1  
00:00:03,240 --> 00:00:04,560  
好，各位同学们  
  
2  
00:00:05,600 --> 00:00:08,640  
我们接着聊咱们的金匮要略啊  
  
3  
00:00:09,500 --> 00:00:13,140  
那么上次呢，咱们讲到了虚劳啊  
  
4  
00:00:13,140 --> 00:00:16,540  
他相应的诗经，家的脉政和他的政治  
  
5  
00:00:17,090 --> 00:00:19,250  
咱们今天呢，接着往徐牢后面讲啊  
  
6  
00:00:19,250 --> 00:00:20,650  
把徐劳篇说完  
  
7  
00:00:21,570 --> 00:00:21,770  
呃  
  
8  
00:00:21,850 --> 00:00:25,450  
看一下，血痹虚劳篇第九条啊  
  
9  
00:00:25,610 --> 00:00:27,010  
一开篇说了这么一个事  
  
10  
00:00:27,410 --> 00:00:30,010  
男子评人脉虚弱，细微者  
  
11  
00:00:30,210 --> 00:00:30,890  
喜盗汗也  
  
12  
00:00:30,890 --> 00:00:32,049  
他这讲的什么问题呢  
  
13  
00:00:32,409 --> 00:00:33,210  
评人，什么呀  
  
14  
00:00:33,250 --> 00:00:36,970  
源于素问的平人气象论，病人脏无他病啊  
  
15  
00:00:36,970 --> 00:00:38,880  
他没什么基础病  
  
16  
00:00:39,400 --> 00:00:40,400  
但是就是这人啊  
  
17  
00:00:40,840 --> 00:00:44,800  
脉本身是一个这个虚弱微细之象啊  
  
18  
00:00:44,840 --> 00:00:47,700  
他脉本身脉体呢  
  
19  
00:00:48,610 --> 00:00:49,170  
呃，不大  
  
20  
00:00:49,210 --> 00:00:50,290  
而且卖力不足  
  
21  
00:00:50,850 --> 00:00:53,890  
那这样一个人发现呢，他就怎么样啊  
  
22  
00:00:53,890 --> 00:00:54,730  
就愿意盗汗  
  
23  
00:00:55,450 --> 00:00:57,890  
其实我们这个情况在临床中我们见得很多啊  
  
24  
00:00:57,890 --> 00:00:59,250  
很多人说到了岁数  
  
25  
00:00:59,250 --> 00:01:00,810  
一定岁数之后没事  
  
26  
00:01:00,810 --> 00:01:01,850  
他就出汗是吧  
  
27  
00:01:02,210 --> 00:01:02,410  
哎  
  
28  
00:01:02,410 --> 00:01:03,570  
那么到这个时候  
  
29  
00:01:04,720 --> 00:01:04,920  
呃  
  
30  
00:01:06,640 --> 00:01:07,920  
那就是营尾虚弱啊  
  
31  
00:01:08,160 --> 00:01:11,850  
那么痨病的一个初始的先兆  
  
32  
00:01:12,290 --> 00:01:14,050  
古人讲叫履霜坚冰至  
  
33  
00:01:14,170 --> 00:01:16,050  
你看见这个盗汗出来了  
  
34  
00:01:16,050 --> 00:01:17,010  
一摸脉虚了  
  
35  
00:01:17,010 --> 00:01:18,650  
这时候人就需要调整了啊  
  
36  
00:01:19,450 --> 00:01:21,490  
那么下头第十条讲这么一个事  
  
37  
00:01:22,250 --> 00:01:23,370  
人年五六十  
  
38  
00:01:24,640 --> 00:01:25,600  
他这个年龄啊  
  
39  
00:01:25,960 --> 00:01:26,480  
啥概念  
  
40  
00:01:27,600 --> 00:01:28,960  
说这个时候多发啊  
  
41  
00:01:28,960 --> 00:01:30,080  
大概就是五六十岁  
  
42  
00:01:30,560 --> 00:01:32,120  
五六十岁多发什么毛病呢  
  
43  
00:01:33,390 --> 00:01:35,030  
讲气病脉大者  
  
44  
00:01:35,150 --> 00:01:37,190  
那么大家发现，其实虚劳治病  
  
45  
00:01:37,590 --> 00:01:39,990  
很多时候他的脉不是一个细小之脉  
  
46  
00:01:40,390 --> 00:01:41,390  
相反是一个大脉  
  
47  
00:01:41,390 --> 00:01:42,270  
这个很正常啊  
  
48  
00:01:42,590 --> 00:01:44,630  
我们说痨病是人一个主观  
  
49  
00:01:45,590 --> 00:01:47,470  
他在输出的一个疾病吧  
  
50  
00:01:48,400 --> 00:01:49,680  
虚是虚，劳是劳啊  
  
51  
00:01:50,080 --> 00:01:54,450  
那么痨病是人明知道不可为而强为之，强弩之末  
  
52  
00:01:54,810 --> 00:01:55,930  
那么这个时候它的脉呢  
  
53  
00:01:55,930 --> 00:01:56,930  
为什么是一个大麦  
  
54  
00:01:57,290 --> 00:01:58,530  
本身它一直在输出  
  
55  
00:01:58,950 --> 00:02:00,550  
所以麦形是一个大麦啊  
  
56  
00:02:00,550 --> 00:02:02,470  
因此劳麦是是是这样的  
  
57  
00:02:02,550 --> 00:02:05,590  
在临床上呃，出现什么问题呢  
  
58  
00:02:06,480 --> 00:02:09,240  
闭狭背行痹就是避痛的意思  
  
59  
00:02:09,630 --> 00:02:11,310  
那么沿着整个后背呢  
  
60  
00:02:11,670 --> 00:02:12,630  
人会出现痹痛  
  
61  
00:02:12,910 --> 00:02:14,870  
那比如说我们到50岁的时候  
  
62  
00:02:14,870 --> 00:02:17,000  
有一个病叫50肩啊  
  
63  
00:02:17,360 --> 00:02:18,440  
比如说腰肌劳损  
  
64  
00:02:18,680 --> 00:02:21,680  
那么等等啊，都会出现在这个年龄比较高发  
  
65  
00:02:22,150 --> 00:02:22,990  
那么这个呢  
  
66  
00:02:23,030 --> 00:02:26,910  
就提示了我们内经讲的这个男子，八八之妻  
  
67  
00:02:27,270 --> 00:02:29,440  
所谓785 16啊  
  
68  
00:02:29,440 --> 00:02:30,040  
56岁  
  
69  
00:02:30,040 --> 00:02:32,400  
那么这个时候是比较敏感了  
  
70  
00:02:33,250 --> 00:02:34,450  
额，后头说了一个事  
  
71  
00:02:34,450 --> 00:02:37,690  
儿皎若长鸣刀马侠影者  
  
72  
00:02:38,500 --> 00:02:39,660  
皆为劳得之  
  
73  
00:02:40,060 --> 00:02:42,660  
那么长鸣刀马侠影是啥意思啊  
  
74  
00:02:42,660 --> 00:02:45,890  
首先提解释一下这个刀马侠影影啊  
  
75  
00:02:45,930 --> 00:02:47,570  
这个就是我们说的影流  
  
76  
00:02:49,240 --> 00:02:51,040  
那么老百姓叫什么  
  
77  
00:02:51,040 --> 00:02:52,800  
后来叫裸力啊  
  
78  
00:02:53,000 --> 00:02:53,560  
东北呢  
  
79  
00:02:53,680 --> 00:02:54,880  
土话叫气馁  
  
80  
00:02:55,320 --> 00:02:56,000  
咱们听说了吧  
  
81  
00:02:56,320 --> 00:02:59,610  
那么多发于这个下颌啊  
  
82  
00:02:59,650 --> 00:03:04,160  
人的这个这个颌下淋巴这块长一个大包  
  
83  
00:03:05,160 --> 00:03:05,360  
呃  
  
84  
00:03:05,720 --> 00:03:07,040  
刀马是说什么呀  
  
85  
00:03:07,040 --> 00:03:09,320  
他讲的是中国古代的一种农作物  
  
86  
00:03:09,320 --> 00:03:10,160  
叫刀马窦  
  
87  
00:03:10,760 --> 00:03:12,440  
貌似荷兰豆啊  
  
88  
00:03:12,560 --> 00:03:13,680  
跟荷兰豆长得很像  
  
89  
00:03:13,880 --> 00:03:15,200  
那为啥用它比喻呢  
  
90  
00:03:15,520 --> 00:03:19,680  
那就是说，这个荷兰豆里是不是这个鼓的这个豆子它是一串的呀  
  
91  
00:03:20,200 --> 00:03:21,320  
那它的走形呢  
  
92  
00:03:21,320 --> 00:03:24,160  
实际上就跟人的淋巴走形比较一致了  
  
93  
00:03:24,400 --> 00:03:25,760  
因此从这个角度上来说  
  
94  
00:03:25,760 --> 00:03:30,590  
我们说此病多发于什么淋巴结核啊  
  
95  
00:03:30,630 --> 00:03:33,470  
那么咱们知道淋巴结核一般是啥造成的呢  
  
96  
00:03:33,710 --> 00:03:35,670  
那么当现代医学角度看啊  
  
97  
00:03:35,670 --> 00:03:39,700  
比如说这这个结结结合结合问题，对不对啊  
  
98  
00:03:40,100 --> 00:03:40,380  
唉  
  
99  
00:03:40,920 --> 00:03:42,880  
那个结核病那么很多啊  
  
100  
00:03:42,880 --> 00:03:44,120  
都会结核杆菌啊  
  
101  
00:03:44,400 --> 00:03:45,840  
引起这个问题，呃  
  
102  
00:03:45,840 --> 00:03:46,560  
所以在这呢  
  
103  
00:03:46,680 --> 00:03:48,560  
我说这么俩事，第一  
  
104  
00:03:49,700 --> 00:03:53,300  
那么从我们中医的角度看啊  
  
105  
00:03:53,620 --> 00:03:58,310  
那么这个虚劳的劳和我们后来说的肺结核，他俩有没有关系  
  
106  
00:03:58,390 --> 00:03:59,870  
我认为关系是非常大的  
  
107  
00:04:00,110 --> 00:04:01,830  
为什么我们中医后来呢  
  
108  
00:04:02,110 --> 00:04:03,030  
他说这个劳呢  
  
109  
00:04:03,030 --> 00:04:03,990  
是什么叫劳虫  
  
110  
00:04:04,230 --> 00:04:04,910  
咱们知道吧  
  
111  
00:04:05,530 --> 00:04:08,370  
那么他首先是把这个东西跟虫类疾病  
  
112  
00:04:08,850 --> 00:04:10,730  
他俩主观地联系到了一块儿  
  
113  
00:04:11,030 --> 00:04:11,550  
古人呢  
  
114  
00:04:11,630 --> 00:04:12,990  
在内难时期  
  
115  
00:04:13,350 --> 00:04:16,670  
他很多时候强调这个劳劳的这个病因  
  
116  
00:04:17,040 --> 00:04:18,360  
但是到后来的时候呢  
  
117  
00:04:18,360 --> 00:04:19,440  
他加了一个病字旁  
  
118  
00:04:19,839 --> 00:04:22,720  
这个里头他就也强调了这个什么问题啊  
  
119  
00:04:23,040 --> 00:04:24,520  
所谓的传染病的问题  
  
120  
00:04:24,900 --> 00:04:25,620  
劳虫的问题  
  
121  
00:04:25,900 --> 00:04:28,160  
那么，由于很多历史原因呢  
  
122  
00:04:28,200 --> 00:04:29,880  
很多人可能不知道啊  
  
123  
00:04:29,880 --> 00:04:32,280  
我们中医其实治肺结核效果非常好  
  
124  
00:04:32,520 --> 00:04:34,240  
我们诊室现在就有肺结核患者啊  
  
125  
00:04:34,440 --> 00:04:38,410  
而且基本上到咱们中医这来治的肺结核患者  
  
126  
00:04:38,410 --> 00:04:39,530  
他往往有一个共性  
  
127  
00:04:39,930 --> 00:04:42,690  
也就是按照现代临床常规治疗，效果欠佳  
  
128  
00:04:43,270 --> 00:04:44,750  
最后才来找中医  
  
129  
00:04:45,350 --> 00:04:46,310  
那么呃  
  
130  
00:04:46,510 --> 00:04:47,910  
尺有所短，寸有所长啊  
  
131  
00:04:47,910 --> 00:04:49,910  
我们各自有各自擅长的东西  
  
132  
00:04:50,390 --> 00:04:53,790  
那么为啥有的时候我们说现在临床你你治肺结核  
  
133  
00:04:54,870 --> 00:04:55,430  
它效果不好  
  
134  
00:04:55,430 --> 00:04:56,510  
反而用中医效果好  
  
135  
00:04:56,510 --> 00:04:57,230  
原因很简单  
  
136  
00:04:57,590 --> 00:04:58,150  
这个病啊  
  
137  
00:04:58,150 --> 00:04:59,190  
它长在人身上  
  
138  
00:04:59,800 --> 00:05:03,520  
我在临床上体会很多比较顽固的、比较难治的结核病  
  
139  
00:05:03,960 --> 00:05:05,920  
往往它的特点都是什么样呢  
  
140  
00:05:06,320 --> 00:05:08,880  
这个人就是换句话说就是需要休息  
  
141  
00:05:10,040 --> 00:05:10,240  
嗯  
  
142  
00:05:10,320 --> 00:05:13,040  
就是用我们东北话讲，就是人造还坏了  
  
143  
00:05:13,040 --> 00:05:13,320  
对吧  
  
144  
00:05:13,600 --> 00:05:14,880  
那么这个时候才得劳症  
  
145  
00:05:15,200 --> 00:05:18,040  
因此说这个我们说劳劳累的劳啊  
  
146  
00:05:18,380 --> 00:05:20,860  
和后世我们说肺结核的这个痨虫的劳  
  
147  
00:05:21,340 --> 00:05:24,340  
它俩是否有一个本质的联系  
  
148  
00:05:24,380 --> 00:05:25,780  
是否是一体之两面  
  
149  
00:05:26,270 --> 00:05:27,270  
一个是从人看  
  
150  
00:05:27,270 --> 00:05:29,910  
一个是从传染源看的一个东西  
  
151  
00:05:30,390 --> 00:05:31,990  
那么这个呢，我们需要思考  
  
152  
00:05:32,440 --> 00:05:34,860  
因此在临床上我们的痨病篇  
  
153  
00:05:35,220 --> 00:05:36,580  
那么也给我们一个启发  
  
154  
00:05:36,860 --> 00:05:38,260  
你以后治结核的时候呢  
  
155  
