,330 --> 00:32:32,860  
是足阜阳脉  
  
861  
00:32:32,900 --> 00:32:33,820  
阜阳就是阳明吧  
  
862  
00:32:34,420 --> 00:32:35,700  
哎，太溪扶阳之脉  
  
863  
00:32:35,980 --> 00:32:39,240  
那么无论是阳明脉还是少阴脉  
  
864  
00:32:39,760 --> 00:32:41,360  
为啥读取这两个呀  
  
865  
00:32:41,480 --> 00:32:42,000  
很简单  
  
866  
00:32:42,120 --> 00:32:43,640  
阳明少阴，两观津液  
  
867  
00:32:44,520 --> 00:32:44,720  
哎  
  
868  
00:32:45,120 --> 00:32:46,200  
就咱们说过这个问题  
  
869  
00:32:46,200 --> 00:32:46,880  
寒食相构  
  
870  
00:32:46,880 --> 00:32:47,560  
烽火相执  
  
871  
00:32:47,560 --> 00:32:48,160  
燥日相邻  
  
872  
00:32:48,560 --> 00:32:50,400  
阳明主燥，金少阴呢  
  
873  
00:32:50,400 --> 00:32:51,200  
主军火啊  
  
874  
00:32:51,200 --> 00:32:53,160  
那么这俩是正好是一对  
  
875  
00:32:54,580 --> 00:32:54,780  
呃  
  
876  
00:32:54,940 --> 00:32:58,780  
那么这个就能诊后出来他津液的那个盛衰的状态  
  
877  
00:32:59,020 --> 00:33:01,620  
那么你一摸，现在如果是阴阳俱微  
  
878  
00:33:01,870 --> 00:33:04,670  
那么说明他整个津液现在阴呢  
  
879  
00:33:04,790 --> 00:33:06,390  
都是一个啥样的不足嘛  
  
880  
00:33:07,240 --> 00:33:08,480  
之后你再看寸口  
  
881  
00:33:08,760 --> 00:33:10,520  
那么所以这块只能这么理解了  
  
882  
00:33:10,520 --> 00:33:12,120  
因此提示我们一个问题  
  
883  
00:33:13,650 --> 00:33:14,810  
伤寒也好，金匮也罢  
  
884  
00:33:15,690 --> 00:33:18,890  
如果他提到脉阴阳俱怎么样的时候  
  
885  
00:33:19,380 --> 00:33:22,860  
很有可能他说的就是辩证法，而不是读取村口  
  
886  
00:33:23,140 --> 00:33:24,020  
那么为啥要变真  
  
887  
00:33:24,140 --> 00:33:26,380  
因为有的时候能拿得清楚  
  
888  
00:33:26,380 --> 00:33:28,570  
有的时候拿不清，明白了吧  
  
889  
00:33:28,810 --> 00:33:28,970  
哎  
  
890  
00:33:28,970 --> 00:33:30,370  
有的时候你单单看寸口  
  
891  
00:33:30,370 --> 00:33:32,170  
看不清的时候你就需要用它，怎么办  
  
892  
00:33:32,490 --> 00:33:33,290  
再检验一下  
  
893  
00:33:33,330 --> 00:33:34,810  
就像是，呃  
  
894  
00:33:35,170 --> 00:33:37,290  
那么我们一看色脉  
  
895  
00:33:37,570 --> 00:33:38,930  
临床上不也总有那事吗  
  
896  
00:33:38,930 --> 00:33:40,330  
那天那个就在这屋  
  
897  
00:33:40,730 --> 00:33:43,290  
呃，有有一朋友跟我说一个事  
  
898  
00:33:43,290 --> 00:33:46,570  
说那个那个说哎呀  
  
899  
00:33:47,970 --> 00:33:49,370  
就就我们这房间，对吧  
  
900  
00:33:49,570 --> 00:33:53,010  
跟我说说张老师你你3年前告诉我弟弟  
  
901  
00:33:53,650 --> 00:33:55,610  
让他去查查那个肠道  
  
902  
00:33:56,460 --> 00:33:57,660  
那天您不也在场吗  
  
903  
00:33:58,220 --> 00:34:01,100  
然后说当时没去说  
  
904  
00:34:01,100 --> 00:34:03,140  
现在发现长东西了  
  
905  
00:34:03,940 --> 00:34:06,260  
就这么个事，儿那么古人啊  
  
906  
00:34:06,860 --> 00:34:08,300  
