1  
00:00:02,480 --> 00:00:03,080  
呃，好吧  
  
2  
00:00:03,120 --> 00:00:04,360  
咱们接着上课啊  
  
3  
00:00:04,360 --> 00:00:05,600  
刚才课间的时候啊  
  
4  
00:00:05,920 --> 00:00:07,320  
跟大伙聊了会儿天  
  
5  
00:00:07,320 --> 00:00:08,280  
哎呀，特别开心  
  
6  
00:00:08,830 --> 00:00:13,110  
就是我甚至曾经一度想要不要把这个录音也录进来啊  
  
7  
00:00:13,110 --> 00:00:15,000  
作为我们一个彩蛋，真挺好  
  
8  
00:00:15,040 --> 00:00:15,800  
跟我们几位  
  
9  
00:00:15,880 --> 00:00:17,920  
因为我们有好几位都是在临床中  
  
10  
00:00:18,080 --> 00:00:19,720  
呃卓有这个建树啊  
  
11  
00:00:20,030 --> 00:00:20,950  
临床医生啊  
  
12  
00:00:20,950 --> 00:00:22,710  
刚才这个紫琪博士啊  
  
13  
00:00:22,790 --> 00:00:24,030  
跟跟跟他一聊  
  
14  
00:00:24,480 --> 00:00:25,360  
他就提起一个事  
  
15  
00:00:25,360 --> 00:00:25,560  
儿  
  
16  
00:00:25,880 --> 00:00:31,980  
在这个之前代教我们大学有一个叫临床临床技能大赛  
  
17  
00:00:31,980 --> 00:00:34,140  
是不是全国那个那个临床技能大赛  
  
18  
00:00:34,140 --> 00:00:37,100  
我们学校代表队，他给做培训的时候啊  
  
19  
00:00:37,400 --> 00:00:38,760  
当时就聊到一个问题  
  
20  
00:00:38,760 --> 00:00:40,040  
就讲到小建中的时候  
  
21  
00:00:40,720 --> 00:00:41,000  
呃  
  
22  
00:00:41,640 --> 00:00:42,080  
他呢  
  
23  
00:00:42,240 --> 00:00:43,880  
就问在场的所有那  
  
24  
00:00:43,880 --> 00:00:45,840  
因为都是属于拔尖的学生了啊  
  
25  
00:00:46,240 --> 00:00:46,880  
问了一个事  
  
26  
00:00:47,240 --> 00:00:50,330  
小建中，当时你咋说的  
  
27  
00:00:51,570 --> 00:00:53,690  
对，小建中治的是寒症还是热症  
  
28  
00:00:54,050 --> 00:00:54,650  
但当时呢  
  
29  
00:00:54,650 --> 00:00:57,580  
包括其中有，也有我诊室的学生啊  
  
30  
00:00:57,580 --> 00:00:59,500  
有两个诊室的学生，呃  
  
31  
00:01:00,180 --> 00:01:02,380  
那可以说是尤其诊室学院  
  
32  
00:01:02,380 --> 00:01:04,540  
他也自己都有临床啊  
  
33  
00:01:04,540 --> 00:01:06,020  
也有患者，呃  
  
34  
00:01:08,460 --> 00:01:12,940  
居然异口同声都说小建中是治寒症的  
  
35  
00:01:12,940 --> 00:01:13,740  
是温补的  
  
36  
00:01:14,210 --> 00:01:15,250  
那说完这个之后呢  
  
37  
00:01:15,250 --> 00:01:17,890  
我们刚才在场有几位大夫啊  
  
38  
00:01:17,890 --> 00:01:19,440  
包括这个陈医生啊  
  
39  
00:01:19,440 --> 00:01:22,920  
刚才也说说这个用小线中就是怕给怕人拉肚  
  
40  
00:01:23,080 --> 00:01:24,720  
我说那这个是太正常了  
  
41  
00:01:25,040 --> 00:01:26,680  
因此我们就要反思一个问题  
  
42  
00:01:27,110 --> 00:01:28,870  
不是古人说的就是对的  
  
43  
00:01:28,870 --> 00:01:29,350  
是不是啊  
  
44  
00:01:29,590 --> 00:01:31,550  
我在看关于小建中的著书的时候  
  
45  
00:01:31,550 --> 00:01:35,550  
我看到呃，大概我参照了30多家古代的书著  
  