00:05:38,420 --> 00:05:40,180  
是否要考虑一下虚劳的因素  
  
156  
00:05:40,540 --> 00:05:44,650  
而且虚劳的方，你比如说我们的属于丸等等  
  
157  
00:05:44,930 --> 00:05:46,450  
实际上在治肺结核的时候  
  
158  
00:05:46,450 --> 00:05:47,770  
效果都是很不错的啊  
  
159  
00:05:47,850 --> 00:05:48,610  
很不错的  
  
160  
00:05:48,960 --> 00:05:51,720  
那么所谓肠鸣，我们怎么讲啊  
  
161  
00:05:52,000 --> 00:05:55,000  
那咱们知道这个所说结核杆菌的一个  
  
162  
00:05:55,480 --> 00:05:58,410  
这个体肺外的一个常见感染  
  
163  
00:05:58,650 --> 00:06:01,610  
那么往往是会出现在肠道啊  
  
164  
00:06:01,610 --> 00:06:03,170  
这个跟我们中医解释也很清楚  
  
165  
00:06:03,170 --> 00:06:05,930  
就是所谓肺和大肠怎么样相表里啊  
  
166  
00:06:05,930 --> 00:06:07,170  
在这不多说  
  
167  
00:06:07,250 --> 00:06:07,850  
不赘述  
  
168  
00:06:08,350 --> 00:06:09,230  
后头说这么一个事  
  
169  
00:06:09,230 --> 00:06:13,250  
儿脉沉小迟辰则主李小呢  
  
170  
00:06:13,250 --> 00:06:14,690  
说的是脉体质不足，迟  
  
171  
00:06:14,690 --> 00:06:15,450  
说的是寒象  
  
172  
00:06:15,770 --> 00:06:17,250  
这种状态就叫脱气  
  
173  
00:06:17,750 --> 00:06:19,870  
那么到脱的程度那就很严重了吧  
  
174  
00:06:20,110 --> 00:06:20,990  
以至于什么呢  
  
175  
00:06:20,990 --> 00:06:24,270  
这个人急行，则什么喘贺你  
  
176  
00:06:24,270 --> 00:06:27,810  
你走步走的快了两步，这人就开始喘  
  
177  
00:06:28,520 --> 00:06:28,720  
呃  
  
178  
00:06:29,080 --> 00:06:32,560  
那这种情况其实我直观的就能想起来很多肺病  
  
179  
00:06:32,640 --> 00:06:34,450  
你比如说减脂费啊  
  
180  
00:06:34,490 --> 00:06:35,650  
那么在这种状态之下  
  
181  
00:06:35,930 --> 00:06:37,690  
一运动就呼吸就不行了  
  
182  
00:06:38,010 --> 00:06:40,770  
手足逆寒腹满，甚则什么呢  
  
183  
00:06:41,300 --> 00:06:42,540  
糖泻，食不消化  
  
184  
00:06:42,980 --> 00:06:44,260  
那么在这大家注意一个问题  
  
185  
00:06:44,260 --> 00:06:46,300  
这给我们一个很重要的启示  
  
186  
00:06:46,720 --> 00:06:47,720  
在临床之中  
  
187  
00:06:47,760 --> 00:06:51,040  
往往治疗肺系疾病的时候，你需要考虑脾  
  
188  
00:06:52,690 --> 00:06:53,290  
为什么  
  
189  
00:06:53,290 --> 00:06:55,530  
因为脾能生肺金  
  
190  
00:06:56,210 --> 00:06:57,730  
脾土生肺金啊  
  
191  
00:06:57,730 --> 00:07:01,930  
这个是在临床中一个很很生动的也很常见的一个问题  
  
192  
00:07:02,290 --> 00:07:05,050  
那比如说我们的小青龙里头为啥要加半夏干姜啊  
  
193  
00:07:05,640 --> 00:07:06,600  
其实就是这个概念  
  
194  
00:07:06,600 --> 00:07:11,000  
你只有脾土能温肺金才能正常地气化啊  
  
195  
00:07:13,120 --> 00:07:16,680  
后头这块还有一段讲的是诗经的脉证  
  
196  
00:07:17,560 --> 00:07:19,580  
呃，脉弦而大  
  
197  
00:07:20,380 --> 00:07:22,620  
他这有一个自解的问题啊  
  
198  
00:07:22,620 --> 00:07:23,860  
就是什么是叫弦大  
  
199  
00:07:23,900 --> 00:07:25,700  
他自己就说了，弦为简  
  
200  
00:07:25,740 --> 00:07:26,340  
大为抠  
  
201  
00:07:27,080 --> 00:07:28,520  
那么减减的是什么东西呢  
  
202  
00:07:28,520 --> 00:07:31,760  
我们今天已经不太熟悉用这个字了吧  
  
203  
00:07:32,160 --> 00:07:33,840  
那么后头又给你解释了简为寒  
  
204  
00:07:33,880 --> 00:07:34,680  
那你就明白了  
  
205  
00:07:35,040 --> 00:07:36,680  
简说明阳气衰减  
  
206  
00:07:37,650 --> 00:07:39,410  
阳气衰减了之后，人就寒了吗  
  
207  
00:07:39,690 --> 00:07:40,690  
那么抠是啥呀  
  
208  
00:07:40,690 --> 00:07:41,250  
抠是虚  
  
209  
00:07:41,970 --> 00:07:45,130  
那么虚寒相团，就这两个病机交织到了一起  
  
210  
00:07:45,650 --> 00:07:49,900  
所谓呃连寒带虚交织到一起之后，此名为葛  
  
211  
00:07:50,060 --> 00:07:53,570  
因此临床上葛脉的脉证应该啥样  
  
212  
00:07:53,570 --> 00:07:56,760  
这块给你一个玄门正宗的解释，对吧  
  
213  
00:07:56,920 --> 00:07:59,320  
最标准的解释它就是应该是呃  
  
214  
00:07:59,560 --> 00:08:01,080  
既咸又大，一按呢  
  
215  
00:08:01,080 --> 00:08:01,680  
还是一个抠  
  
216  
00:08:01,680 --> 00:08:04,370  
像，那么这种通常出现在啥里头  
  
217  
00:08:04,770 --> 00:08:05,970  
妇人则半产漏下  
  
218  
00:08:06,210 --> 00:08:08,010  
男子则什么亡血失精  
  
219  
00:08:08,290 --> 00:08:09,930  
这个在临床上非常生动  
  
220  
00:08:10,430 --> 00:08:11,830  
那么王雪诗经这个啊  
  
221  
00:08:11,910 --> 00:08:13,630  
那么我们上次说过  
  
222  
00:08:13,990 --> 00:08:16,030  
呃脉也会出现一个大而抠的  
  
223  
00:08:16,030 --> 00:08:18,590  
像这种有的时候你在门诊上一搭手  
  
224  
00:08:19,150 --> 00:08:20,230  
这人脉偏大  
  
225  
00:08:20,270 --> 00:08:21,590  
一按如葱管  
  
226  
00:08:22,090 --> 00:08:25,690  
那么你就问问他是不是有过失血的问题  
  
227  
00:08:26,050 --> 00:08:26,930  
如果没有呢  
  
228  
00:08:26,930 --> 00:08:30,090  
男子，你就可以问问有没有遗精滑精  
  
229  
00:08:30,690 --> 00:08:35,590  
女子很多很多都是伤于经代胎产，这个特别多  
  
230  
00:08:35,630 --> 00:08:37,270  
包括一些血液的崩漏  
  
231  
00:08:37,669 --> 00:08:39,030  
这个里头一搭一个准  
  
232  
00:08:39,070 --> 00:08:40,390  
你基本上一看，啊  
  
233  
00:08:40,390 --> 00:08:42,549  
是这么一个大扣之项，一搭  
  
234  
00:08:42,900 --> 00:08:43,820  
你说有没有崩漏  
  
235  
00:08:43,900 --> 00:08:45,980  
那告诉你说，大夫我来就治这个的  
  
236  
00:08:45,980 --> 00:08:46,260  
对吧  
  
237  
00:08:46,660 --> 00:08:47,780  
都漏了一个来月了  
  
238  
00:08:47,900 --> 00:08:49,740  
这种在临床上很常见啊  
  
239  
00:08:50,260 --> 00:08:50,700  
注意一下  
  
240  
00:08:50,700 --> 00:08:53,980  
那么女子的抠像很多时候都是一键抠脉  
  
241  
00:08:54,020 --> 00:08:55,740  
她就有崩漏的问题啊  
  
242  
00:08:55,740 --> 00:08:57,220  
这个特别实用的一个事  
  
243  
00:08:58,290 --> 00:08:58,490  
呃  
  
244  
00:08:58,570 --> 00:09:03,130  
咱们今天主要要给大家说的呢，是后头这部分啊  
  
245  
00:09:03,130 --> 00:09:03,970  
叫小建中汤  
  
246  
00:09:04,330 --> 00:09:04,530  
嗯  
  
247  
00:09:04,650 --> 00:09:05,610  
一说到这儿呢  
  
248  
00:09:06,330 --> 00:09:10,600  
我又再次的呀，不得不给大家说文解字啊  
  
249  
00:09:11,000 --> 00:09:11,440  
为什么  
  
250  
00:09:11,440 --> 00:09:12,240  
因为这块呢  
  
251  
00:09:12,240 --> 00:09:15,320  
你不说文解字，有些东西讲不清楚啊  
  
252  
00:09:15,320 --> 00:09:16,080  
咱们理不清  
  
253  
00:09:17,810 --> 00:09:20,810  
那么这个他这讲了一段话  
  
254  
00:09:21,970 --> 00:09:23,940  
虚劳里急忌虐  
  
255  
00:09:24,100 --> 00:09:25,020  
腹中痛，梦失精  
  
256  
00:09:25,100 --> 00:09:26,220  
四肢酸疼  
  
257  
00:09:26,900 --> 00:09:27,660  
手足烦热  
  
258  
00:09:28,020 --> 00:09:29,860  
咽干口燥，用什么方啊  
  
259  
00:09:30,380 --> 00:09:30,940  
小健中  
  
260  
00:09:30,940 --> 00:09:32,580  
汤主之，呃  
  
261  
00:09:33,020 --> 00:09:35,980  
那么你从字面上直观的意思啊  
  
262  
00:09:37,450 --> 00:09:40,970  
我们这么看这个问题，直观的意思  
  
263  
00:09:42,730 --> 00:09:44,770  
小建中汤正啊  
  
264  
00:09:49,040 --> 00:09:55,990  
小建中汤汤正从这个字面直观的意思来看  
  
265  
00:09:56,630 --> 00:09:58,550  
那么贱是什么呀  
  
266  
00:10:00,070 --> 00:10:02,390  
我们一般老百姓认为剑是啥概念啊  
  
267  
00:10:04,510 --> 00:10:05,190  
什么概念  
  
268  
00:10:08,920 --> 00:10:10,200  
建立是不是啊  
  
269  
00:10:10,960 --> 00:10:13,240  
包括建运等等  
  
270  
00:10:14,530 --> 00:10:15,570  
钟是什么意思呢  
  
271  
00:10:16,810 --> 00:10:17,250  
中土  
  
272  
00:10:18,210 --> 00:10:19,930  
那么从字面上来解释  
  
273  
00:10:20,570 --> 00:10:23,250  
呃，建立中土可以这么理解吧  
  
274  
00:10:23,730 --> 00:10:26,290  
因为小建中，那么我们通常也是这么认为的  
  
275  
00:10:27,210 --> 00:10:28,890  
那这是一张补脾的方子  
  
276  
00:10:30,080 --> 00:10:31,560  
但是临床发现问题了  
  
277  
00:10:31,760 --> 00:10:35,720  
为啥咱们在座的有用过小建中汤的肯定好多啊  
  
278  
00:10:36,080 --> 00:10:38,080  
我这么说我们好几位临床大夫啊  
  
279  
00:10:38,870 --> 00:10:39,070  
嗯  
  
280  
00:10:40,150 --> 00:10:42,630  
大家用小建中汤发没发现点啥问题  
  
281  
00:10:44,200 --> 00:10:45,200  
发现啥问题了  
  
282  
00:10:46,870 --> 00:10:47,070  
啊  
  
283  
00:10:48,230 --> 00:10:50,510  
有有有有，什么问题发现了没有  
  
284  
00:10:51,940 --> 00:10:52,660  
打一个比方  
  
285  
00:10:53,460 --> 00:10:53,700  
呃  
  
286  
00:10:53,780 --> 00:10:56,420  
很多时候你用想象中是奔着补脾去的吧  
  
287  
00:10:57,180 --> 00:11:00,120  
但你会非常奇怪的发现一个问题  
  
288  
00:11:00,400 --> 00:11:01,160  
有很多人啊  
  
289  
00:11:01,240 --> 00:11:02,440  
小建钟用完了之后啊  
  
290  
00:11:03,310 --> 00:11:06,470  
尤其是当你的饴糖的用量用法不得当的时候  
  
291  
00:11:06,990 --> 00:11:07,750  
它会腹泻  
  
292  
00:11:08,900 --> 00:11:09,860  
为什么会腹泻呢  
  
293  
00:11:09,860 --> 00:11:10,580  
原因很简单  
  
294  
00:11:10,580 --> 00:11:11,620  
因为芍药量大  
  
295  
00:11:12,140 --> 00:11:14,900  
咱们早就说过芍药味苦，平主邪气  
  
296  
00:11:14,900 --> 00:11:18,440  
腹痛，过去行里头把它称之为小戴黄  
  
297  
00:11:18,480 --> 00:11:18,800  
对吧  
  
298  
00:11:19,600 --> 00:11:20,720  
他工藤大黄  
  
299  
00:11:21,850 --> 00:11:23,050  
那么既然这样的话呢  
  
300  
00:11:23,330 --> 00:11:25,090  
那么它为什么又能补脾呢  
  
301  
00:11:25,090 --> 00:11:27,210  
那么健脾为什么用它健脾  
  
302  
00:11:27,780 --> 00:11:29,660  
所以这里头出现了很悖论的东西  
  
303  
00:11:29,660 --> 00:11:31,420  
所以最后临床上形成一个问题  
  
304  
00:11:32,100 --> 00:11:37,210  
大家呢就是对小建中的解释和它的用  
  
305  
00:11:37,840 --> 00:11:38,560  
实话实说  
  
306  
00:11:38,560 --> 00:11:40,000  
很多人心口不一啊  
  