没有磁共振  
  
907  
00:34:09,060 --> 00:34:12,150  
古人也没有那个pad c ct  
  
908  
00:34:13,110 --> 00:34:13,670  
那怎么办  
  
909  
00:34:13,790 --> 00:34:14,790  
变诊明白了吧  
  
910  
00:34:14,790 --> 00:34:17,739  
那我们今天也是，那今天那个硬膜脉  
  
911  
00:34:17,739 --> 00:34:18,980  
那你说咋回事  
  
912  
00:34:18,980 --> 00:34:20,060  
那你说能好使吗  
  
913  
00:34:20,340 --> 00:34:22,060  
那得有得有印证啊  
  
914  
00:34:22,060 --> 00:34:22,739  
今天怎么印证  
  
915  
00:34:22,739 --> 00:34:23,860  
那你去做检查呗  
  
916  
00:34:24,320 --> 00:34:25,280  
所以今天在临床上  
  
917  
00:34:25,280 --> 00:34:26,320  
我经常有患者问我说  
  
918  
00:34:26,320 --> 00:34:27,520  
大夫，我是不是不用检查过  
  
919  
00:34:27,520 --> 00:34:28,960  
说错必须得去啊  
  
920  
00:34:29,320 --> 00:34:29,920  
必须得去  
  
921  
00:34:29,920 --> 00:34:31,440  
我不一定能看出来这个东西  
  
922  
00:34:31,440 --> 00:34:34,159  
你你一定得拿着检查说话  
  
923  
00:34:34,159 --> 00:34:36,239  
然后我们结合这个西医检查，中医治疗  
  
924  
00:34:36,239 --> 00:34:37,560  
这是我一贯主张啊  
  
925  
00:34:37,730 --> 00:34:39,010  
那你不检查怎么能印证  
  
926  
00:34:39,010 --> 00:34:39,969  
你有没有病  
  
927  
00:34:40,210 --> 00:34:42,050  
怎么能印证治疗有没有效呢  
  
928  
00:34:42,370 --> 00:34:42,810  
对吧  
  
929  
00:34:43,850 --> 00:34:48,409  
那所以这块呢是一个变诊和读取寸口的一个结合  
  
930  
00:34:48,889 --> 00:34:51,090  
读取寸口，这说寸口啊  
  
931  
00:34:51,530 --> 00:34:54,520  
这个关上微始终小减啊  
  
932  
00:34:54,560 --> 00:34:55,360  
齿终小减  
  
933  
00:34:56,480 --> 00:34:59,800  
那么这块就就就跟前文就合得上了  
  
934  
00:35:00,130 --> 00:35:01,970  
观赏为这块又变观上了呢  
  
935  
00:35:01,970 --> 00:35:04,010  
所以很多人读到这之后懵了啊  
  
936  
00:35:04,010 --> 00:35:06,810  
跟前头他一结合，发现矛盾其实矛盾吗  
  
937  
00:35:06,810 --> 00:35:07,930  
同学们不矛盾  
  
938  
00:35:08,340 --> 00:35:10,740  
这个你无论是寸口还是关上  
  
939  
00:35:11,530 --> 00:35:13,330  
那么他说的都是气血虚吧  
  
940  
00:35:13,810 --> 00:35:16,330  
那么齿中小锦齿是主里还是主外啊  
  
941  
00:35:17,000 --> 00:35:18,600  
尺竹里咱们说过这个问题  
  
942  
00:35:18,600 --> 00:35:20,280  
寸寸主外，尺足里嘛  
  
943  
00:35:20,280 --> 00:35:20,560  
对吧  
  
944  
00:35:20,880 --> 00:35:24,600  
那么尺中小锦那就说的里里头有瘀相呗  
  
945  
00:35:24,600 --> 00:35:25,600  
那里是啥呀  
  
946  
00:35:26,130 --> 00:35:27,370  
气为阳，血为阴嘛  
  
947  
00:35:27,730 --> 00:35:30,710  
那就是血现在堵上了，血凝上了  
  
948  
00:35:31,030 --> 00:35:31,830  
凝上了之后呢  
  
949  
00:35:31,830 --> 00:35:33,590  
结果这个人啊，怎么着呢  
  
950  
00:35:33,590 --> 00:35:35,870  
那么我们之前说血凝于敷者为闭  
  
951  
00:35:36,190 --> 00:35:37,470  
那么他啥症状啊  
  
952  