46  
00:01:35,940 --> 00:01:36,860  
但是中间呢  
  
47  
00:01:37,940 --> 00:01:42,810  
负责任地讲就是有20家左右异口同声都是这么讲  
  
48  
00:01:42,850 --> 00:01:44,570  
说小建中他是一个中  
  
49  
00:01:44,810 --> 00:01:46,210  
就是意思是这个意思啊  
  
50  
00:01:46,450 --> 00:01:49,590  
就比较中和，能够平补阴阳  
  
51  
00:01:49,590 --> 00:01:51,310  
但是你你你想想，如果平补阴阳  
  
52  
00:01:51,310 --> 00:01:53,230  
它为啥只加芍药不加桂枝呢  
  
53  
00:01:53,630 --> 00:01:55,870  
所以不是所以不是这样  
  
54  
00:01:56,220 --> 00:01:59,100  
那小建中当你理解了剑是什么含义  
  
55  
00:01:59,660 --> 00:02:01,060  
钟是什么含义的时候  
  
56  
00:02:01,580 --> 00:02:05,740  
那么剑就是整个举国体制去支持一个地方  
  
57  
00:02:06,060 --> 00:02:07,020  
那么支持的是谁  
  
58  
00:02:07,020 --> 00:02:07,660  
就是中焦  
  
59  
00:02:08,139 --> 00:02:09,460  
中焦怎么支持他  
  
60  
00:02:09,460 --> 00:02:12,490  
给钱给什么脾藏营对吧  
  
61  
00:02:12,890 --> 00:02:15,210  
那么你只有理解了，回归到内经里头  
  
62  
00:02:15,490 --> 00:02:19,770  
所谓泌糟粕蒸津液化其精微  
  
63  
00:02:20,330 --> 00:02:24,720  
你理解了这一段，然后这个精微归于肺乃能生血  
  
64  
00:02:25,280 --> 00:02:27,960  
那么你才能理解什么叫小贱钟  
  
65  
00:02:28,000 --> 00:02:30,320  
它其实就是直接去资助他的营气  
  
66  
00:02:31,170 --> 00:02:33,770  
那么后头他为什么要大剂量用芍药  
  
67  
00:02:33,770 --> 00:02:34,370  
为什么要加  
  
68  
00:02:34,770 --> 00:02:35,610  
要加饴糖  
  
69  
00:02:36,040 --> 00:02:37,080  
为什么要酸甘化阴  
  
70  
00:02:37,080 --> 00:02:37,880  
你就都懂了  
  
71  
00:02:38,120 --> 00:02:40,520  
因此不是我非要讲内经啊  
  
72  
00:02:41,120 --> 00:02:41,960  
重申一个问题  
  
73  
00:02:41,960 --> 00:02:43,080  
不是我非要讲内景  
  
74  
00:02:43,360 --> 00:02:45,080  
而是不讲说不清楚啊  
  
75  
00:02:45,200 --> 00:02:46,240  
从这个角度上来讲  
  
76  
00:02:46,680 --> 00:02:48,320  
呃，紫棋刚才还提到一个事啊  
  
77  
00:02:48,320 --> 00:02:49,990  
就是所说的那个，呃  
  
78  
00:02:50,150 --> 00:02:52,310  
唐荣川说过一个补脾阴的问题对吧  
  
79  
00:02:52,670 --> 00:02:53,870  
呃，子琪说这个呢  
  
80  
00:02:53,870 --> 00:02:58,080  
完全就是从按他的理解就是从小建中脱胎而出啊  
  
81  
00:02:58,290 --> 00:03:00,170  
那你说的我觉得非常有道理啊  
  
82  
00:03:00,290 --> 00:03:02,250  
我我我服役啊，哈哈  
  
83  
00:03:02,290 --> 00:03:03,050  
我服役啊  
  
84  
00:03:03,050 --> 00:03:03,930  
唐仁川，说的是吧  
  
85  
00:03:03,930 --> 00:03:05,210  
对对对，没错没错  
  
86  
00:03:05,390 --> 00:03:06,350  
说的非常好啊  
  
87  
00:03:06,670 --> 00:03:09,110  
所以我经常讲那个问题，源头活水啊  
  
88  
00:03:09,470 --> 00:03:13,680  
为什么我有的时候没事就给大家掰扯这个，讲的很细  
  
89  
00:03:14,240 --> 00:03:15,680  