307  
00:11:40,040 --> 00:11:43,040  
你自己不承认是因为你自己没正视这个问题  
  
308  
00:11:43,260 --> 00:11:45,140  
你正视这个问题之后你就发现了  
  
309  
00:11:45,140 --> 00:11:46,460  
当你解释小建钟的时候  
  
310  
00:11:46,460 --> 00:11:48,030  
你说的可好听了啊  
  
311  
00:11:48,030 --> 00:11:50,030  
说什么健运中土怎么样，对吧  
  
312  
00:11:50,350 --> 00:11:51,230  
咋说都行啊  
  
313  
00:11:51,510 --> 00:11:54,350  
但是你用的时候你自己有一套你自己的临证标准  
  
314  
00:11:55,070 --> 00:11:56,230  
比如阳脉涩一脉弦  
  
315  
00:11:56,230 --> 00:11:57,430  
比如肚子疼是不是啊  
  
316  
00:11:57,950 --> 00:12:00,030  
哎等等他俩对不上  
  
317  
00:12:01,240 --> 00:12:02,880  
那是仲景先师说错了吗  
  
318  
00:12:04,000 --> 00:12:05,960  
那么健脾，如果是建中的话  
  
319  
00:12:06,930 --> 00:12:09,690  
那小建中为啥他吃完之后还拉肚子  
  
320  
00:12:09,970 --> 00:12:10,730  
有的时候啊  
  
321  
00:12:12,250 --> 00:12:12,770  
对不对  
  
322  
00:12:13,640 --> 00:12:18,520  
呃，那你说你要强说那行小剑中确实有补益作用  
  
323  
00:12:18,520 --> 00:12:20,160  
效果挺好，有益糖对不对啊  
  
324  
00:12:20,860 --> 00:12:22,300  
那大剑中怎么解释啊  
  
325  
00:12:23,340 --> 00:12:25,500  
大剑中治什么心胸中大寒痛  
  
326  
00:12:26,500 --> 00:12:27,340  
偶不能饮食  
  
327  
00:12:27,900 --> 00:12:33,300  
腹中寒上冲脾气出现有头足上下不可不可触进吗  
  
328  
00:12:33,820 --> 00:12:37,150  
那我们说它治的是这个，我们讲肠梗阻  
  
329  
00:12:37,870 --> 00:12:38,910  
包括肠套叠啊  
  
330  
00:12:38,910 --> 00:12:40,670  
临床上常见的一个外科急腹症  
  
331  
00:12:40,830 --> 00:12:42,350  
那你这个你咋解释  
  
332  
00:12:42,350 --> 00:12:45,610  
你说健脾解释不通啊  
  
333  
00:12:46,050 --> 00:12:50,900  
因此我们必须要重新把它还原到根史的层面啊  
  
334  
00:12:50,900 --> 00:12:52,180  
必须要知其根史啊  
  
335  
00:12:52,180 --> 00:12:53,300  
它的根是从哪来  
  
336  
00:12:54,000 --> 00:12:56,400  
他的始是从哪开始起始  
  
337  
00:12:56,600 --> 00:12:57,240  
物有本末  
  
338  
00:12:57,280 --> 00:12:57,960  
事有终始  
  
339  
00:12:58,000 --> 00:12:58,760  
知所先后  
  
340  
00:12:58,760 --> 00:12:59,440  
则近道矣  
  
341  
00:12:59,710 --> 00:13:00,710  
常说的一句话啊  
  
342  
00:13:01,030 --> 00:13:02,190  
所以这个贱字呢  
  
343  
00:13:02,190 --> 00:13:03,990  
先给大家解释一下剑是啥意思  
  
344  
00:13:06,660 --> 00:13:10,540  
我讲这课费劲就费劲在这有很多概念  
  
345  
00:13:10,540 --> 00:13:11,940  
得重新给大家捋捋  
  
346  
00:13:12,180 --> 00:13:14,820  
但是我们你放心，磨刀不误砍柴工  
  
347  
00:13:15,120 --> 00:13:16,120  
我们前头捋好之后  
  
348  
00:13:16,120 --> 00:13:17,760  
后头就是我不用讲  
  
349  
00:13:17,800 --> 00:13:19,680  
我一根手指头推一下它就倒了  
  
350  
00:13:19,840 --> 00:13:20,400  
明白了吧  
  
351  
00:13:20,880 --> 00:13:21,160  
哎  
  
352  
00:13:21,540 --> 00:13:22,980  
我不给你讲，你自己都会了  
  
353  
00:13:23,420 --> 00:13:25,740  
但是前头又捋不清楚，我怎么给你说  
  
354  
00:13:25,740 --> 00:13:26,780  
我说出花来  
  
355  
00:13:27,340 --> 00:13:29,380  
你信，我是给老师面子懂吗  
  
356  
00:13:29,780 --> 00:13:31,460  
那你自己也也不信这个事  
  
357  
00:13:31,780 --> 00:13:33,500  
那么这个贱字是什么概念  
  
358  
00:13:33,580 --> 00:13:36,960  
它的本史其实是一个天文学概念  
  
359  
00:13:38,080 --> 00:13:38,880  
天文概念啊  
  
360  
00:13:38,880 --> 00:13:39,720  
为什么这么说呢  
  
361  
00:13:40,760 --> 00:13:40,960  
呃  
  
362  
00:13:41,160 --> 00:13:43,680  
建字在最开始的时候，他讲的呀  
  
363  
00:13:44,760 --> 00:13:46,680  
只仅仅是北斗  
  
364  
00:13:47,520 --> 00:13:50,160  
它的斗柄所指的一个方向  
  
365  
00:13:50,760 --> 00:13:52,520  
那么斗柄所指方向代表什么呀  
  
366  
00:13:52,520 --> 00:13:53,320  
这就不得了了  
  
367  
00:13:53,520 --> 00:13:55,520  
同学们，你知道我们古人啊  
  
368  
00:13:56,270 --> 00:13:58,230  
按照斗柄的所指方向  
  
369  
00:13:58,470 --> 00:14:01,270  
依次的把一年分为12辰  
  
370  
00:14:01,470 --> 00:14:02,430  
咱们说说这个问题吧  
  
371  
00:14:03,030 --> 00:14:05,360  
12辰，那么所谓12辰呢  
  
372  
00:14:05,840 --> 00:14:07,240  
斗柄指向哪儿  
  
373  
00:14:07,680 --> 00:14:11,030  
那么代表了这个时候的气候就变了  
  
374  
00:14:11,390 --> 00:14:12,070  
这个懂了吧  
  
375  
00:14:12,390 --> 00:14:13,990  
那么气候一变代表啥呀  
  
376  
00:14:15,150 --> 00:14:19,350  
整个天下大家都听北斗星指挥，为啥  
  
377  
00:14:19,590 --> 00:14:20,590  
非常简单嘛  
  
378  
00:14:20,630 --> 00:14:23,560  
斗柄只动天下皆春呐  
  
379  
00:14:24,560 --> 00:14:25,920  
因此从这个角度上来说  
  
380  
00:14:26,480 --> 00:14:28,640  
就出现了一个概念啊  
  
381  
00:14:29,640 --> 00:14:30,320  
叫什么  
  
382  
00:14:31,840 --> 00:14:32,680  
12月见  
  
383  
00:14:36,980 --> 00:14:38,220  
12月见走的是什么  
  
384  
00:14:38,220 --> 00:14:39,140  
走的是12地支  
  
385  
00:14:39,500 --> 00:14:40,620  
你比如说当下啊  
  
386  
00:14:40,620 --> 00:14:41,580  
现在这个时候呢  
  
387  
00:14:41,980 --> 00:14:43,220  
是是是啥时候  
  
388  
00:14:43,220 --> 00:14:44,220  
9月见虚  
  
389  
00:14:45,310 --> 00:14:45,510  
哎  
  
390  
00:14:45,830 --> 00:14:47,830  
子丑寅卯辰巳未申酉戌亥对吧  
  
391  
00:14:48,190 --> 00:14:49,230  
那么指指向戌  
  
392  
00:14:49,510 --> 00:14:51,470  
那么9月见虚的时候怎么样呢  
  
393  
00:14:51,790 --> 00:14:53,590  
礼记·月令里头讲叫9月节  
  
394  
00:14:54,310 --> 00:14:56,150  
露气寒冷将凝结也  
  
395  
00:14:56,230 --> 00:14:57,710  
咱们知道现在是寒露对吧  
  
396  
00:14:58,230 --> 00:14:59,790  
马上离霜降还有三天  
  
397  
00:15:00,360 --> 00:15:01,960  
那么寒霜下来  
  
398  
00:15:02,520 --> 00:15:05,600  
这个时候我们讲的就是9月见虚之令  
  
399  
00:15:06,080 --> 00:15:08,990  
那么它全天下东北啊  
  
400  
00:15:08,990 --> 00:15:11,230  
尤其我们东北这个四季分明，这个地方  
  
401  
00:15:11,390 --> 00:15:12,910  
那你树叶就都得黄吧  
  
402  
00:15:13,210 --> 00:15:14,130  
要不就得往下落  
  
403  
00:15:14,210 --> 00:15:14,810  
是不是这样啊  
  
404  
00:15:14,810 --> 00:15:19,170  
你不落就不行，你你必须得顺着它走叶落而天下知秋  
  
405  
00:15:19,640 --> 00:15:23,280  
那么这个概念最开始讲的其实就是一个天文概念  
  
406  
00:15:23,540 --> 00:15:26,580  
那么古人讲究这个，就是你指向哪呢  
  
407  
00:15:26,580 --> 00:15:27,740  
大家都去干这个事  
  
408  
00:15:28,020 --> 00:15:29,420  
这个叫剑，明白了吧  
  
409  
00:15:30,100 --> 00:15:31,740  
古人讲为政以德  
  
410  
00:15:31,860 --> 00:15:34,180  
譬如北辰德之居，而众星拱之  
  
411  
00:15:34,540 --> 00:15:36,030  
那么你北极星嘛  
  
412  
00:15:36,230 --> 00:15:38,270  
那大家都得都得围着你，围着你走  
  
413  
00:15:38,710 --> 00:15:38,910  
呃  
  
414  
00:15:39,310 --> 00:15:40,870  
因此在我们中国啊  
  
415  
00:15:40,870 --> 00:15:42,910  
有一个特别有意思的问题  
  
416  
00:15:43,350 --> 00:15:45,110  
你看其他的国家  
  
417  
00:15:45,150 --> 00:15:45,870  
比如欧洲  
  
418  
00:15:46,220 --> 00:15:47,820  
自古以来呢，多少个邦  
  
419  
00:15:47,900 --> 00:15:48,660  
可能他有文化  
  
420  
00:15:48,660 --> 00:15:49,660  
有相近的地方，它  
  
421  
00:15:49,700 --> 00:15:50,900  
但是它统一不了，对吧  
  
422  
00:15:51,260 --> 00:15:53,220  
我们中国不是中国人  
  
423  
00:15:53,220 --> 00:15:55,730  
自古以来，无论南北  
  
424  
00:15:55,770 --> 00:15:57,010  
无论什么地方啊  
  
425  
00:15:57,650 --> 00:15:59,090  
你心里总有一种情怀  
  
426  
00:15:59,090 --> 00:15:59,810  
就是大一统  
  
427  
00:16:00,550 --> 00:16:02,110  
你就会觉得我们就是一家人  
  
428  
00:16:02,110 --> 00:16:03,990  
我们迟早啊要统1~1块  
  
429  
00:16:03,990 --> 00:16:05,710  
是不是哪怕暂时分离  
  
430  
00:16:05,710 --> 00:16:06,870  
我们也要统1~1起  
  
431  
00:16:07,110 --> 00:16:08,270  
这个东西是为什么  
  
432  
00:16:08,430 --> 00:16:11,750  
中国人文化骨子里头的东西就是这个从我们讲  
  
433  
00:16:11,750 --> 00:16:14,230  
12月见从北斗从这来的  
  
434  
00:16:14,630 --> 00:16:17,470  
因此中国人自古以来就习惯我们啥东西  
  
435  
00:16:17,470 --> 00:16:18,850  
最后你就说吧  
  
436  
00:16:18,850 --> 00:16:19,730  
这事咱们怎么办  
  
437  
00:16:19,730 --> 00:16:22,090  
最后拍板大家坐定好了  
  
438  
00:16:22,090 --> 00:16:23,650  
咱们就都都往这边走是吧  
  
439  
00:16:23,970 --> 00:16:24,890  
这是中国人的特点  
  
440  
00:16:24,890 --> 00:16:27,690  
外国人就不是外国人讲你，凭你凭什么  
  
441  
00:16:28,010 --> 00:16:28,330  
对吧  
  
442  
00:16:28,650 --> 00:16:30,330  
他他讲究自我的东西啊  
  
443  
00:16:30,330 --> 00:16:32,210  
它是两种概念啊  
  
444  
00:16:32,210 --> 00:16:35,250  
中国人自古是长幼有序嘛，就讲讲这个概念  
  
445  
00:16:35,730 --> 00:16:37,010  
因此这个月建呢  
  
446  
00:16:37,010 --> 00:16:38,410  
到后来的时候它的应用  
  
447  
00:16:38,690 --> 00:16:44,090  
你比如说在说文里头这么讲叫建是什么概念  
  
448  
00:16:44,090 --> 00:16:45,770  
叫立，朝率也啊  
  
449  
00:16:46,090 --> 00:16:49,650  
这给你写一下立是建立的立潮呢  
  
450  
00:16:52,180 --> 00:16:54,660  
庙堂啊，朝廷的朝绿  
  
451  
00:16:56,310 --> 00:16:58,630  
律令的律历朝律也  
  
452  
00:17:00,840 --> 00:17:01,320  
啥意思  
  
453  
00:17:02,320 --> 00:17:07,160  
你们到故宫太和殿会看到呃  
  
454  
00:17:08,880 --> 00:17:15,359  
一个大扁在中间四个字叫黄吉随由这四个字啊  
  
455  
00:17:15,940 --> 00:17:18,099  
呃，现在汉语来说有点瘪嘴  
  
456  
00:17:18,700 --> 00:17:19,339  
但是他呢  
  
457  
00:17:19,339 --> 00:17:24,020  
实际上有语出的语出尚书洪范取用典四个字在这呢  
  
458  
00:17:24,420 --> 00:17:26,940  
剑用皇极还是说的这个剑  
  
459  