00:35:37,470 --> 00:35:39,230  
只有这一句话是讲这的  
  
953  
00:35:39,760 --> 00:35:40,440  
就这一句话  
  
954  
00:35:40,520 --> 00:35:42,120  
外证身体不仁，如封闭状  
  
955  
00:35:42,120 --> 00:35:43,600  
完事儿了啊  
  
956  
00:35:44,260 --> 00:35:48,740  
所以他其实真正描述症状的文笔不多，非常非常少  
  
957  
00:35:49,020 --> 00:35:49,620  
非常少  
  
958  
00:35:51,460 --> 00:35:53,580  
额外证身体不仁如封闭状  
  
959  
00:35:53,860 --> 00:35:55,740  
那么这时候该怎么办呢  
  
960  
00:35:56,320 --> 00:36:01,040  
那么给了我们一张方作为参考，叫黄芪桂枝五汤  
  
961  
00:36:01,620 --> 00:36:03,260  
呃，那么在这我补充一下啊  
  
962  
00:36:03,260 --> 00:36:06,670  
我个人用黄芪桂枝五汤的，临临证应用  
  
963  
00:36:06,950 --> 00:36:08,950  
那么大多数，我只说大多数啊  
  
964  
00:36:09,390 --> 00:36:11,190  
那么它非常典型的特点  
  
965  
00:36:11,830 --> 00:36:12,110  
呃  
  
966  
00:36:12,590 --> 00:36:17,510  
那么在座的同学们多数也都习惯了我看病的方式啊  
  
967  
00:36:17,510 --> 00:36:19,530  
因为都是我诊室的学生吧  
  
968  
00:36:19,530 --> 00:36:22,690  
那你你知道我看病很多时候先开方后聊天是吧  
  
969  
00:36:23,050 --> 00:36:24,170  
那先把这方开完了  
  
970  
00:36:24,170 --> 00:36:26,050  
然后我再问你有没有这些病  
  
971  
00:36:26,600 --> 00:36:26,800  
嗯  
  
972  
00:36:27,920 --> 00:36:28,800  
有就直接走  
  
973  
00:36:28,800 --> 00:36:29,920  
没有再说呗，对吧  
  
974  
00:36:30,480 --> 00:36:31,640  
那么就是就这么一个问题  
  
975  
00:36:31,640 --> 00:36:32,960  
那没有也是这范儿啊  
  
976  
00:36:33,440 --> 00:36:35,320  
没有也是这方，就是你还没出来呢  
  
977  
00:36:35,520 --> 00:36:37,760  
经常有患者是一一周之后  
  
978  
00:36:37,760 --> 00:36:39,440  
两周之后就有了哈  
  
979  
00:36:39,520 --> 00:36:40,640  
我那时候总逗他  
  
980  
00:36:40,640 --> 00:36:42,160  
我说这可不是我制出来的啊  
  
981  
00:36:42,160 --> 00:36:43,080  
也不是我咒的  
  
982  
00:36:43,240 --> 00:36:45,360  
那早就有你麦里没有我开这方干嘛呀  
  
983  
00:36:45,360 --> 00:36:45,640  
对吧  
  
984  
00:36:46,040 --> 00:36:47,160  
那么所谓这个  
  
985  
00:36:48,680 --> 00:36:49,400  
呃，我们讲  
  
986  
00:36:50,940 --> 00:36:53,180  
尺寸口关上微尺中小锦  
  
987  
00:36:53,180 --> 00:36:55,420  
其实它有一个特指，特指右寸  
  
988  
00:36:56,980 --> 00:36:58,380  
啊，这个你注意一下啊  
  
989  
00:36:58,500 --> 00:37:01,260  
这个你注意一下，他跟右寸关系颇大  
  
990  
00:37:01,540 --> 00:37:03,140  
那么往往有的时候你一搭手  
  
991  
00:37:03,770 --> 00:37:06,490  
右寸整个都是几乎摸不着  
  
992  
00:37:08,160 --> 00:37:10,240  
之后那个锦脉它不一定在哪  
  
993  
00:37:10,560 --> 00:37:13,440  
这个实话实说还真不一定在哪，呃  
  
994  
00:37:14,320 --> 00:37:15,440  
据我体会吧  
  
995  
00:37:16,510 --> 00:37:18,510  
呃，幼齿的时候还真是偏多  
  
996  
00:37:19,830 --> 00:37:20,030  
嗯  
  
997  
00:37:20,230 --> 00:37:25,000  