甚至是，呃  
  
90  
00:03:15,680 --> 00:03:17,080  
我讲这个商人金贵也好  
  
91  
00:03:17,080 --> 00:03:19,400  
我有一个自己的特点，我都喜欢  
  
92  
00:03:20,820 --> 00:03:23,900  
先考证这个东西的出处，就是这样  
  
93  
00:03:23,900 --> 00:03:25,460  
你有很多东西出处搞不清楚  
  
94  
00:03:26,140 --> 00:03:28,420  
我们方向错了的时候，你走的越远  
  
95  
00:03:28,420 --> 00:03:30,310  
有可能它不是好事啊  
  
96  
00:03:30,310 --> 00:03:33,190  
你只有方向对了的时候，你你你你才行啊  
  
97  
00:03:33,550 --> 00:03:34,670  
好，我们接着往后看  
  
98  
00:03:35,470 --> 00:03:37,390  
这个方我特别喜欢啊  
  
99  
00:03:37,870 --> 00:03:38,550  
特别喜欢  
  
100  
00:03:39,550 --> 00:03:41,150  
呃，那么所谓  
  
101  
00:03:43,020 --> 00:03:43,900  
虚劳诸不足  
  
102  
00:03:44,180 --> 00:03:47,100  
风气百疾，属于晚安主之  
  
103  
00:03:48,310 --> 00:03:51,710  
那么我们这个所说的那个虚劳病啊  
  
104  
00:03:51,750 --> 00:03:52,950  
它往往都有一个特点  
  
105  
00:03:53,790 --> 00:03:54,070  
呃  
  
106  
00:03:55,100 --> 00:03:56,340  
内经还是这句话吧  
  
107  
00:03:56,340 --> 00:03:57,820  
阴阳应象大论说过一句话  
  
108  
00:03:58,660 --> 00:03:58,860  
呃  
  
109  
00:03:58,860 --> 00:04:00,420  
所谓阴在内  
  
110  
00:04:00,860 --> 00:04:01,940  
阳之守也，对吧  
  
111  
00:04:02,580 --> 00:04:04,850  
阳在外，阴之使也  
  
112  
00:04:04,890 --> 00:04:06,850  
他俩互相有一个十手之用  
  
113  
00:04:07,550 --> 00:04:07,750  
呃  
  
114  
00:04:07,750 --> 00:04:09,710  
那么我们这就说一个内外的事  
  
115  
00:04:09,910 --> 00:04:12,150  
那么虚劳其实就是内部组了对吧  
  
116  
00:04:12,910 --> 00:04:13,110  
哎  
  
117  
00:04:13,190 --> 00:04:14,390  
内不足了啊  
  
118  
00:04:14,830 --> 00:04:17,320  
所谓阴在内，阳之守啊  
  
119  
00:04:17,760 --> 00:04:19,720  
这个这个在内的，这个不足了  
  
120  
00:04:19,720 --> 00:04:21,959  
所以你看虚劳往往都是以阴历法  
  
121  
00:04:22,590 --> 00:04:23,430  
你细看啊  
  
122  
00:04:23,430 --> 00:04:24,070  
特别有意思  
  
123  
00:04:24,070 --> 00:04:25,550  
不管他用不用阳药  
  
124  
00:04:25,550 --> 00:04:26,870  
他都都都是阴阴历法  
  
125  
00:04:27,110 --> 00:04:30,310  
他哪怕他用一个至刚至猛的天雄  
  
126  
00:04:30,430 --> 00:04:33,430  
他都得得得有一个龙骨，把它往里收敛  
  
127  
00:04:33,470 --> 00:04:33,790  
对吧  
  
128  
00:04:33,790 --> 00:04:35,670  
咱们上次课都说过这个事  
  
129  
00:04:36,250 --> 00:04:39,050  
那么这个属于烷也是一个道理啊  
  
130  
00:04:39,370 --> 00:04:39,890  
它就是  
  
131  
00:04:40,210 --> 00:04:43,990  
但属于烷，是整个它滋人体之气血  
  
132  
00:04:44,310 --> 00:04:48,110  
营卫阴阳最大最大的一个大法  
  
133  
00:04:48,350 --> 00:04:52,310  
最经典的一个一个范式啊呃  
  
134  