00:17:33,320 --> 00:17:35,120  
剑用皇极，明白了吧  
  
460  
00:17:35,560 --> 00:17:36,640  
因此到这个时候呢  
  
461  
00:17:36,640 --> 00:17:39,280  
我才把这个建字呢给大家解释清楚了  
  
462  
00:17:39,280 --> 00:17:40,200  
这字才落地  
  
463  
00:17:40,650 --> 00:17:44,890  
那么建字用我们现代人比较能接受的意思啊  
  
464  
00:17:44,890 --> 00:17:46,890  
我刚才举了三个古经典  
  
465  
00:17:47,400 --> 00:17:49,000  
无论是12月见的概念  
  
466  
00:17:49,040 --> 00:17:52,080  
还是说这个我们讲说文  
  
467  
00:17:52,280 --> 00:17:54,680  
他的本意，还是说尚书洪范  
  
468  
00:17:55,440 --> 00:17:56,920  
最后他说了一个什么事  
  
469  
00:17:57,520 --> 00:17:59,760  
见字讲的就是说一个国家呢  
  
470  
00:18:00,040 --> 00:18:02,040  
你要有一个统一的政令  
  
471  
00:18:03,190 --> 00:18:04,430  
要有一个统一的政令  
  
472  
00:18:04,830 --> 00:18:09,070  
那么其实这个无分中西啊  
  
473  
00:18:09,590 --> 00:18:11,790  
你外国他搞的这个资本主义制度  
  
474  
00:18:12,110 --> 00:18:14,150  
你最后也得有一个统一的标准  
  
475  
00:18:14,970 --> 00:18:16,490  
只是形式不一样，对不对  
  
476  
00:18:16,690 --> 00:18:17,210  
那什么东西  
  
477  
00:18:17,210 --> 00:18:19,170  
最后我们也得有定一个统一的事  
  
478  
00:18:19,170 --> 00:18:20,410  
大家都遵照这个来  
  
479  
00:18:20,930 --> 00:18:23,210  
因此这个就是剑的本意  
  
480  
00:18:23,770 --> 00:18:27,600  
呃，他如果从这个舰用皇极的这个角度来讲  
  
481  
00:18:28,040 --> 00:18:29,080  
他说的就更直白  
  
482  
00:18:29,440 --> 00:18:33,900  
就是从国家层面政令来调动  
  
483  
00:18:34,820 --> 00:18:39,070  
支持一个事的一个市政，对吧  
  
484  
00:18:39,110 --> 00:18:40,030  
我们讲这个问题  
  
485  
00:18:40,350 --> 00:18:44,230  
因此建中建中中它的概念非常简单  
  
486  
00:18:44,230 --> 00:18:44,910  
叫中焦  
  
487  
00:18:45,320 --> 00:18:47,440  
中焦包含脾胃没错吧  
  
488  
00:18:47,840 --> 00:18:49,580  
整个中焦，这个这个  
  
489  
00:18:49,820 --> 00:18:51,060  
那么建中是啥意思  
  
490  
00:18:51,300 --> 00:18:55,690  
那就是以国家为形式来支持中焦  
  
491  
00:18:55,770 --> 00:18:56,690  
这个大家明白了吧  
  
492  
00:18:57,570 --> 00:18:58,770  
这就是剑中的含义  
  
493  
00:19:00,040 --> 00:19:01,120  
那么打一个比方  
  
494  
00:19:01,720 --> 00:19:01,920  
呃  
  
495  
00:19:01,920 --> 00:19:05,560  
我们说什么叫做以国家的形式来支持  
  
496  
00:19:06,520 --> 00:19:09,560  
那么我们讲一个最简单的比方啊  
  
497  
00:19:09,560 --> 00:19:10,800  
也是最实际的比方  
  
498  
00:19:11,150 --> 00:19:13,390  
那么比如说现在我要支持你国家  
  
499  
00:19:13,550 --> 00:19:14,870  
国家举国之力，对吧  
  
500  
00:19:15,110 --> 00:19:18,580  
来支持你，那最现实的问题就是拨款吗  
  
501  
00:19:19,500 --> 00:19:20,100  
资金嘛  
  
502  
00:19:20,820 --> 00:19:22,260  
因此从这个角度上来说  
  
503  
00:19:22,700 --> 00:19:23,300  
建中汤  
  
504  
00:19:23,300 --> 00:19:26,100  
建中汤，它的本意啊是什么  
  
505  
00:19:26,990 --> 00:19:28,470  
如果人体是一个国家  
  
506  
00:19:28,830 --> 00:19:32,470  
那么它就是举国之力，要去资助谁呢  
  
507  
00:19:32,870 --> 00:19:34,830  
中焦，这回大家明白了吧  
  
508  
00:19:35,220 --> 00:19:36,700  
不是健脾，它是两回事  
  
509  
00:19:37,060 --> 00:19:37,860  
健脾是啥意思  
  
510  
00:19:37,860 --> 00:19:38,820  
比如说你现在懒  
  
511  
00:19:38,860 --> 00:19:39,860  
你不动了，对吧  
  
512  
00:19:40,500 --> 00:19:40,700  
哎  
  
513  
00:19:41,020 --> 00:19:42,100  
给你点督促  
  
514  
00:19:42,340 --> 00:19:44,220  
给你点要求，让你转起来  
  
515  
00:19:44,220 --> 00:19:46,150  
这叫健脾没错吧  
  
516  
00:19:46,150 --> 00:19:47,750  
让脾气能能健运起来  
  
517  
00:19:47,990 --> 00:19:49,710  
咱们这个不是，这是资助它  
  
518  
00:19:50,280 --> 00:19:52,880  
可能他很虚很弱，这时候怎么办啊  
  
519  
00:19:53,560 --> 00:19:56,000  
滋养它那么滋中焦  
  
520  
00:19:57,310 --> 00:19:59,670  
实际上它的实质是资谁  
  
521  
00:20:00,070 --> 00:20:01,590  
那么我把这事捋清楚了之后  
  
522  
00:20:01,590 --> 00:20:03,470  
他实际上他资的是谁  
  
523  
00:20:04,520 --> 00:20:05,840  
那么中州资的是谁  
  
524  
00:20:05,920 --> 00:20:09,200  
那么这个我们还要把它再给你一个概念  
  
525  
00:20:09,720 --> 00:20:11,160  
其实资的就是谁呢  
  
526  
00:20:11,160 --> 00:20:12,040  
这两个字  
  
527  
00:20:16,180 --> 00:20:16,380  
赢  
  
528  
00:20:17,380 --> 00:20:18,220  
一个字叫迎  
  
529  
00:20:20,540 --> 00:20:21,740  
俩字叫迎气  
  
530  
00:20:22,700 --> 00:20:24,620  
这大家明白了吗  
  
531  
00:20:25,180 --> 00:20:27,180  
所以小建中汤说到根上  
  
532  
00:20:27,900 --> 00:20:29,420  
他其实滋的就是啥呀  
  
533  
00:20:30,340 --> 00:20:31,300  
就是营气  
  
534  
00:20:32,820 --> 00:20:33,860  
这大家明白了吧  
  
535  
00:20:33,980 --> 00:20:35,100  
他滋的就是营气  
  
536  
00:20:36,620 --> 00:20:39,340  
而且这个呢，与大剑钟一脉相承啊  
  
537  
00:20:39,860 --> 00:20:42,740  
我们讲这个需要小资一下的时候用小建中  
  
538  
00:20:43,480 --> 00:20:45,840  
但当你已经整个肠套叠，肠梗阻  
  
539  
00:20:46,080 --> 00:20:46,760  
肠扭转  
  
540  
00:20:47,440 --> 00:20:49,880  
那么那种时候你就得大资啊  
  
541  
00:20:49,880 --> 00:20:51,480  
我们就讲这个，先讲小资  
  
542  
00:20:51,520 --> 00:20:52,920  
再讲以后再讲大资啊  
  
543  
00:20:52,920 --> 00:20:54,280  
有事有小大啊  
  
544  
00:20:55,040 --> 00:20:58,360  
那么小资营器它就直接供给你这个营气  
  
545  
00:20:58,480 --> 00:21:00,030  
因此说，呃  
  
546  
00:21:00,190 --> 00:21:01,390  
营气是咋回事啊  
  
547  
00:21:01,390 --> 00:21:03,470  
我们首先就要就要再捋一捋啊  
  
548  
00:21:03,470 --> 00:21:04,910  
从这个内经再捋一捋  
  
549  
00:21:05,390 --> 00:21:07,860  
首先这个赢气呢  
  
550  
00:21:07,860 --> 00:21:08,700  
我们讲一件事  
  
551  
00:21:09,620 --> 00:21:09,900  
呃  
  
552  
00:21:11,290 --> 00:21:16,210  
灵枢的营卫生会篇说这么一句话，叫迎行迎出中焦  
  
553  
00:21:16,970 --> 00:21:18,740  
未出下焦啊  
  
554  
00:21:18,740 --> 00:21:19,700  
这大家能明白吧  
  
555  
00:21:19,820 --> 00:21:21,700  
那么营气是从中焦出来的  
  
556  
00:21:21,980 --> 00:21:23,340  
他怎么从中焦出来的  
  
557  
00:21:23,340 --> 00:21:25,940  
那这个营卫生会说这么一段话  
  
558  
00:21:26,270 --> 00:21:29,590  
中焦疫病胃中出上焦之后  
  
559  
00:21:30,180 --> 00:21:31,220  
此所受气者  
  
560  
00:21:32,140 --> 00:21:36,090  
泌糟粕蒸津液化其精微  
  
561  
00:21:37,210 --> 00:21:40,840  
上注曰，肺脉乃化而为血  
  
562  
00:21:41,340 --> 00:21:42,380  
以奉生身  
  
563  
00:21:42,460 --> 00:21:43,100  
莫归于此  
  
564  
00:21:43,540 --> 00:21:45,380  
故独得行于精髓  
  
565  
00:21:45,580 --> 00:21:46,420  
命曰营气  
  
566  
00:21:46,820 --> 00:21:47,620  
他这一段呢  
  
567  
00:21:47,620 --> 00:21:51,600  
整个描述了营气的一个体用啊  
  
568  
00:21:51,600 --> 00:21:54,040  
那么就是这东西很宝贵啊  
  
569  
00:21:54,120 --> 00:21:54,560  
它呢  
  
570  
00:21:55,000 --> 00:21:59,760  
是一个水谷消化之后所得之精微啊  
  
571  
00:21:59,760 --> 00:22:03,960  
就是所谓泌糟粕蒸津液化其精微啊，所得的精微  
  
572  
00:22:04,200 --> 00:22:04,960  
这个精微呢  
  
573  
00:22:05,160 --> 00:22:07,000  
要上注肺脉之后，化而为血  
  
574  
00:22:07,550 --> 00:22:11,630  
它是血液生成的一个必要条件啊  
  
575  
00:22:11,630 --> 00:22:13,030  
那就是这个这个赢  
  
576  
00:22:14,570 --> 00:22:15,370  
那么这个赢呢  
  
577  
00:22:16,130 --> 00:22:19,080  
呃灵输，本神篇还说过一句话  
  
578  
00:22:19,080 --> 00:22:22,760  
叫脾藏营营射易啊  
  
579  
00:22:22,880 --> 00:22:24,720  
或者你叫宿舍的舍，对吧  
  
580  
00:22:25,080 --> 00:22:26,280  
脾是干嘛用的  
  
581  
00:22:26,520 --> 00:22:27,200  
藏的是赢  
  
582  
00:22:27,440 --> 00:22:27,920  
明白了吧  
  
583  
00:22:27,920 --> 00:22:28,840  
因此咱们小建中  
  
584  
00:22:28,840 --> 00:22:30,360  
小建中，你建的这个钟  
  
585  
00:22:30,520 --> 00:22:33,880  
它其实直指的一层含义就是痞痞  
  
586  
00:22:33,880 --> 00:22:34,720  
中间藏的是什么  
  
587  
00:22:34,720 --> 00:22:36,560  
藏的是营啊  
  
588  
00:22:37,040 --> 00:22:38,360  
那么从这个层面上来说呢  
  
589  
00:22:38,360 --> 00:22:39,200  
后头还有一句话  
  
590  
00:22:41,000 --> 00:22:42,200  
本身偏说，啊  
  
591  
00:22:43,390 --> 00:22:44,670  
营舍易之后呢  
  
592  
00:22:45,230 --> 00:22:47,470  
脾气虚则四肢不用，五脏不安  
  
593  
00:22:47,850 --> 00:22:48,050  
哎  
  
594  
00:22:48,050 --> 00:22:49,010  
这块就有意思了  
  
595  
00:22:49,490 --> 00:22:50,810  
那么四肢为啥不用  
  
596  
00:22:50,810 --> 00:22:52,250  
因为我们讲叫脾主四末吧  
  
597  
00:22:53,130 --> 00:22:54,490  
那么脾不安啊  
  
598  
00:22:55,470 --> 00:22:58,190  
我们讲四季脾旺不受邪呀  
  
599  
00:22:58,830 --> 00:23:00,470  
那么脾是呃  
  
600  
00:23:01,370 --> 00:23:04,650  
立于中以傍于四末呀  
  
601  
00:23:04,850 --> 00:23:08,990  
他整个四末都是都是由他来整个营气的输出对吧  
  
602  
00:23:09,030 --> 00:23:10,110  
都是撇来干的  
  
603  
00:23:10,270 --> 00:23:14,430  
所以我们很多中医的那个比较晦涩的一些生理概念  
  
604  
00:23:14,470 --> 00:23:16,590  
内经的概念不是说它有多难  
  
605  
00:23:17,030 --> 00:23:18,470  
而是我们没有时间呀  
  
606  
00:23:18,470 --> 00:23:19,670  
把它细细的掰开了  
  
607  
00:23:19,670 --> 00:23:21,230  
讲，信息白开讲  
  
608  
00:23:21,270 --> 00:23:25,870  
它不就是类似于西医的解剖生理病理生化吗  
  
609  
00:23:26,440 --> 00:23:29,400  
那你说西方医学发展了才这么多年  
  
610  
00:23:29,840 --> 00:23:31,040  
他要给你解释清楚  
  
611  
00:23:31,160 --> 00:23:34,870  
一个生理生化的问题尚且需要多少堂课对吧  
  
612  