但这个可能跟地域跟这个人啊人群有关  
  
998  
00:37:25,080 --> 00:37:26,440  
我见到的是这样  
  
999  
00:37:26,840 --> 00:37:28,280  
你一看又尺呢  
  
1000  
00:37:28,520 --> 00:37:32,620  
又小又紧又寸，整个是一个一个啥样啊  
  
1001  
00:37:33,380 --> 00:37:36,160  
呃，丞相啊  
  
1002  
00:37:37,160 --> 00:37:40,770  
那么这个时候你考虑考虑啊，是不是这个  
  
1003  
00:37:40,930 --> 00:37:42,690  
当然量尺紧的时候也也多  
  
1004  
00:37:42,770 --> 00:37:44,130  
或者不一定是尺再关上  
  
1005  
00:37:44,330 --> 00:37:45,930  
总之得有那种什么他这个紧  
  
1006  
00:37:45,930 --> 00:37:47,050  
不是那种伤寒的紧  
  
1007  
00:37:47,550 --> 00:37:48,750  
这我说你能明白吗  
  
1008  
00:37:49,030 --> 00:37:50,680  
它是一种郁结  
  
1009  
00:37:50,680 --> 00:37:53,760  
就类似于偏紧中偏咸的一种感觉啊  
  
1010  
00:37:54,160 --> 00:37:55,520  
不是那种伤寒的紧  
  
1011  
00:37:56,080 --> 00:37:57,160  
呃，反正是堵这儿了  
  
1012  
00:37:57,360 --> 00:38:00,040  
甚至有时候你看这鼓个大包啊  
  
1013  
00:38:00,810 --> 00:38:03,690  
那个这个大包我指的是也也不大啊  
  
1014  
00:38:03,930 --> 00:38:05,730  
相对于它的脉来说偏大  
  
1015  
00:38:06,330 --> 00:38:08,130  
那么鼓鼓在这啊，堵着  
  
1016  
00:38:08,650 --> 00:38:09,450  
这时候怎么办  
  
1017  
00:38:09,610 --> 00:38:12,570  
那你说呃，血堵里头了  
  
1018  
00:38:13,610 --> 00:38:16,390  
外头气还没有，那咋整啊  
  
1019  
00:38:17,150 --> 00:38:18,990  
我们这时候就得想一个事  
  
1020  
00:38:19,270 --> 00:38:20,510  
所谓气为血之帅  
  
1021  
00:38:20,830 --> 00:38:21,590  
血为气之母  
  
1022  
00:38:21,710 --> 00:38:22,870  
气行则血，行吧  
  
1023  
00:38:23,780 --> 00:38:26,180  
这时候血堵了之后你再去补血  
  
1024  
00:38:26,220 --> 00:38:27,500  
不赶趟了也不行了  
  
1025  
00:38:27,780 --> 00:38:30,420  
这时候你就得行气行气把它打开  
  
1026  
00:38:30,540 --> 00:38:34,190  
所以这个方案里头，你整个看下来  
  
1027  
00:38:34,670 --> 00:38:37,430  
它的结构呢，是非常的鲜明的  
  
1028  
00:38:38,190 --> 00:38:38,470  
呃  
  
1029  
00:38:40,330 --> 00:38:43,930  
他是有有趣，有取有舍啊  
  
1030  
00:38:44,600 --> 00:38:47,200  
黄芪桂枝五汤，其实我们说呀  
  
1031  
00:38:47,770 --> 00:38:48,970  
他强调了一个问题  
  
1032  
00:38:49,010 --> 00:38:50,570  
五物，五物是啥概念啊  
  
1033  
00:38:51,090 --> 00:38:52,970  
那我们说，天一生水  
  
1034  
00:38:53,170 --> 00:38:53,810  
地六成之  
  
1035  
00:38:54,450 --> 00:38:55,050  
地二生火  
  
1036  
00:38:55,050 --> 00:38:58,090  
天七成之，午时居中在伤寒论之中  
  
1037  
00:38:58,250 --> 00:39:00,610  
桂枝汤方就是五味药  
  
1038  
00:39:01,270 --> 00:39:03,390  
取一个中午中正之象，对吧  
  
1039  
00:39:03,830 --> 00:39:04,590  
取于这个问题  
  
1040  
00:39:04,590 --> 00:39:05,670  
所以桂枝汤要戳粥  
  
1041  
00:39:05,750 --> 00:39:07,590  
他得从脾胃打开啊  
  
1042  