00:04:52,310 --> 00:04:56,030  
所以我个人也是非常非常喜欢这个属于晚呃  
  
135  
00:04:56,550 --> 00:04:58,470  
给大家细说说啊  
  
136  
00:05:01,140 --> 00:05:02,260  
说治这么一个毛病  
  
137  
00:05:02,780 --> 00:05:03,740  
虚劳诸不足  
  
138  
00:05:03,780 --> 00:05:05,140  
那这个猪说的是什么啊  
  
139  
00:05:06,540 --> 00:05:09,220  
无非营卫血气阴阳吧  
  
140  
00:05:09,900 --> 00:05:10,100  
哎  
  
141  
00:05:10,100 --> 00:05:12,140  
无非营卫血气阴阳都不足了  
  
142  
00:05:12,700 --> 00:05:15,060  
都不足之后，那为啥要画风呢  
  
143  
00:05:16,090 --> 00:05:17,290  
我们发现一个问题啊  
  
144  
00:05:17,290 --> 00:05:20,010  
我们说肾为先天之本，谁是后天之本啊  
  
145  
00:05:20,050 --> 00:05:22,340  
脾脾藏营营射异  
  
146  
00:05:22,740 --> 00:05:24,820  
那么脾者内也对吧  
  
147  
00:05:25,100 --> 00:05:27,060  
就像咱们刚才讲这个，呃  
  
148  
00:05:27,650 --> 00:05:29,530  
讲这个小建中的时候，其实啊  
  
149  
00:05:29,810 --> 00:05:31,770  
为啥把他们都归到这个虚牢里  
  
150  
00:05:31,770 --> 00:05:33,930  
他们其实也是有内在的联系的啊  
  
151  
00:05:34,310 --> 00:05:37,710  
那么小建中我们说是不是也是补赢也是赢，就是内吧  
  
152  
00:05:38,230 --> 00:05:40,350  
剑中剑中是不是补补它的内啊  
  
153  
00:05:40,790 --> 00:05:44,150  
阳在不是阴在内，羊脂手对吧  
  
154  
00:05:44,230 --> 00:05:45,310  
得记住这个问题啊  
  
155  
00:05:45,830 --> 00:05:46,750  
那么所以呢  
  
156  
00:05:47,730 --> 00:05:49,690  
我们刚才也提到一个问题  
  
157  
00:05:49,970 --> 00:05:53,130  
小建中汤其实往往也会有一个事情啊  
  
158  
00:05:53,610 --> 00:05:57,110  
他往往是左冠脉会比较大  
  
159  
00:05:57,150 --> 00:05:58,110  
但是那个大呢  
  
160  
00:05:58,110 --> 00:05:59,990  
它是往里按  
  
161  
00:06:00,070 --> 00:06:01,550  
它是不充盛的啊  
  
162  
00:06:01,710 --> 00:06:03,310  
它不充盛的那那种感觉  
  
163  
00:06:03,720 --> 00:06:04,640  
呃，小建中的脉  
  
164  
00:06:04,880 --> 00:06:05,960  
那么为啥是左关  
  
165  
00:06:06,040 --> 00:06:07,520  
左关为风洞之象吧  
  
166  
00:06:08,290 --> 00:06:09,770  
那么动风才能理疾呀  
  
167  
00:06:10,050 --> 00:06:11,010  
那么咱们这个也是  
  
168  
00:06:11,370 --> 00:06:13,090  
当你的脾不足的时候  
  
169  
00:06:13,090 --> 00:06:15,010  
肝风一定会出现问题  
  
170  
00:06:15,290 --> 00:06:18,090  
这个就是我们一开始讲金贵的时候说过这句话  
  
171  
00:06:18,980 --> 00:06:19,700  
见肝之病  
  
172  
00:06:19,820 --> 00:06:20,500  
知肝传脾  
  
173  
00:06:20,700 --> 00:06:21,580  
故当先是脾  
  
174  
00:06:21,580 --> 00:06:23,020  
那你反过来也是一样  
  
175  
00:06:23,420 --> 00:06:26,220  
脾不足了之后，你一定要想着一个问题  
  
176  
00:06:27,140 --> 00:06:29,060  
干木必来称之，没错吧  
  
177  
00:06:29,300 --> 00:06:32,100  
所以风气百即由此生焉啊  
  
178  