00:23:35,110 --> 00:23:36,830  
给你讲一个一个事  
  
613  
00:23:37,070 --> 00:23:39,750  
那我们中医凭啥就几句话就翻过去了  
  
614  
00:23:39,910 --> 00:23:40,750  
那不行啊  
  
615  
00:23:41,060 --> 00:23:43,620  
所以为什么我每次讲金匮的时候我都会引  
  
616  
00:23:43,850 --> 00:23:46,450  
不是说非要引一段内经把他俩往一块凑合  
  
617  
00:23:46,770 --> 00:23:51,570  
因为这个东西我不告诉你迎出中焦，不告诉你脾藏营  
  
618  
00:23:51,890 --> 00:23:55,050  
那你就不能够把赢和小建中汤联系到一起  
  
619  
00:23:56,900 --> 00:23:57,580  
很简单吧  
  
620  
00:23:57,820 --> 00:23:58,860  
那你联系到一起之后  
  
621  
00:23:58,860 --> 00:24:00,500  
你就知道小天钟是干什么的了  
  
622  
00:24:01,140 --> 00:24:01,860  
它干什么呢  
  
623  
00:24:01,860 --> 00:24:02,620  
我给大家呀  
  
624  
00:24:02,620 --> 00:24:06,940  
我给诸位总结了这个这么几个字啊  
  
625  
00:24:07,100 --> 00:24:07,700  
这么几个字  
  
626  
00:24:08,060 --> 00:24:10,300  
感兴趣的同学你可以记一下  
  
627  
00:24:10,340 --> 00:24:12,260  
就16个字，我给你总结出来了  
  
628  
00:24:12,700 --> 00:24:13,460  
叫什么呢  
  
629  
00:24:14,950 --> 00:24:16,470  
曲直作酸  
  
630  
00:24:18,390 --> 00:24:20,270  
啊，解释一下啊  
  
631  
00:24:21,390 --> 00:24:22,550  
木曰曲直对吧  
  
632  
00:24:22,910 --> 00:24:24,510  
那么木是什么味啊  
  
633  
00:24:24,870 --> 00:24:29,630  
酸味驾色作干土元稼色嘛  
  
634  
00:24:30,230 --> 00:24:31,310  
哎，稼色做干  
  
635  
00:24:32,510 --> 00:24:33,670  
甲己化土  
  
636  
00:24:34,430 --> 00:24:36,110  
酸甘化阴完事了  
  
637  
00:24:36,150 --> 00:24:37,750  
这就是小小呃  
  
638  
00:24:37,750 --> 00:24:42,540  
小建中我个人所理解的所有内涵都在这里头了  
  
639  
00:24:42,780 --> 00:24:43,940  
所谓木曰曲直  
  
640  
00:24:44,300 --> 00:24:46,500  
土原价色，木之位为酸味  
  
641  
00:24:47,010 --> 00:24:47,850  
土之位呢  
  
642  
00:24:47,890 --> 00:24:48,490  
为干位  
  
643  
00:24:48,930 --> 00:24:50,410  
那么甲己化土  
  
644  
00:24:50,530 --> 00:24:51,410  
甲为甲木  
  
645  
00:24:52,300 --> 00:24:55,620  
甲木为酸己为己土己土为甘味  
  
646  
00:24:56,140 --> 00:24:59,300  
甲己相合，则化土化的是什么  
  
647  
00:24:59,380 --> 00:24:59,660  
寅  
  
648  
00:25:01,010 --> 00:25:01,410  
为啥  
  
649  
00:25:01,450 --> 00:25:03,050  
因为迎出中焦  
  
650  
00:25:05,060 --> 00:25:06,220  
脾藏营营舍易  
  
651  
00:25:07,220 --> 00:25:10,180  
脾气虚则四肢不用完事了啊  
  
652  
00:25:10,300 --> 00:25:12,790  
五脏不安，这个大家懂了吧  
  
653  
00:25:13,270 --> 00:25:13,470  
啊  
  
654  
00:25:13,510 --> 00:25:14,670  
从这个角度上来说  
  
655  
00:25:15,350 --> 00:25:15,550  
呃  
  
656  
00:25:16,030 --> 00:25:17,750  
那么他就得干这件事  
  
657  
00:25:17,750 --> 00:25:18,310  
酸甘化阴  
  
658  
00:25:18,590 --> 00:25:20,430  
因此你看小建中汤的组成  
  
659  
00:25:20,990 --> 00:25:22,510  
他在小，呃  
  
660  
00:25:22,510 --> 00:25:23,910  
他在桂枝汤的基础上啊  
  
661  
00:25:24,070 --> 00:25:25,990  
备了芍药，看见了吧  
  
662  
00:25:25,990 --> 00:25:26,790  
那桂枝汤干什么  
  
663  
00:25:26,790 --> 00:25:28,030  
咱们再熟不过了啊  
  
664  
00:25:28,030 --> 00:25:31,910  
五味药本身就是中午化合的，这这这这个概念  
  
665  
00:25:32,260 --> 00:25:32,460  
呃  
  
666  
00:25:32,540 --> 00:25:33,940  
但是他加倍了芍药  
  
667  
00:25:34,540 --> 00:25:35,940  
芍药酸苦涌泻之味吧  
  
668  
00:25:36,780 --> 00:25:39,220  
芍药和甘草相合，那么酸甘化阴  
  
669  
00:25:39,550 --> 00:25:40,910  
酸甘化阴比化阳多  
  
670  
00:25:41,070 --> 00:25:42,910  
那你说我老师，那我就是化阴  
  
671  
00:25:42,910 --> 00:25:44,750  
我用芍甘草汤加E糖行不行啊  
  
672  
00:25:44,980 --> 00:25:46,420  
我告诉你也行，也有效  
  
673  
00:25:46,620 --> 00:25:47,980  
你不信你试试也有效  
  
674  
00:25:48,260 --> 00:25:50,460  
但是就是不如小建中效果好  
  
675  
00:25:50,460 --> 00:25:50,940  
为什么  
  
676  
00:25:51,430 --> 00:25:52,870  
因为孤阴不生啊  
  
677  
00:25:53,850 --> 00:25:54,690  
毒羊也不长  
  
678  
00:25:54,890 --> 00:25:56,010  
非常简单一个道理  
  
679  
00:25:56,010 --> 00:25:59,330  
比如说我们过去古代的时候，有些将士戍边  
  
680  
00:26:00,020 --> 00:26:00,340  
对吧  
  
681  
00:26:00,900 --> 00:26:03,300  
这个这个古代的时候，有有西域都护府  
  
682  
00:26:03,460 --> 00:26:04,420  
有将士戍边  
  
683  
00:26:05,060 --> 00:26:07,740  
呃，咱们讲叫13将士归玉门嘛  
  
684  
00:26:08,060 --> 00:26:12,010  
那么这些将士出去之后，思乡之情甚意啊  
  
685  
00:26:12,010 --> 00:26:12,530  
想回来  
  
686  
00:26:12,850 --> 00:26:13,890  
想回来之后这块呢  
  
687  
00:26:13,890 --> 00:26:15,250  
那古代又不像现代  
  
688  
00:26:15,290 --> 00:26:16,010  
交通便利  
  
689  
00:26:16,330 --> 00:26:17,170  
换房很难  
  
690  
00:26:17,770 --> 00:26:20,370  
那么你怎么能让他在这呆下来  
  
691  
00:26:20,650 --> 00:26:21,850  
那么这个这些将士  
  
692  
00:26:21,850 --> 00:26:24,160  
我们说，刚猛勇武  
  
693  
00:26:24,800 --> 00:26:26,120  
为这个至阳之象吧  
  
694  
00:26:27,080 --> 00:26:28,560  
那你用阴去配一下阳  
  
695  
00:26:29,660 --> 00:26:30,900  
这羊，他就留住了  
  
696  
00:26:31,340 --> 00:26:32,700  
在当地娶个媳妇吧  
  
697  
00:26:33,140 --> 00:26:34,140  
这大家明白了吧  
  
698  
00:26:34,660 --> 00:26:35,500  
阴阳一化合  
  
699  
00:26:35,700 --> 00:26:36,980  
这就这，就这就行了  
  
700  
00:26:37,140 --> 00:26:39,500  
所以我们讲叫孤阴不生，独阳不长啊  
  
701  
00:26:39,500 --> 00:26:41,680  
那你用完全用酸甘  
  
702  
00:26:41,880 --> 00:26:44,520  
那那那那你不又变成线性思维了吗  
  
703  
00:26:44,520 --> 00:26:46,440  
我们中医它是一个复杂的东西啊  
  
704  
00:26:46,870 --> 00:26:48,230  
所以这个时候你必须用桂枝汤  
  
705  
00:26:48,230 --> 00:26:50,790  
但是要凸显出桂枝汤里的谁啊  
  
706  
00:26:50,790 --> 00:26:52,100  
芍药，为什么  
  
707  
00:26:52,100 --> 00:26:53,420  
因为你要用的酸甘化阴  
  
708  
00:26:53,780 --> 00:26:55,140  
那么酸多了  
  
709  
00:26:55,420 --> 00:26:59,360  
肝也得多那这个时候我备甘草行不行  
  
710  
00:27:00,220 --> 00:27:00,900  
其实也行  
  
711  
00:27:01,700 --> 00:27:06,580  
但是他没有被甘草他用了，什么用了饴糖啊  
  
712  
00:27:06,660 --> 00:27:08,620  
为什么用饴糖这个就有意思了啊  
  
713  
00:27:09,410 --> 00:27:09,690  
呃  
  
714  
00:27:11,330 --> 00:27:12,650  
饴糖这东西咋来的啊  
  
715  
00:27:13,070 --> 00:27:13,910  
啊，怎么来的  
  
716  
00:27:14,270 --> 00:27:15,630  
那咱们知道，呃  
  
717  
00:27:15,750 --> 00:27:17,790  
无论是中原啊  
  
718  
00:27:17,790 --> 00:27:19,470  
中原他用的是小米，熬的一糖  
  
719  
00:27:19,940 --> 00:27:20,540  
山东呢  
  
720  
00:27:20,660 --> 00:27:21,260  
吃的呢  
  
721  
00:27:21,260 --> 00:27:22,340  
是高粱饴，对吧  
  
722  
00:27:22,860 --> 00:27:26,770  
但是我们先用这个事啊，取这个取向来说  
  
723  
00:27:27,090 --> 00:27:28,490  
那么饴糖它本身甜味  
  
724  
00:27:28,490 --> 00:27:32,330  
那我们先权且以这个中土比如河南吧这个为例  
  
725  
00:27:32,740 --> 00:27:33,700  
呃，河南为中州  
  
726  
00:27:34,180 --> 00:27:37,580  
那么河南一堂它是中原的一堂，怎么做啊  
  
727  
00:27:37,580 --> 00:27:39,060  
包括那个我们讲叫山西  
  
728  
00:27:39,620 --> 00:27:41,880  
那么中国的地缘啊  
  
729  
00:27:41,880 --> 00:27:43,680  
我们这么讲，叫文化的中心  
  
730  
00:27:43,680 --> 00:27:45,400  
在河南地理的中心  
  
731  
00:27:45,400 --> 00:27:49,800  
实际上在山西古代山西高平的这个出小米吧  
  
732  
00:27:50,280 --> 00:27:52,840  
这个小米100粒，小米连起来  
  
733  
00:27:53,400 --> 00:27:54,440  
古人就叫一尺  
  
734  
00:27:56,020 --> 00:27:56,220  
啊  
  
735  
00:27:56,300 --> 00:27:59,130  
100个小米的长度，连起来就叫一尺  
  
736  
00:27:59,450 --> 00:28:00,850  
它是以定天地的啊  
  
737  
00:28:00,850 --> 00:28:03,450  
所以这小米它我们讲为啥用它来量  
  
738  
00:28:03,650 --> 00:28:05,770  
因为过去我们说有什么纠纷  
  
739  
00:28:06,330 --> 00:28:07,810  
我们用找谁来解决  
  
740  
00:28:07,810 --> 00:28:09,810  
都得找一个中立的人，对不对啊  
  
741  
00:28:09,810 --> 00:28:11,330  
包括拉架你  
  
742  
00:28:11,330 --> 00:28:13,050  
你去拉架，得找一什么人啊  
  
743  
00:28:13,320 --> 00:28:16,640  
你不能拉偏架，都得找一个哪哪边都不搭嘎的人  
  
744  
00:28:16,920 --> 00:28:19,080  
因此我要古人要称量的时候  
  
745  
00:28:19,080 --> 00:28:20,960  
他得取一个天地至终的东西  
  
746  
00:28:21,470 --> 00:28:22,730  
就是小米啊  
  
747  
00:28:22,730 --> 00:28:23,810  
就是小了点啊  
  
748  
00:28:24,090 --> 00:28:26,290  
因此100粒它叫一尺啊  
  
749  
00:28:26,290 --> 00:28:27,090  
100粒叫一尺  
  
750  
00:28:27,450 --> 00:28:32,130  
那么这个山西高平的这个中正的小米，我们火在下  
  
751  
00:28:32,580 --> 00:28:34,420  
水在上取，水火颠倒之象  
  
752  
00:28:34,780 --> 00:28:35,860  
象征心火下降  
  
753  
00:28:36,100 --> 00:28:36,740  
肾水上升  
  
754  
00:28:37,060 --> 00:28:38,140  
把它放在大锅里  
  
755  
00:28:38,140 --> 00:28:39,580  
这个锅呢，就相当于胃腐  
  
756  
00:28:39,960 --> 00:28:41,240  
把小米倒进去之后  
  
757  
00:28:41,360 --> 00:28:42,080  
然后怎么办啊  
  
758  
00:28:42,200 --> 00:28:43,710  
搅拌，熬啊  
  
759  
00:28:44,270 --> 00:28:45,070  
熬来熬去  
  
760  
00:28:45,070 --> 00:28:46,310  
最后把这个米怎么样啊  
  
761  
00:28:46,710 --> 00:28:47,590  
把熬化了  
  
762  
00:28:47,590 --> 00:28:48,750  
最后熬出甜味来了  
  
763  
00:28:48,990 --> 00:28:53,040  
它象征它取了一个什么象上焦如雾  
  
764  
00:28:53,970 --> 00:28:56,210  
中焦如什么如偶  
  
765  
00:28:56,770 --> 00:28:57,490  
下焦如毒  
  
766  