00:39:07,590 --> 00:39:10,680  
从脾胃去生气血，升营位啊  
  
1043  
00:39:10,680 --> 00:39:11,480  
去行营卫  
  
1044  
00:39:11,940 --> 00:39:15,300  
那么这个里头呢，就是桂枝汤的一个基础  
  
1045  
00:39:15,300 --> 00:39:18,100  
他说，五物其实就是告诉你法于桂枝  
  
1046  
00:39:18,660 --> 00:39:19,460  
取法桂枝  
  
1047  
00:39:20,030 --> 00:39:21,670  
但是它跟桂枝汤不一样  
  
1048  
00:39:22,230 --> 00:39:22,990  
哪不一样呢  
  
1049  
00:39:23,190 --> 00:39:24,190  
它去掉了一个药  
  
1050  
00:39:24,510 --> 00:39:25,270  
去掉谁啊  
  
1051  
00:39:26,350 --> 00:39:26,830  
去掉谁  
  
1052  
00:39:27,790 --> 00:39:29,310  
甘草，那为啥去甘草啊  
  
1053  
00:39:30,430 --> 00:39:31,550  
我们刚才讲了一个问题  
  
1054  
00:39:31,910 --> 00:39:34,030  
这个病的现在的病因病机  
  
1055  
00:39:34,910 --> 00:39:36,990  
内经讲叫血凝于浮者为闭  
  
1056  
00:39:37,390 --> 00:39:38,190  
我们这儿讲呢  
  
1057  
00:39:38,590 --> 00:39:40,270  
寸口关上微尺中小紧  
  
1058  
00:39:40,310 --> 00:39:44,190  
那么就是这个人整个是阳气的不通畅  
  
1059  
00:39:44,530 --> 00:39:45,610  
然后阴血呢  
  
1060  
00:39:45,690 --> 00:39:49,920  
凝在这，因此外不得开而内不得出  
  
1061  
00:39:50,400 --> 00:39:52,400  
那咱们现在是不是得让他出去啊  
  
1062  
00:39:53,230 --> 00:39:53,950  
是这理儿吧  
  
1063  
00:39:54,270 --> 00:39:55,430  
那你不能留忠啊  
  
1064  
00:39:55,670 --> 00:39:57,330  
那我们说，甘草啊  
  
1065  
00:39:57,570 --> 00:39:59,130  
它虽然和大枣都是甜的  
  
1066  
00:39:59,330 --> 00:40:00,850  
但大枣呢，长于补津液  
  
1067  
00:40:00,930 --> 00:40:02,810  
甘草是甘则缓之  
  
1068  
00:40:03,310 --> 00:40:06,990  
甘草能把所有的这个急的东西都让它缓下来  
  
1069  
00:40:07,510 --> 00:40:09,710  
我们这个叫甘则缓之吧  
  
1070  
00:40:10,240 --> 00:40:11,760  
那从这个角度上来说  
  
1071  
00:40:12,800 --> 00:40:13,080  
呃  
  
1072  
00:40:14,490 --> 00:40:19,170  
那么我们就把善于流中的这个甘草把它去掉  
  
1073  
00:40:19,730 --> 00:40:20,450  
这没错吧  
  
1074  
00:40:20,870 --> 00:40:21,070  
唉  
  
1075  
00:40:21,070 --> 00:40:23,270  
所以有的时候我我我见过啊  
  
1076  
00:40:23,270 --> 00:40:24,640  
有同学他问我说  
  
1077  
00:40:24,640 --> 00:40:25,600  
老师，黄芪桂枝五汤  
  
1078  
00:40:25,600 --> 00:40:27,680  
我总忘了是去大枣还是去甘草  
  
1079  
00:40:27,960 --> 00:40:28,880  
我这么跟他一讲  
  
1080  
00:40:28,880 --> 00:40:30,400  
我说你不用背翻歌了啊  
  
1081  
00:40:30,740 --> 00:40:32,060  
五味药你咋配方格  
  
1082  
00:40:32,060 --> 00:40:33,260  
你这么一听，你就明白了  
  
1083  
00:40:33,460 --> 00:40:36,100  
谁最缓就去谁，是不是这道理  
  
1084  
00:40:36,420 --> 00:40:37,740  
甘草最缓把它去掉  
  
1085  
00:40:38,060 --> 00:40:40,580  
那么去掉甘草之后，加一个谁呢  
  
1086  
00:40:41,620 --> 00:40:43,100  
加一黄芪是吧  
  
1087  
00:40:43,100 --> 00:40:44,060  