00:06:32,380 --> 00:06:36,140  
很多风不是风本身的事，是虚来的  
  
179  
00:06:36,580 --> 00:06:38,940  
因此我们过去呢也有句话叫  
  
180  
00:06:39,850 --> 00:06:41,970  
叫什么血行风自灭  
  
181  
00:06:42,890 --> 00:06:46,170  
那么血就得从迎和阴去考虑吧  
  
182  
00:06:47,200 --> 00:06:49,400  
阴在内，阳之守也啊  
  
183  
00:06:49,560 --> 00:06:50,640  
从这个角度考虑  
  
184  
00:06:50,920 --> 00:06:54,630  
因此属于烷它的补益啊  
  
185  
00:06:54,790 --> 00:06:58,660  
其实如果你强分这个气血阴阳  
  
186  
00:06:59,460 --> 00:07:00,740  
呃，我认为呢  
  
187  
00:07:01,310 --> 00:07:04,270  
他按理说应该是这个真是阴阳平补  
  
188  
00:07:04,710 --> 00:07:09,110  
但你要强说，它相对来说补阴的作用更大一点啊  
  
189  
00:07:09,110 --> 00:07:12,710  
这个在临床中往往有的时候我们会有体会  
  
190  
00:07:12,710 --> 00:07:15,400  
因为在座我们好多在临床上  
  
191  
00:07:15,480 --> 00:07:16,400  
呃，患者都不少  
  
192  
00:07:16,800 --> 00:07:18,300  
那临床大夫，呃  
  
193  
00:07:18,300 --> 00:07:20,100  
那你会有这种体会啊  
  
194  
00:07:20,100 --> 00:07:22,500  
就像刚才紫琪博士说过这个问题啊  
  
195  
00:07:22,780 --> 00:07:25,180  
这个所说他就讲这个事  
  
196  
00:07:25,720 --> 00:07:27,520  
那我说你这个是从哪体会的  
  
197  
00:07:27,520 --> 00:07:28,240  
那都不用问  
  
198  
00:07:28,240 --> 00:07:29,600  
一定是临床上体会的  
  
199  
00:07:29,920 --> 00:07:32,960  
那你任何一个临床上你经常用小建中的医生  
  
200  
00:07:33,280 --> 00:07:35,790  
你都没有信心拍着胸脯  
  
201  
00:07:35,790 --> 00:07:37,590  
你说小建中就是补阳气的，对吧  
  
202  
00:07:37,870 --> 00:07:38,790  
你不敢那么讲  
  
203  
00:07:39,550 --> 00:07:40,430  
除非你没咋用  
  
204  
00:07:40,990 --> 00:07:42,550  
那你用多了你就不敢那么讲  
  
205  
00:07:43,350 --> 00:07:44,670  
那么这个就是一个道理  
  
206  
00:07:44,670 --> 00:07:47,070  
那么属于烷，你在用的时候你会发现啊  
  
207  
00:07:47,070 --> 00:07:47,830  
他特别有意思  
  
208  
00:07:48,190 --> 00:07:49,390  
属于烷用完之后吧  
  
209  
00:07:49,970 --> 00:07:52,130  
有的时候你也你要用不好，你不敢用  
  
210  
00:07:52,850 --> 00:07:53,570  
知道为啥吗  
  
211  
00:07:53,570 --> 00:07:54,730  
你怕滋腻对吧  
  
212  
00:07:55,010 --> 00:07:57,890  
属于丸子逆东西都是偏阴，还是偏阳的呀  
  
213  
00:07:58,250 --> 00:07:59,570  
他一定不是偏阳的吧  
  
214  
00:07:59,930 --> 00:08:03,690  
有人说这个所说桂枝汤自腻吗  
  
215  
00:08:04,660 --> 00:08:06,940  
有人说桂枝去芍药加附子汤滋腻吗  
  
216  
00:08:07,380 --> 00:08:09,620  
你见过四逆汤滋腻吗  
  
217  
00:08:10,240 --> 00:08:12,320  
你不管是表扬还是李阳是吧  
  
218  
00:08:12,360 --> 00:08:14,160  
咱们说话得得讲道理  
  
219  
00:08:14,160 --> 00:08:16,400  
那桂枝汤里头是不是也有甘草大枣啊  
  
220  
00:08:16,640 --> 00:08:18,040  
但你不认为他自腻啊  
  
221  