00:28:57,530 --> 00:28:59,530  
他取的是中焦如偶之相  
  
767  
00:29:00,450 --> 00:29:05,210  
相当于消化之后，我们刚才讲的这个营卫生会篇  
  
768  
00:29:06,090 --> 00:29:07,170  
此所受气者  
  
769  
00:29:07,770 --> 00:29:11,440  
泌糟粕蒸津液化其精微吧  
  
770  
00:29:12,240 --> 00:29:14,320  
是不是取了一个化其精微之象  
  
771  
00:29:14,800 --> 00:29:17,760  
因此这个精微，你人吃下去之后怎么办  
  
772  
00:29:18,160 --> 00:29:19,800  
能迅速的叫什么  
  
773  
00:29:20,120 --> 00:29:22,200  
上注于肺脉，乃化而为血吧  
  
774  
00:29:23,590 --> 00:29:24,550  
才能补充血液  
  
775  
00:29:25,030 --> 00:29:27,870  
因此我们说这种东西比较亏虚的时候  
  
776  
00:29:28,070 --> 00:29:29,630  
会常见于一种疾病  
  
777  
00:29:29,630 --> 00:29:31,110  
就是低血糖  
  
778  
00:29:32,070 --> 00:29:32,590  
明白了吧  
  
779  
00:29:32,910 --> 00:29:35,990  
因此血糖低的时候其实有一个非常非常简单的方法  
  
780  
00:29:35,990 --> 00:29:38,590  
能迅速缓解就是咋办  
  
781  
00:29:38,590 --> 00:29:39,790  
啊，对  
  
782  
00:29:39,910 --> 00:29:41,270  
就给他吃一块糖  
  
783  
00:29:41,510 --> 00:29:42,990  
你甭管啥糖饴糖  
  
784  
00:29:44,000 --> 00:29:44,800  
红糖，白糖  
  
785  
00:29:44,800 --> 00:29:45,840  
冰糖都好用吧  
  
786  
00:29:46,240 --> 00:29:47,520  
吃一块奶糖都行啊  
  
787  
00:29:47,520 --> 00:29:51,480  
巧克力都成，那么这个甜味会迅速的  
  
788  
00:29:52,250 --> 00:29:54,090  
这个讲叫这个  
  
789  
00:29:55,680 --> 00:29:56,240  
叫什么  
  
790  
00:29:56,240 --> 00:29:58,200  
叫化其精微啊  
  
791  
00:29:59,520 --> 00:30:00,680  
与肺脉化而为血  
  
792  
00:30:02,000 --> 00:30:02,800  
那么反之  
  
793  
00:30:02,800 --> 00:30:04,360  
我们啥东西都讲过，犹不及吧  
  
794  
00:30:04,920 --> 00:30:06,440  
那你这东西吃太多了  
  
795  
00:30:06,980 --> 00:30:07,940  
就会造成一个问题  
  
796  
00:30:07,940 --> 00:30:12,780  
人这个整个泌糟粕蒸津液的功能是不是就丧失了  
  
797  
00:30:13,750 --> 00:30:18,070  
换句话说，人人的胰腺是不是就衰退了  
  
798  
00:30:18,710 --> 00:30:21,950  
因此反过来说，糖尿病的病机也出来了  
  
799  
00:30:22,690 --> 00:30:23,690  
这大家明白了吧  
  
800  
00:30:23,970 --> 00:30:25,490  
因此，糖尿病是不是怕糖  
  
801  
00:30:25,850 --> 00:30:27,130  
这个不是这个概念  
  
802  
00:30:27,450 --> 00:30:28,530  
他怕的是什么  
  
803  
00:30:29,070 --> 00:30:31,390  
整个这个这个我们讲叫蜜糟粕  
  
804  
00:30:31,470 --> 00:30:34,510  
蒸津液化其精微的这个功能啊  
  
805  
00:30:34,550 --> 00:30:35,270  
讲这个问题  
  
806  
00:30:35,670 --> 00:30:35,870  
呃  
  
807  
00:30:36,030 --> 00:30:40,390  
因此糖尿病患者如果是突然出现血糖低的症状，也是要吃糖的  
  
808  
00:30:40,390 --> 00:30:41,590  
我们讲讲这个问题啊  
  
809  
00:30:41,830 --> 00:30:43,110  
也是要补充糖分的  
  
810  
00:30:43,520 --> 00:30:44,480  
从这个角度来说  
  
811  
00:30:44,520 --> 00:30:45,400  
我们古人呢  
  
812  
00:30:45,840 --> 00:30:52,140  
咱们没有迅速去补充这个人体的能量的其他办法  
  
813  
00:30:52,220 --> 00:30:53,620  
我们现在什么营养液呀  
  
814  
00:30:53,620 --> 00:30:54,620  
这类的东西，对吧  
  
815  
00:30:54,900 --> 00:30:55,580  
咱们没有  
  
816  
00:30:56,420 --> 00:30:57,660  
但是古代有啥东西啊  
  
817  
00:30:57,660 --> 00:30:58,860  
古代有有异糖啊  
  
818  
00:30:59,060 --> 00:31:00,220  
因此把这一糖加起来  
  
819  
00:31:00,220 --> 00:31:01,540  
我们讲叫酸甘化阴  
  
820  
00:31:01,540 --> 00:31:02,700  
甲解化土啊  
  
821  
00:31:02,700 --> 00:31:03,990  
大家到这，呃  
  
822  
00:31:04,070 --> 00:31:06,870  
应该把这个思路呢就理清了啊  
  
823  
00:31:06,870 --> 00:31:08,470  
到这呢，就是这个甲己化土  
  
824  
00:31:08,470 --> 00:31:11,180  
三甘化阴就出来了  
  
825  
00:31:12,020 --> 00:31:12,220  
呃  
  
826  
00:31:12,740 --> 00:31:14,420  
因此在临证的时候呢  
  
827  
00:31:14,420 --> 00:31:17,530  
你看我们这个条文的内容  
  
828  
00:31:17,770 --> 00:31:19,490  
你也就会都明白了  
  
829  
00:31:19,930 --> 00:31:20,730  
虚劳里急  
  
830  
00:31:21,600 --> 00:31:24,200  
呃，这个里脊我是这么理解的啊  
  
831  
00:31:24,200 --> 00:31:25,840  
就是肚子疼啊  
  
832  
00:31:25,840 --> 00:31:26,880  
那么为啥肚子疼呢  
  
833  
00:31:26,880 --> 00:31:28,520  
因为我们说芍药呢  
  
834  
00:31:28,520 --> 00:31:30,200  
它入太阴之地啊  
  
835  
00:31:30,200 --> 00:31:34,850  
它本身就是说呃主邪气腹痛嘛啊  
  
836  
00:31:34,850 --> 00:31:37,930  
他整个完这个这个大腹部呢  
  
837  
00:31:37,930 --> 00:31:38,730  
为太阴之部位  
  
838  
00:31:39,010 --> 00:31:41,250  
因此需劳里吉，我们说甘则缓急  
  
839  
00:31:42,340 --> 00:31:44,380  
芍药甘草本身就是能缓急的  
  
840  
00:31:44,700 --> 00:31:45,700  
就就这么个问题  
  
841  
00:31:45,940 --> 00:31:46,900  
那为啥能缓急  
  
842  
00:31:46,980 --> 00:31:49,060  
那不还是跟营气有关吗  
  
843  
00:31:49,380 --> 00:31:50,340  
那为啥急呀  
  
844  
00:31:51,040 --> 00:31:55,200  
即为营气不足，为尾气刚燥汗烈之象吧  
  
845  
00:31:55,640 --> 00:31:57,880  
那我们说违者为阳，营者为阴  
  
846  
00:31:58,490 --> 00:32:01,650  
那么咱们都知道芍药甘草汤能治脚挛急  
  
847  
00:32:02,330 --> 00:32:03,290  
那为啥角挛急啊  
  
848  
00:32:03,290 --> 00:32:05,850  
那不是因为咱们反与桂枝汤欲攻其表了吗  
  
849  
00:32:06,200 --> 00:32:07,280  
这段大家还记得吧  
  
850  
00:32:07,600 --> 00:32:09,920  
伤寒论第29条咱们说过呀  
  
851  
00:32:10,280 --> 00:32:11,240  
伤寒脉浮自汗出  
  
852  
00:32:11,240 --> 00:32:14,570  
小便说，微恶寒脚挛急发于桂枝汤  
  
853  
00:32:14,570 --> 00:32:15,250  
欲攻其表吧  
  
854  
00:32:15,330 --> 00:32:16,410  
此物也得得之便  
  
855  
00:32:16,410 --> 00:32:19,170  
厥咽中干烦躁吐逆者，作甘草干姜汤  
  
856  
00:32:19,570 --> 00:32:20,010  
与之  
  
857  
00:32:21,240 --> 00:32:23,580  
若绝育，则温耕作芍药甘草汤  
  
858  
00:32:23,900 --> 00:32:24,540  
那为啥  
  
859  
00:32:24,580 --> 00:32:25,460  
为啥是这样  
  
860  
00:32:25,460 --> 00:32:27,340  
咱们全天下学经方的人都知道  
  
861  
00:32:27,620 --> 00:32:28,780  
芍药甘草汤酸甘化阴  
  
862  
00:32:28,780 --> 00:32:30,220  
少有甘草汤能治脚脚抽筋  
  
863  
00:32:30,220 --> 00:32:30,900  
那为啥呀  
  
864  
00:32:31,480 --> 00:32:32,480  
原因就是营卫啊  
  
865  
00:32:33,040 --> 00:32:34,320  
芍甘草偏于什么  
  
866  
00:32:34,640 --> 00:32:37,600  
那个本来就是一个人表里俱虚之状态  
  
867  
00:32:37,640 --> 00:32:38,840  
但是你用了桂枝汤  
  
868  
00:32:39,660 --> 00:32:43,700  
增强了它的尾气的这个汗烈之性  
  
869  
00:32:43,860 --> 00:32:44,460  
对不对啊  
  
870  
00:32:44,970 --> 00:32:46,250  
就损伤了迎阴了吧  
  
871  
00:32:46,570 --> 00:32:49,250  
那么营阴不足，营不能去合围  
  
872  
00:32:49,370 --> 00:32:52,250  
我们讲违者为阳，营者为阴吧  
  
873  
00:32:52,790 --> 00:32:53,830  
那么男人和女人  
  
874  
00:32:54,430 --> 00:32:56,750  
男子之阳刚和跟女子之怀柔  
  
875  
00:32:56,750 --> 00:32:58,630  
他俩要相济济，是不是这个道理  
  
876  
00:32:58,870 --> 00:33:03,560  
那么这就是女子的这个温柔跟不上了，男子的阳刚太过  
  
877  
00:33:04,110 --> 00:33:05,390  
那么俩人都很阳刚  
  
878  
00:33:05,390 --> 00:33:06,270  
最后打起来了  
  
879  
00:33:06,550 --> 00:33:07,390  
明白这意思了吧  
  
880  
00:33:07,390 --> 00:33:08,990  
所以脚挛急就是抽筋了  
  
881  
00:33:09,150 --> 00:33:09,750  
讲这个问题  
  
882  
00:33:09,750 --> 00:33:14,350  
因此用芍药甘草汤去资助这个这个事  
  
883  
00:33:14,750 --> 00:33:17,510  
但是有很多人用芍药甘草汤治脚脚抽筋啊  
  
884  
00:33:17,510 --> 00:33:18,310  
它效果也不好  
  
885  
00:33:18,670 --> 00:33:19,430  
为啥不好呢  
  
886  
00:33:19,470 --> 00:33:20,270  
原因很简单  
  
887  
00:33:20,630 --> 00:33:22,750  
当你精气足的时候，你用芍药甘草汤  
  
888  
00:33:23,070 --> 00:33:23,270  
哎  
  
889  
00:33:23,270 --> 00:33:24,710  
一滋，这营气就上来了  
  
890  
00:33:24,870 --> 00:33:25,990  
如果精气不足呢  
  
891  
00:33:26,250 --> 00:33:27,490  
是不是得先补精气啊  
  
892  
00:33:27,770 --> 00:33:28,610  
从西医来讲  
  
893  
00:33:28,970 --> 00:33:31,570  
腿抽筋是缺钙，补钙钙啊  
  
894  
00:33:31,570 --> 00:33:34,290  
我们讲就是骨骨头里头主要成分就是钙吧  
  
895  
00:33:34,690 --> 00:33:36,170  
肾主骨生髓  
  
896  
00:33:36,730 --> 00:33:38,330  
肾能藏精，肾主闭藏  
  
897  
00:33:38,610 --> 00:33:41,500  
那他俩说的其实也是异曲同工的  
  
898  
00:33:41,500 --> 00:33:44,340  
那西医说的补钙跟我们说的补肾补精气  
  
899  
00:33:44,380 --> 00:33:46,820  
其实他俩是也能通的上啊  
  
900  
00:33:46,820 --> 00:33:47,580  
也能合上  
  
901  
00:33:48,520 --> 00:33:50,800  
因此这个我们说芍药甘草啊  
  
902  
00:33:50,800 --> 00:33:54,280  
它首先这个里脊就是这个营气不能上来  
  
903  
00:33:54,680 --> 00:33:56,880  
不能去与尾气相气相合  
  
904  
00:33:56,880 --> 00:33:59,800  
合，就出现了里脊忌呢  
  
905  
00:33:59,800 --> 00:34:01,640  
那这个就简单的不能再简单了吧  
  
906  
00:34:01,920 --> 00:34:04,040  
那你说低血糖的时候人是不是心慌啊  
  
907  
00:34:05,360 --> 00:34:06,200  
所以这个呢  
  
908  
00:34:06,480 --> 00:34:08,239  
我们说血糖血糖啊  
  
909  
00:34:08,320 --> 00:34:09,360  
这是一个西医概念  
  
910  
00:34:09,560 --> 00:34:10,080  
但在这呢  
  
911  
00:34:10,080 --> 00:34:13,480  
我借用一下，那血糖是不是就血液里的能量啊  
  
912  
00:34:13,940 --> 00:34:16,219  
那血液里的能量是不是就是营气啊  
  
913  
00:34:16,739 --> 00:34:19,219  
但是注意我并没说赢气就是血糖啊  
  
914  
00:34:19,219 --> 00:34:20,500  
我可从来都没这么说  
  
915  
00:34:20,659 --> 00:34:22,620  
我是从中医的角度跟你说  
  
916  
00:34:22,620 --> 00:34:26,210  
叫蜜糟粕蒸津液，化其精微是吧  
  
917  
00:34:26,210 --> 00:34:27,409  
这个是这个是赢啊  
  
918  