加一黄芪干什么  
  
1088  
00:40:44,060 --> 00:40:45,380  
咱们知道黄芪呀  
  
1089  
00:40:45,420 --> 00:40:49,790  
它这个把它切开，相如三焦之形状  
  
1090  
00:40:50,110 --> 00:40:51,150  
那么善于什么  
  
1091  
00:40:51,150 --> 00:40:52,350  
通行三焦吧  
  
1092  
00:40:52,790 --> 00:40:55,110  
那通行三焦之后，它就能行气呀  
  
1093  
00:40:55,600 --> 00:40:56,920  
所以气行则血行  
  
1094  
00:40:56,920 --> 00:40:58,200  
而且你注意一个问题啊  
  
1095  
00:40:58,590 --> 00:40:59,510  
黄芪桂枝乳汤  
  
1096  
00:40:59,550 --> 00:41:04,190  
我们在临床上，是不是一般情况下用黄芪量都比较喜欢大一点啊  
  
1097  
00:41:04,560 --> 00:41:08,160  
尤其你比如说你用那个补中益气类肾阳益胃汤等等啊  
  
1098  
00:41:08,160 --> 00:41:11,280  
那黄芪量一般的话，我们习惯于偏大  
  
1099  
00:41:11,590 --> 00:41:14,510  
但是黄芪桂枝桂枝五汤你注意一个问题  
  
1100  
00:41:14,750 --> 00:41:18,350  
它的黄芪的量跟桂枝芍药是一样的  
  
1101  
00:41:19,350 --> 00:41:21,430  
那么这个你发现了吧啊  
  
1102  
00:41:21,430 --> 00:41:25,190  
那么也有的时候，我们未来用的时候也有黄芪的量会更小啊  
  
1103  
00:41:25,190 --> 00:41:26,870  
所以这个里头你你你注意啊  
  
1104  
00:41:27,150 --> 00:41:29,190  
那为什么它的量是一样大  
  
1105  
00:41:30,170 --> 00:41:30,730  
在这呢  
  
1106  
00:41:30,730 --> 00:41:32,930  
就是说我们这个方呢  
  
1107  
00:41:33,250 --> 00:41:37,560  
它的黄芪是要服务于桂枝芍药跟它要  
  
1108  
00:41:37,960 --> 00:41:40,840  
它不是说谁是君谁是臣的问题啊  
  
1109  
00:41:40,840 --> 00:41:43,380  
那有的时候其实我们不说绝对  
  
1110  
00:41:43,380 --> 00:41:44,660  
但是大多数情况下  
  
1111  
00:41:44,660 --> 00:41:46,220  
一般军药的量会大一点  
  
1112  
00:41:46,340 --> 00:41:48,900  
就是谁占股权多，谁说了算  
  
1113  
00:41:49,220 --> 00:41:50,980  
这是一个非常简单的道理  
  
1114  
00:41:51,720 --> 00:41:53,520  
你股份多，你就你就说了算嘛  
  
1115  
00:41:53,520 --> 00:41:55,480  
那么黄芪你你的力量大  
  
1116  
00:41:55,480 --> 00:41:56,720  
你就掌握这个东西方向  
  
1117  
00:41:56,720 --> 00:41:58,560  
就像我们之前说的那个黄芪地黄汤  
  
1118  
00:41:59,080 --> 00:42:01,290  
那为什么地黄的量大呀  
  
1119  
00:42:01,610 --> 00:42:02,930  
那不就是他得说了算  
  
1120  
00:42:02,930 --> 00:42:06,450  
得整个阴血得蒸腾上去，去忌这个心火嘛  
  
1121  
00:42:06,450 --> 00:42:07,610  
得补这个心血嘛  
  
1122  
00:42:07,890 --> 00:42:09,570  
去治这个心主神明的问题吗  
  
1123  
00:42:09,890 --> 00:42:11,010  
那咱们这也是一样  
  
1124  
00:42:11,010 --> 00:42:15,100  
黄芪，我不能让你大剂量的去通行三焦  
  
1125  
00:42:15,420 --> 00:42:18,380  
我只是用你跟桂枝一样的作用之后  
  
1126  
00:42:18,660 --> 00:42:20,380  
那么就能让黄芪干什么  
  
1127  
00:42:20,460 --> 00:42:22,220  
走表，这大家明白了吧  
  
1128  
00:42:22,540 --> 00:42:25,680  
那么这里头黄旗不是开门的  
  
1129  
00:42:26,040 --> 00:42:29,320  
而是关门的我，我说这个问题我不知道大家能不能理解  
  
1130  
00:42:29,600 --> 00:42:31,080  