00:08:19,960 --> 00:08:22,450  
那么属于晚啊  
  
222  
00:08:22,450 --> 00:08:26,170  
首先那既然是风气出现了，气血不足了  
  
223  
00:08:26,530 --> 00:08:29,680  
那咱们就得把这个事情吧，把它摆一摆啊  
  
224  
00:08:29,680 --> 00:08:30,400  
怎么摆呢  
  
225  
00:08:30,400 --> 00:08:31,240  
就是这个问题  
  
226  
00:08:32,640 --> 00:08:35,150  
呃，怎么把它解决  
  
227  
00:08:35,390 --> 00:08:37,429  
那么这里头咱们就出现了一个阵型  
  
228  
00:08:38,150 --> 00:08:39,309  
也是临床中呢  
  
229  
00:08:39,870 --> 00:08:43,510  
非常经典的一个组合啊  
  
230  
00:08:44,070 --> 00:08:45,270  
非常经典的一个组合  
  
231  
00:08:45,350 --> 00:08:46,630  
那我给大家画个图吧  
  
232  
00:08:47,390 --> 00:08:48,190  
有的时候呢  
  
233  
00:08:49,330 --> 00:08:50,530  
呃，不用图啊  
  
234  
00:08:50,610 --> 00:08:52,890  
这个有些事说不清楚啊  
  
235  
00:08:59,300 --> 00:09:04,460  
鼠玉丸这个方子你们同学们考一下啊  
  
236  
00:09:04,460 --> 00:09:08,030  
属玉丸多少味药你不用查了，21位啊  
  
237  
00:09:08,590 --> 00:09:09,830  
这方你们临床上  
  
238  
00:09:12,480 --> 00:09:16,480  
你你临床上开不开汤剂，一般不开是吧  
  
239  
00:09:16,480 --> 00:09:17,520  
一般我们都是用丸剂  
  
240  
00:09:17,520 --> 00:09:18,480  
我们医院也有啊  
  
241  
00:09:18,480 --> 00:09:19,800  
都是我们自制的，属于丸  
  
242  
00:09:20,060 --> 00:09:23,260  
但是这个我给你讲完之后你就会发现了，诶  
  
243  
00:09:23,260 --> 00:09:27,380  
就像昨天我在学校给我学生讲那个大纤雄丸  
  
244  
00:09:27,710 --> 00:09:29,030  
哎，我说我用一大象循环  
  
245  
00:09:29,070 --> 00:09:31,830  
最近那个就这两天治了一个病案给他们  
  
246  
00:09:31,830 --> 00:09:33,790  
为了讲这个方子之后呢  
  
247  
00:09:33,950 --> 00:09:35,390  
有一个我诊室的学生啊  
  
248  
00:09:35,390 --> 00:09:36,110  
特别紧张  
  
249  
00:09:36,520 --> 00:09:38,000  
拿着那个拍的照  
  
250  
00:09:38,000 --> 00:09:39,000  
因为他拍照片了  
  
251  
00:09:39,000 --> 00:09:39,920  
那房子他拍照了  
  
252  
00:09:40,120 --> 00:09:42,950  
说老师说这个您看看  
  
253  
00:09:43,030 --> 00:09:44,670  
我咋没看出大陷胸丸呢  
  
254  
00:09:44,870 --> 00:09:45,910  
我当时就乐了  
  
255  
00:09:46,150 --> 00:09:48,750  
我说这里有没有啥有没有啥诶  
  
256  
00:09:48,750 --> 00:09:49,350  
他说都有  
  
257  
00:09:49,740 --> 00:09:52,740  
我说这就是大千雄丸，取的是它的义  
  
258  
00:09:53,260 --> 00:09:56,140  
我在临床有的时候啊，开这个鼠鱼丸  
  
259  
00:09:56,260 --> 00:09:57,460  
有可能实话实说  
  
260  
00:09:58,010 --> 00:09:59,610  
除了我经常有门诊室患者  
  
261  
00:09:59,610 --> 00:10:00,010  
我告诉他  
  
262  
00:10:00,010 --> 00:10:02,130  
我说每天加服一个属于丸，对吧  
  
263  
00:10:02,450 --> 00:10:03,330  
有这种患者啊  
  
264  
00:10:03,610 --> 00:10:06,120  