00:34:27,449 --> 00:34:29,330  
讲这个概念赢出于中焦  
  
919  
00:34:29,330 --> 00:34:31,310  
而且藏在脾中，脾藏营  
  
920  
00:34:31,670 --> 00:34:34,830  
那么有了这个基础难经42难才讲叫脾  
  
921  
00:34:35,150 --> 00:34:37,230  
脾能主，什么主国血是吧  
  
922  
00:34:37,610 --> 00:34:39,290  
那么咱们中医都讲脾能藏血  
  
923  
00:34:39,290 --> 00:34:41,010  
脾能藏血你在哪本书上都看不见  
  
924  
00:34:41,290 --> 00:34:42,449  
其实这是难经里的概念  
  
925  
00:34:42,889 --> 00:34:44,210  
裹是包裹的意思  
  
926  
00:34:45,190 --> 00:34:47,230  
脾包裹着血，那为啥它能包裹血啊  
  
927  
00:34:47,230 --> 00:34:48,790  
因为脾脾藏营啊  
  
928  
00:34:48,989 --> 00:34:49,590  
就这么简单  
  
929  
00:34:49,590 --> 00:34:51,190  
营和血同类嘛，对吧  
  
930  
00:34:51,830 --> 00:34:54,880  
它是血的那个那个鲜甜啊  
  
931  
00:34:55,679 --> 00:34:56,760  
莹是雪的先天  
  
932  
00:34:58,180 --> 00:34:59,540  
但从这个角度上来说呢  
  
933  
00:34:59,950 --> 00:35:00,150  
呃  
  
934  
00:35:00,390 --> 00:35:02,630  
心悸那心慌，就是血里头没能量  
  
935  
00:35:02,790 --> 00:35:04,230  
换句话说就是血糖低哈  
  
936  
00:35:04,430 --> 00:35:06,310  
低血糖的时候那那那那就心慌嘛  
  
937  
00:35:06,630 --> 00:35:07,870  
那氯是啥概念  
  
938  
00:35:07,870 --> 00:35:10,210  
那不也是饮血层面的问题吗  
  
939  
00:35:10,610 --> 00:35:10,850  
啊  
  
940  
00:35:11,970 --> 00:35:12,490  
腹中痛  
  
941  
00:35:13,210 --> 00:35:15,600  
呃，就是对里脊的一个解释啊  
  
942  
00:35:15,600 --> 00:35:19,240  
孟世经那么营和经是相通的啊  
  
943  
00:35:19,840 --> 00:35:21,960  
那么都属属属这个阴啊  
  
944  
00:35:23,580 --> 00:35:25,060  
京津液血啊  
  
945  
00:35:26,170 --> 00:35:26,970  
四肢酸疼  
  
946  
00:35:27,010 --> 00:35:28,810  
这就合上我们刚才说的那个问题了吧  
  
947  
00:35:29,170 --> 00:35:31,490  
脾藏盈盈舍益脾气虚则怎么样  
  
948  
00:35:31,490 --> 00:35:32,730  
四肢不用啊  
  
949  
00:35:32,730 --> 00:35:33,650  
那脾主四末  
  
950  
00:35:34,650 --> 00:35:34,850  
呃  
  
951  
00:35:35,090 --> 00:35:38,350  
手足烦热，那么也是一个营因不足  
  
952  
00:35:38,470 --> 00:35:39,790  
但是这里头包含一个事啊  
  
953  
00:35:40,310 --> 00:35:40,510  
呃  
  
954  
00:35:40,790 --> 00:35:44,110  
所谓太阴病，本身就有一个手足自温的问题啊  
  
955  
00:35:44,110 --> 00:35:45,390  
这是太阴病的一个特点  
  
956  
00:35:45,870 --> 00:35:47,230  
咽干口燥，他说的很  
  
957  
00:35:47,350 --> 00:35:50,790  
你看他整个说气虚的说的很少发现了没有  
  
958  
00:35:52,490 --> 00:35:55,050  
如果说气和血是对等的  
  
959  
00:35:55,130 --> 00:35:56,210  
营和胃是对等的  
  
960  
00:35:56,210 --> 00:35:59,130  
他这个里头完全是偏于血偏于营  
  
961  
00:35:59,410 --> 00:36:00,730  
而不是偏于气，偏于伪  
  
962  
00:36:00,930 --> 00:36:02,800  
因此很多人啊，呃  
  
963  
00:36:03,000 --> 00:36:05,440  
我也看了很多古代医家的一些著书  
  
964  
00:36:05,900 --> 00:36:09,620  
其实实话实说，不免有一些时候也是随文注释  
  
965  
00:36:09,900 --> 00:36:11,340  
为啥一讲到小金中  
  
966  
00:36:11,340 --> 00:36:11,500  
哎  
  
967  
00:36:11,740 --> 00:36:12,460  
阴阳中和  
  
968  
00:36:12,740 --> 00:36:14,700  
我一看到中和的时候我就笑了  
  
969  
00:36:15,880 --> 00:36:19,720  
那么很可能那并不能说古人说的每句话都是对的  
  
970  
00:36:20,620 --> 00:36:22,460  
也不是每个古人说的都是对的  
  
971  
00:36:22,460 --> 00:36:23,260  
是不是不是这道理  
  
972  
00:36:23,260 --> 00:36:25,140  
我们学中医不能学傻了呀  
  
973  
00:36:25,720 --> 00:36:27,600  
咱不能说最后学的不辨是非  
  
974  
00:36:28,080 --> 00:36:30,320  
那你这个东西小件中的小贱钟  
  
975  
00:36:31,390 --> 00:36:36,110  
那就是为啥你会理解为中和的中  
  
976  
00:36:37,230 --> 00:36:39,750  
那就因为你没明白剑中的本意  
  
977  
00:36:40,330 --> 00:36:44,210  
当你理解了建字的本意就是所谓贱用黄吉  
  
978  
00:36:44,210 --> 00:36:48,710  
他是一个以中央为立角来调动周身气血  
  
979  
00:36:48,710 --> 00:36:50,350  
去供给一个脏器的时候  
  
980  
00:36:50,590 --> 00:36:54,310  
你就明白他不过就是要给你脾去供给  
  
981  
00:36:54,510 --> 00:36:55,590  
供给供什么  
  
982  
00:36:55,960 --> 00:36:58,880  
因为脾藏营，所以他供的就是营气没错吧  
  
983  
00:36:59,400 --> 00:37:02,240  
迅速供应营气咋供应酸甘化阴甲己化土吗  
  
984  
00:37:03,870 --> 00:37:04,750  
一脉相承  
  
985  
00:37:06,690 --> 00:37:07,850  
非常直白的东西吗  
  
986  
00:37:07,970 --> 00:37:10,530  
那你如果非得说他就是补脾的  
  
987  
00:37:10,610 --> 00:37:12,970  
那我问你，用四君子不行吗  
  
988  
00:37:14,140 --> 00:37:14,460  
对吧  
  
989  
00:37:14,580 --> 00:37:16,780  
用健脾丸，那是不是我们说人参健脾  
  
990  
00:37:17,220 --> 00:37:18,500  
那你看拉肚用哪个好  
  
991  
00:37:18,500 --> 00:37:21,450  
使用人剑比来的快，还是用小建中快  
  
992  
00:37:21,650 --> 00:37:22,850  
那明摆着的问题吗  
  
993  
00:37:23,410 --> 00:37:25,720  
所以我们说，阳化气阴成形  
  
994  
00:37:25,840 --> 00:37:27,040  
那么各有妙用  
  
995  
00:37:27,360 --> 00:37:28,000  
小建中呢  
  
996  
00:37:28,000 --> 00:37:30,120  
那自能既能滋人的这个盈穴  
  
997  
00:37:30,480 --> 00:37:31,400  
那打比方啊  
  
998  
00:37:31,710 --> 00:37:33,510  
我们说这个健脾，有很多人说  
  
999  
00:37:33,550 --> 00:37:34,630  
比如说，呃  
  
1000  
00:37:34,630 --> 00:37:36,510  
临床上有些人我给他调啊  
  
1001  
00:37:36,670 --> 00:37:37,630  
他脾虚  
  
1002  
00:37:38,230 --> 00:37:39,630  
他就有时候问我说，大夫啊  
  
1003  
00:37:39,950 --> 00:37:42,920  
为啥我调脾虚，越调越胖啊  
  
1004  
00:37:42,920 --> 00:37:43,920  
有的人想减肥嘛  
  
1005  
00:37:44,320 --> 00:37:45,200  
大家遇，呃  
  
1006  
00:37:45,360 --> 00:37:46,480  
遇到过这种问题吧  
  
1007  
00:37:46,890 --> 00:37:48,090  
那一吃药越吃越胖  
  
1008  
00:37:48,210 --> 00:37:49,890  
那你就从气和血去考虑呗  
  
1009  
00:37:51,070 --> 00:37:53,590  
你想让他瘦，你就调调起胃气  
  
1010  
00:37:54,150 --> 00:37:56,720  
你要想让他胖，你就调剂营气呗  
  
1011  
00:37:57,200 --> 00:37:58,120  
那么说明一个问题  
  
1012  
00:37:58,160 --> 00:37:59,960  
其实也有人有一种困扰啊  
  
1013  
00:38:00,480 --> 00:38:01,960  
临床你见没见过这样的人  
  
1014  
00:38:02,350 --> 00:38:02,550  
嗯  
  
1015  
00:38:02,590 --> 00:38:03,310  
很气人啊  
  
1016  
00:38:03,310 --> 00:38:03,830  
这样的人  
  
1017  
00:38:04,150 --> 00:38:06,630  
他跟你说说，大夫我怎么吃我都吃不胖  
  
1018  
00:38:07,600 --> 00:38:08,600  
来不来气是吧  
  
1019  
00:38:08,960 --> 00:38:10,760  
那这样的人他自己很痛苦啊  
  
1020  
00:38:11,500 --> 00:38:12,780  
那怎么能让它吃胖呢  
  
1021  
00:38:13,060 --> 00:38:14,580  
那我们反过来用就完了呗  
  
1022  
00:38:15,020 --> 00:38:16,300  
兹其营还是资其尾啊  
  
1023  
00:38:16,860 --> 00:38:17,340  
子其营  
  
1024  
00:38:17,540 --> 00:38:19,560  
所以小电中是一个，呃  
  
1025  
00:38:19,640 --> 00:38:20,480  
我这么一说啊  
  
1026  
00:38:20,520 --> 00:38:21,200  
不要紧张  
  
1027  
00:38:21,240 --> 00:38:22,800  
是一张能让人胖起来的  
  
1028  
00:38:22,960 --> 00:38:23,760  
我们不这么说啊  
  
1029  
00:38:24,000 --> 00:38:27,240  
就让能让人壮起来的一张房，没错吧  
  
1030  
00:38:27,650 --> 00:38:28,370  
那么为什么  
  
1031  
00:38:28,370 --> 00:38:29,970  
因为非常简单  
  
1032  
00:38:30,610 --> 00:38:32,690  
化其精微，滋其迎穴啊  
  
1033  
00:38:32,810 --> 00:38:35,170  
那你银血足了之后，阳则化气  
  
1034  
00:38:35,170 --> 00:38:35,930  
阴则成形  
  
1035  
00:38:35,930 --> 00:38:37,090  
你要想让它有形  
  
1036  
00:38:37,600 --> 00:38:39,320  
那么我们从某个角度上来说  
  
1037  
00:38:39,680 --> 00:38:41,350  
比如健美的人，哎  
  
1038  
00:38:41,350 --> 00:38:43,390  
我朋友有这个搞健美的，搞健身的  
  
1039  
00:38:43,390 --> 00:38:47,470  
然后问我说，有没有什么中医的办法能替代一些蛋白粉呢  
  
1040  
00:38:47,800 --> 00:38:49,640  
包括他们吃的一些能量合剂呀  
  
1041  
00:38:50,000 --> 00:38:51,520  
那个东西有的时候很伤人啊  
  
1042  
00:38:51,720 --> 00:38:52,920  
我有朋友就搞健身的  
  
1043  
00:38:52,920 --> 00:38:53,720  
我说我是这么办  
  
1044  
00:38:53,720 --> 00:38:56,060  
非常简单小建中，唉  
  
1045  
00:38:56,060 --> 00:38:57,260  
用上之后效果非常好  
  
1046  
00:38:57,260 --> 00:38:59,300  
那那肌肉块儿就上来了对吧  
  
1047  
00:38:59,750 --> 00:39:01,510  
呃，各有妙用没错吧  
  
1048  
00:39:01,670 --> 00:39:03,910  
那不是说哪个药好用或者不好用  
  
1049  
00:39:04,430 --> 00:39:06,110  
药本无过人自物质  
  
1050  
00:39:06,190 --> 00:39:08,610  
你想取它的哪一面啊  
  
1051  
00:39:08,610 --> 00:39:09,890  
那么都是好东西啊  
  
1052  
00:39:10,490 --> 00:39:12,970  
那么你把它认识清楚了，这个就很简单了  
  
1053  
00:39:13,370 --> 00:39:14,330  
那么这个方呢  
  
1054  
00:39:15,200 --> 00:39:17,120  
不给大家赘述宜糖的量  
  
1055  
00:39:17,160 --> 00:39:20,250  
我在临床上一般是参照芍药啊  
  
1056  
00:39:20,250 --> 00:39:22,130  
参照芍药用量必须大点  
  
1057  
00:39:22,130 --> 00:39:25,570  
量少了芍药的量太大，酸和甘不对等吗  
  
1058  
00:39:26,010 --> 00:39:26,890  
那就不行了  
  
1059  
00:39:31,080 --> 00:39:32,520  
那么后头有一个补充  
  
1060  
00:39:33,890 --> 00:39:34,730  
虚劳里急  
  
1061  
00:39:35,290 --> 00:39:37,530  
那后头不是说金逆腹中通梦失经啊  
  
1062  
00:39:37,730 --> 00:39:40,860  
后头说什么叫猪不足，看见了没有  
  
1063  
00:39:41,340 --> 00:39:42,900  
这用什么叫黄芪建中  
  
1064  
00:39:43,900 --> 00:39:44,820  
那讲到这儿呢  
  
1065  
00:39:44,860 --> 00:39:49,220  
我不给大家过多的说一些概念啊  
  
1066  
00:39:49,220 --> 00:39:50,100  
我就说一件事  
  
1067  
00:39:50,860 --> 00:39:54,460  
黄芪建中和小建中在临床上怎么区分  
  
1068  
00:39:55,850 --> 00:39:56,250  