你想用黄鸡开门的时候  
  
1131  
00:42:31,080 --> 00:42:33,080  
你就把它把把它量用大一点  
  
1132  
00:42:33,870 --> 00:42:36,990  
但反之你想用它关门，你量还不能大  
  
1133  
00:42:37,230 --> 00:42:38,230  
我这是什么意思啊  
  
1134  
00:42:38,270 --> 00:42:41,230  
开门，其实我这一说大家有的时候有的人懵了  
  
1135  
00:42:41,490 --> 00:42:42,290  
开门就是行  
  
1136  
00:42:42,290 --> 00:42:43,930  
三焦这个我经常跟你们讲  
  
1137  
00:42:44,180 --> 00:42:45,500  
我说有的时候在临床上  
  
1138  
00:42:45,500 --> 00:42:47,220  
因为我们很多药的起手量呢  
  
1139  
00:42:47,620 --> 00:42:48,740  
20克上下吧  
  
1140  
00:42:48,860 --> 00:42:49,980  
二三十克这样啊  
  
1141  
00:42:50,020 --> 00:42:50,620  
都是这样  
  
1142  
00:42:50,940 --> 00:42:52,460  
呃，一般我是习惯这样  
  
1143  
00:42:52,850 --> 00:42:56,610  
那么这个通常我们用黄芪你就不能太少  
  
1144  
00:42:56,690 --> 00:42:59,400  
因为有的时候有些人，咱打打比方  
  
1145  
00:42:59,400 --> 00:43:00,240  
他血压还高  
  
1146  
00:43:00,640 --> 00:43:01,160  
血压高  
  
1147  
00:43:01,160 --> 00:43:02,600  
你用黄芪30克坏了  
  
1148  
00:43:02,920 --> 00:43:04,360  
那血压蹭就上去了吧  
  
1149  
00:43:04,850 --> 00:43:06,290  
那么你运用到50的时候  
  
1150  
00:43:06,290 --> 00:43:07,490  
他血压还是会升高  
  
1151  
00:43:07,970 --> 00:43:12,280  
70之后血压开始能下降100左右  
  
1152  
00:43:12,360 --> 00:43:14,880  
血压就明显的有一个中性调节作用  
  
1153  
00:43:15,040 --> 00:43:16,640  
你要用150以上啊  
  
1154  
00:43:16,830 --> 00:43:17,710  
你就得注意了  
  
1155  
00:43:17,710 --> 00:43:20,150  
你别给整成低血压咱是这么讲的吧  
  
1156  
00:43:20,470 --> 00:43:23,310  
它整个的那个其实就是你流动程度的快慢  
  
1157  
00:43:23,310 --> 00:43:25,360  
你流的快，你流的慢一点  
  
1158  
00:43:25,360 --> 00:43:26,320  
他是给你动力了  
  
1159  
00:43:26,640 --> 00:43:28,000  
流太快啥也没有了  
  
1160  
00:43:28,650 --> 00:43:29,450  
就这么一个道理  
  
1161  
00:43:29,450 --> 00:43:30,730  
你点一点火能取暖  
  
1162  
00:43:31,250 --> 00:43:33,970  
点火点大了它炸了，是这个道理吧  
  
1163  
00:43:34,330 --> 00:43:35,050  
就这么简单  
  
1164  
00:43:35,410 --> 00:43:36,330  
那么黄芪也是  
  
1165  
00:43:36,730 --> 00:43:40,470  
它舍弃了大量的这个开三焦的作用  
  
1166  
00:43:40,790 --> 00:43:43,150  
那么保持了和桂枝一样的作用  
  
1167  
00:43:43,150 --> 00:43:45,590  
它就有一个什么作用叫使表  
  
1168  
00:43:46,410 --> 00:43:47,850  
实表不就是把门关上吗  
  
1169  
00:43:48,210 --> 00:43:48,930  
把门关上  
  
1170  
00:43:49,250 --> 00:43:51,130  
那么桂枝芍药也好  
  
1171  
00:43:51,250 --> 00:43:56,510  
这些通行的药才能把它的定位作用在啥地方皮肤上  
  
1172  
00:43:58,040 --> 00:43:59,240  
这个大家能理解吧  
  
1173  
00:43:59,760 --> 00:44:02,550  
你才能把他的力量稳定的  
  
1174  
00:44:02,950 --> 00:44:04,310  