咋用  
  
1069  
00:39:56,730 --> 00:39:58,450  
这个可能大家是比较关心的吧  
  
1070  
00:39:59,170 --> 00:40:00,410  
他从道理上啊  
  
1071  
00:40:00,410 --> 00:40:01,890  
我们先讲道理再讲用法  
  
1072  
00:40:02,490 --> 00:40:05,520  
在道理上非常简单，就记住俩字  
  
1073  
00:40:05,680 --> 00:40:06,120  
营卫  
  
1074  
00:40:07,120 --> 00:40:10,040  
那么这个病啊，同样都是虚劳不足  
  
1075  
00:40:10,560 --> 00:40:12,240  
我问你们偏于赢  
  
1076  
00:40:14,270 --> 00:40:17,670  
你用哪个剑种，小剑种偏鱼尾呢  
  
1077  
00:40:19,040 --> 00:40:20,240  
黄旗人种明白了吧  
  
1078  
00:40:21,330 --> 00:40:22,090  
就这么简单  
  
1079  
00:40:22,090 --> 00:40:24,090  
但是你说老师我看不明白  
  
1080  
00:40:25,050 --> 00:40:26,330  
哪个偏于赢，哪个偏于北  
  
1081  
00:40:26,690 --> 00:40:28,050  
我告诉你非常简单  
  
1082  
00:40:29,190 --> 00:40:29,870  
你看啊  
  
1083  
00:40:31,080 --> 00:40:32,880  
这个寸脉沉而色  
  
1084  
00:40:33,240 --> 00:40:35,760  
那一般都是我们叫阳脉色，一脉弦嘛  
  
1085  
00:40:36,040 --> 00:40:37,280  
那么我在临床上看啊  
  
1086  
00:40:37,800 --> 00:40:40,260  
阳脉也就是寸脉色相为主  
  
1087  
00:40:41,820 --> 00:40:43,620  
那么整个关尺脉弦  
  
1088  
00:40:43,740 --> 00:40:47,640  
而且弦中有有比较弦长的状态，一般都是这样啊  
  
1089  
00:40:47,960 --> 00:40:49,280  
那么小建中你就可以用了  
  
1090  
00:40:49,760 --> 00:40:50,600  
临床效果好  
  
1091  
00:40:50,880 --> 00:40:53,560  
如果说它不是偏于盈啊，呃  
  
1092  
00:40:54,390 --> 00:40:56,110  
那么偏于魏偏于魏啥特点  
  
1093  
00:40:56,790 --> 00:40:57,830  
你重点看右寸  
  
1094  
00:40:59,150 --> 00:41:03,490  
右寸如果是这种脉短不吉之相对吧  
  
1095  
00:41:04,210 --> 00:41:05,250  
那么你就加黄芪  
  
1096  
00:41:06,130 --> 00:41:08,170  
那你说老师赢和魏都不足  
  
1097  
00:41:08,900 --> 00:41:11,540  
而且他后天不光是先天的这个书籍的问题  
  
1098  
00:41:11,860 --> 00:41:14,740  
后天精微还很虚，有没有啥办法  
  
1099  
00:41:15,140 --> 00:41:18,700  
哎，那个后世有一张方叫升阳益胃汤  
  
1100  
00:41:19,620 --> 00:41:20,060  
知道吗  
  
1101  
00:41:20,380 --> 00:41:24,090  
你可以把它那这是一套组合拳吧，啊  
  
1102  
00:41:24,250 --> 00:41:25,050  
送给大家啊  
  
1103  
00:41:25,050 --> 00:41:29,450  
那么你从这个角度去考虑考虑这东西你就会用了啊  
  
1104  
00:41:30,010 --> 00:41:31,850  
这就从脉上去断  
  
1105  
00:41:32,450 --> 00:41:33,810  
呃，我在临床上用吧  
  
1106  
00:41:33,810 --> 00:41:36,650  
反正有有很多时候就一搭手啊  
  
1107  
00:41:36,650 --> 00:41:38,250  
这人你看杨麦色一脉弦  
  
1108  
00:41:38,610 --> 00:41:40,050  
哎，直接告诉他肚子疼  
  
1109  
00:41:40,290 --> 00:41:43,120  
很多时候这类患者会有疝气啊  
  
1110  
00:41:43,200 --> 00:41:45,520  
但是哪本书上反正我没看哪本书上说  
  
1111  
00:41:45,800 --> 00:41:47,560  
但我观察出来的很多  
  
1112  
00:41:47,560 --> 00:41:48,680  
这个腹股沟疝气啊  
  
1113  
00:41:48,680 --> 00:41:51,520  
小肠疝气啊，往往就出现在这种状态里  
  
1114  
00:41:51,840 --> 00:41:55,360  
那不也是因为一个一个问题嘛  
  
1115  
00:41:55,360 --> 00:41:58,740  
就是所谓这个这个呃营啊  
  
1116  
00:41:58,820 --> 00:42:00,740  
脾不能裹血吧，啊  
  
1117  
00:42:00,900 --> 00:42:04,980  
那脾呢，本身咱们说脾主肌肉啊  
  
1118  
00:42:05,500 --> 00:42:06,300  
脾不能裹血  
  
1119  
00:42:06,380 --> 00:42:08,100  
那么营气不足，长期营气不足  
  
1120  
00:42:08,460 --> 00:42:09,980  
脾不裹血，这人肌肉单薄  
  
1121  
00:42:10,020 --> 00:42:11,500  
他就容易出现这种问题  
  
1122  
00:42:12,150 --> 00:42:12,350  
呃  
  
1123  
00:42:12,710 --> 00:42:15,510  
中期在下线的那加黄旗就完事了啊  
  
1124  
00:42:16,510 --> 00:42:21,230  
因此这就是呃，小建中和黄旗舰中的一个组合  
  
1125  
00:42:21,920 --> 00:42:22,840  
一个偏于卫  
  
1126  
00:42:23,120 --> 00:42:25,160  
一个偏于营啊，黄金剑中偏于卫  
  
1127  
00:42:25,440 --> 00:42:26,400  
小剑中偏于营  
  
1128  
00:42:27,200 --> 00:42:29,200  
后头我们学到妇人三篇的时候  
  
1129  
00:42:29,200 --> 00:42:32,640  
还将会给大家介绍一张方叫内部当归建中汤  
  
1130  
00:42:33,240 --> 00:42:35,120  
那么那张方明显啊  
  
1131  
00:42:35,120 --> 00:42:36,240  
我们既然已经说了  
  
1132  
00:42:36,240 --> 00:42:37,920  
就给大家都带一下  
  
1133  
00:42:38,280 --> 00:42:40,640  
那张方明显就是偏于啥呀  
  
1134  
00:42:41,290 --> 00:42:41,690  
哎  
  
1135  
00:42:41,730 --> 00:42:42,490  
你看，我不用说  
  
1136  
00:42:42,490 --> 00:42:43,370  
你自己都会了  
  
1137  
00:42:43,530 --> 00:42:44,290  
偏于血吧  
  
1138  
00:42:44,650 --> 00:42:46,810  
所以这就是我给你讲的事  
  
1139  
00:42:47,170 --> 00:42:48,850  
我给大家讲课，我希望的呀  
  
1140  
00:42:48,850 --> 00:42:51,810  
不是说我手把手给你很多概念灌输给你之后  
  
1141  
00:42:52,290 --> 00:42:54,680  
结果呢，你你还不知道咋用  
  
1142  
00:42:55,200 --> 00:42:58,160  
而是把这个道理给你讲清之后，手指头一推  
  
1143  
00:42:58,240 --> 00:43:00,040  
我来问你，这事你咋看  
  
1144  
00:43:00,540 --> 00:43:00,740  
哎  
  
1145  
00:43:00,740 --> 00:43:01,660  
你给我讲啊  
  
1146  
00:43:01,660 --> 00:43:03,780  
这个是我我很开心的事啊  
  
1147  
00:43:04,230 --> 00:43:05,190  
你就明白了  
  
1148  
00:43:05,550 --> 00:43:08,710  
就这栋大厦拿一根手指头就就就推倒了啊  
  
1149  
00:43:08,910 --> 00:43:09,910  
那这个就特别好  
  
1150  
00:43:10,630 --> 00:43:11,510  
那么后头呢  
  
1151  
00:43:12,700 --> 00:43:13,460  
讲一个问题啊  
  
1152  
00:43:13,620 --> 00:43:16,420  
那个黄建中后头有一个加减，大家看见了没有  
  
1153  
00:43:17,530 --> 00:43:19,410  
他说这么一个事，呃  
  
1154  
00:43:20,800 --> 00:43:23,920  
气短胸满加生姜  
  
1155  
00:43:24,800 --> 00:43:27,440  
那么这块就说明一个问题啊，呃  
  
1156  
00:43:28,600 --> 00:43:30,160  
一定是有寒  
  
1157  
00:43:31,630 --> 00:43:34,510  
那么我们讲宗气出于凶  
  
1158  
00:43:35,630 --> 00:43:36,910  
宗气是什么概念呢  
  
1159  
00:43:36,990 --> 00:43:38,890  
走西道以行呼吸  
  
1160  
00:43:39,290 --> 00:43:40,410  
它要贯心脉啊  
  
1161  
00:43:40,410 --> 00:43:43,930  
而行气血，那么中气比较虚弱的时候  
  
1162  
00:43:44,130 --> 00:43:47,630  
那你光加黄芪不够，要加生姜加生姜  
  
1163  
00:43:47,630 --> 00:43:48,070  
为什么  
  
1164  
00:43:49,110 --> 00:43:51,030  
那么我之前说了酸甘化阴吧  
  
1165  
00:43:51,390 --> 00:43:53,270  
这时候再加点辛甘化化阳  
  
1166  
00:43:53,710 --> 00:43:56,240  
但不加桂枝，为啥不加桂枝呢  
  
1167  
00:43:56,240 --> 00:43:58,600  
桂枝用啊，则走走表啊  
  
1168  
00:43:58,600 --> 00:44:00,560  
我们说它走向的方向不一样  
  
1169  
00:44:01,000 --> 00:44:02,600  
加点生姜散一散哈  
  
1170  
00:44:03,710 --> 00:44:04,470  
横散一下  
  
1171  
00:44:06,650 --> 00:44:07,090  
胸满  
  
1172  
00:44:07,650 --> 00:44:11,890  
那么这个是一个常用的一个加减胸满，怎么办呢  
  
1173  
00:44:13,430 --> 00:44:16,470  
去枣加茯苓啊，加茯苓一两半  
  
1174  
00:44:17,430 --> 00:44:17,710  
呃  
  
1175  
00:44:18,340 --> 00:44:20,540  
那么很多满门的那个那个那个啊  
  
1176  
00:44:20,660 --> 00:44:22,780  
驸马啊，驸马说错了很多  
  
1177  
00:44:22,780 --> 00:44:26,020  
那个腹满，包括那个那个鞋鞋下满啊  
  
1178  
00:44:26,390 --> 00:44:28,550  
这个时候呢，我们都得去大枣  
  
1179  
00:44:28,550 --> 00:44:29,910  
这个我在临床上也这么用  
  
1180  
00:44:31,210 --> 00:44:34,460  
呃，补气这块特别有意思  
  
1181  
00:44:34,460 --> 00:44:36,660  
加一什么东西加半夏啊  
  
1182  
00:44:37,700 --> 00:44:39,180  
它补气为啥加半夏呢  
  
1183  
00:44:39,620 --> 00:44:40,940  
说明这个时候  
  
1184  
00:44:42,550 --> 00:44:44,350  
你容易出现一个问题  
  
1185  
00:44:44,350 --> 00:44:47,820  
容易出现人有失相啊  
  
1186  
00:44:47,940 --> 00:44:48,660  
湿从哪来  
  
1187  
00:44:49,300 --> 00:44:51,580  
我们讲啊，肺脾虚损之象  
  
1188  
00:44:52,310 --> 00:44:54,190  
脾为生痰之源，哈  
  
1189  
00:44:54,710 --> 00:44:56,470  
那所以这时候要加半夏燥  
  
1190  
00:44:56,470 --> 00:44:57,110  
一下子啊  
  
1191  
00:44:57,590 --> 00:44:58,190  
燥，一下子  
  
1192  
00:44:58,750 --> 00:44:59,550  
取其中和  
  
1193  
00:45:00,460 --> 00:45:00,660  
呃  
  
1194  
00:45:00,860 --> 00:45:06,310  
第15条是八味肾气丸  
  
1195  
00:45:07,200 --> 00:45:07,400  
呃  
  
1196  
00:45:07,560 --> 00:45:08,120  
这个呢  
  
1197  
00:45:08,240 --> 00:45:10,440  
我在今天不想给大家说啊  
  
1198  
00:45:10,600 --> 00:45:14,710  
因为啥我们后头还有两篇啊  
  
1199  
00:45:14,710 --> 00:45:16,070  
会出现这个神器  
  
1200  
00:45:16,790 --> 00:45:17,950  
呃，很快啊  
  
1201  
00:45:18,110 --> 00:45:19,630  
咱们在哪呢  
  
1202  
00:45:20,310 --> 00:45:22,770  
这个消渴啊  
  
1203  
00:45:22,850 --> 00:45:25,650  
那一篇里头咱们就看见肾气丸就出来了  
  
1204  
00:45:25,650 --> 00:45:27,470  
我想留到那块，呃  
  
1205  
00:45:27,830 --> 00:45:29,510  
实际上我们用神器的地方很多啊  
  
1206  
00:45:29,710 --> 00:45:30,430  
一脉相承  
  
1207  
00:45:30,750 --> 00:45:34,590  
咱们之前也有给给大家也也曾经聊过这个问题  
  
1208  
00:45:35,110 --> 00:45:36,910  
呃，肾气的经典用法啊  
  
1209  
00:45:36,910 --> 00:45:38,430  
它不是一句两句能说清的  
  
1210  
00:45:38,430 --> 00:45:39,350  
今天不说啊  
  
1211  
00:45:39,430 --> 00:45:40,910  
先放在这呃  
  
1212  
00:45:43,010 --> 00:45:44,970  
8月神记跟那个瓜罗群脉丸啊  
  
1213  
00:45:45,090 --> 00:45:48,210  
他俩也是一个母法和一个变法的一个区别  
  
1214  
00:45:48,790 --> 00:45:48,990  
呃  
  
1215  
00:45:49,070 --> 00:45:51,030  
这堂课先到这儿，我们下堂课呢  
  
1216  
00:45:51,310 --> 00:45:53,110  
给大家说属于丸啊  
  
1217  
00:45:53,150 --> 00:45:56,910  
把这个虚劳结束好，先到这儿下课