这个是一门技术活啊  
  
1175  
00:44:04,630 --> 00:44:07,230  
作用于皮肤上，那为啥要作用于皮肤上  
  
1176  
00:44:07,470 --> 00:44:09,110  
因为血凝于敷者为壁  
  
1177  
00:44:09,560 --> 00:44:11,440  
因为外政不仁对吧  
  
1178  
00:44:11,440 --> 00:44:12,400  
啥叫外政不仁啊  
  
1179  
00:44:12,720 --> 00:44:17,160  
外证身体不仁就是你你他的主要症状是身上很多地方  
  
1180  
00:44:17,160 --> 00:44:19,520  
尤其是皮肤感知下降  
  
1181  
00:44:19,560 --> 00:44:20,720  
身体迟钝，没有知觉  
  
1182  
00:44:22,000 --> 00:44:22,560  
对不对  
  
1183  
00:44:22,880 --> 00:44:23,800  
那既然这样的话  
  
1184  
00:44:23,960 --> 00:44:28,360  
那么你主要就要以皮肤作为它的一个药力的定位  
  
1185  
00:44:28,640 --> 00:44:29,560  
那这个怎么定位  
  
1186  
00:44:29,640 --> 00:44:32,590  
用黄芪去实表，行三焦实表  
  
1187  
00:44:32,830 --> 00:44:34,190  
但是还不能行得太过  
  
1188  
00:44:35,110 --> 00:44:36,470  
那么怎么不能太过  
  
1189  
00:44:36,470 --> 00:44:39,010  
就是跟桂枝一个量，它就能在皮肤上  
  
1190  
00:44:39,010 --> 00:44:40,330  
因此提示我们一个问题  
  
1191  
00:44:40,570 --> 00:44:43,930  
如果以后我们在临床上要主治一些皮肤病症  
  
1192  
00:44:44,320 --> 00:44:48,430  
那么你最好把黄芪跟它其中的君药、臣药  
  
1193  
00:44:48,870 --> 00:44:50,390  
让它的剂量相当  
  
1194  
00:44:50,790 --> 00:44:52,630  
那么它就能比较稳定的  
  
1195  
00:44:52,630 --> 00:44:55,710  
让它的整个方的力量作用于皮肤  
  
1196  
00:44:56,100 --> 00:44:56,300  
啊  
  
1197  
00:44:56,300 --> 00:44:57,780  
这是它的一个内在结构  
  
1198  
00:44:58,490 --> 00:44:58,690  
嗯  
  
1199  
00:44:58,810 --> 00:45:00,090  
关于黄芪桂枝五汤  
  
1200  
00:45:00,170 --> 00:45:01,690  
我们不过多赘述啊  
  
1201  
00:45:01,690 --> 00:45:05,570  
那么主要讲的就是这些在临床上拿的，治什么我更喜欢  
  
1202  
00:45:05,650 --> 00:45:07,410  
那么有有很多人说说治一些  
  
1203  
00:45:07,670 --> 00:45:11,070  
比如说痹症啊，或者是皮肤感知障碍啊  
  
1204  
00:45:11,370 --> 00:45:11,570  
呃  
  
1205  
00:45:11,650 --> 00:45:15,090  
但是我在临床上反正就是跟麦走，你看到幼寸不足  
  
1206  
00:45:15,570 --> 00:45:18,610  
然后里头呢，有这种形小而紧向  
  
1207  
00:45:19,030 --> 00:45:20,710  
那么你就可以去从这切入  
  
1208  
00:45:20,830 --> 00:45:23,910  
看看是不是有类似的症状出现  
  
1209  
00:45:24,310 --> 00:45:25,870  
类似的，如封闭状的  
  
1210  
00:45:26,310 --> 00:45:27,950  
它如封闭不是封闭啊  
  
1211  
00:45:28,310 --> 00:45:29,230  
大家注意这个问题  
  
1212  
00:45:29,510 --> 00:45:29,710  
呃  
  
1213  
00:45:29,710 --> 00:45:31,950  
这个状出现，如果是的话  
  
1214  
00:45:32,350 --> 00:45:34,030  
那么这方就可以用了啊  
  
1215  
00:45:34,580 --> 00:45:35,140  
呃好  
  
1216  
00:45:35,220 --> 00:45:35,940  
这堂课呢  
  
1217  
00:45:35,940 --> 00:45:38,620  
我们先到这，下一节课我们内容比较多啊  
  
1218  
00:45:38,620 --> 00:45:42,100  
给大家好好聊一聊这个这个虚老啊，下课