但是少数，以至于有的时候属于完卖不掉  
  
265  
00:10:06,120 --> 00:10:10,040  
有时候药房啊，就给我打电话说张老师属于完快快不行了  
  
266  
00:10:10,280 --> 00:10:12,400  
因为我们那储蓄丸里头也没有添加剂是吧  
  
267  
00:10:12,800 --> 00:10:15,530  
而且我们做的都是用那个生的那个豆芽  
  
268  
00:10:15,610 --> 00:10:16,930  
我一会我一会给你讲啊  
  
269  
00:10:16,930 --> 00:10:18,170  
那里头，呃  
  
270  
00:10:18,590 --> 00:10:19,750  
那么它容易坏啊  
  
271  
00:10:19,750 --> 00:10:20,750  
时间长了就容易坏  
  
272  
00:10:21,150 --> 00:10:23,470  
所以想不起来，有时候它它就放那  
  
273  
00:10:23,470 --> 00:10:24,910  
之后它就保存不了了  
  
274  
00:10:24,910 --> 00:10:26,710  
我们都拿冰柜放着  
  
275  
00:10:27,240 --> 00:10:31,720  
那么有很多时候我开水鱼丸就跟我开鳖甲煎丸一样，直接划到里头了  
  
276  
00:10:31,960 --> 00:10:33,200  
有可能你不认识  
  
277  
00:10:33,480 --> 00:10:34,880  
当我讲完今天这堂课  
  
278  
00:10:34,880 --> 00:10:36,400  
同学们你就认识了  
  
279  
00:10:36,400 --> 00:10:37,320  
你就知道啊  
  
280  
00:10:37,320 --> 00:10:38,840  
原来这就是属于玩懂了吧  
  
281  
00:10:39,240 --> 00:10:39,520  
哎  
  
282  
00:10:39,960 --> 00:10:43,160  
那属于烷是啥啥啥特点啊  
  
283  
00:10:44,470 --> 00:10:46,670  
它的主要叫鼠玉  
  
284  
00:10:48,190 --> 00:10:49,910  
但是你到药房你去抓啊  
  
285  
00:10:49,950 --> 00:10:54,290  
你说我去抓这个属于抓不着，对吧  
  
286  
00:10:54,450 --> 00:10:56,170  
那药房没有哪味药叫鼠玉  
  
287  
00:10:56,170 --> 00:10:56,810  
那为啥呀  
  
288  
00:10:57,050 --> 00:10:59,460  
因为我们今天叫山药啊  
  
289  
00:10:59,700 --> 00:11:01,300  
那你从文字上一看  
  
290  
00:11:01,300 --> 00:11:03,860  
你就觉得鼠玉和山药这两个名字  
  
291  
00:11:04,530 --> 00:11:06,530  
其实一个是文气十足  
  
292  
00:11:07,050 --> 00:11:08,250  
一个土得不得了吧  
  
293  
00:11:08,770 --> 00:11:09,090  
对吧  
  
294  
00:11:09,130 --> 00:11:11,450  
那充满了浓浓的乡土气息  
  
295  
00:11:11,910 --> 00:11:12,790  
那为啥这样呢  
  
296  
00:11:12,790 --> 00:11:14,390  
原因也是源于古代的避讳  
  
297  
00:11:14,710 --> 00:11:16,630  
我们知道在唐代的时候  
  
298  
00:11:16,630 --> 00:11:18,990  
为了避唐代宗李煜之会  
  
299  
00:11:19,470 --> 00:11:23,280  
那么先把这个药名呢改成了鼠药  
  
300  
00:11:23,590 --> 00:11:24,710  
那就不能叫鼠玉了吧  
  
301  
00:11:24,710 --> 00:11:25,310  
叫鼠药，哎  
  
302  
00:11:25,310 --> 00:11:28,150  
这个时候你听这名好像还挺高大上的啊  
  
303  
00:11:28,790 --> 00:11:30,110  
那到后来的时候又坏了  
  
304  
00:11:30,640 --> 00:11:34,640  
到了宋代的时候，为了避赵曙的会  
  
305  
00:11:35,340 --> 00:11:37,060  
那彻底改成了山药啊  
  
306  
00:11:37,140 --> 00:11:38,340  
今天叫这个啊  
  
307  
00:11:41,380 --> 00:11:43,860  
本经之中平价属于是什么特点啊  
  
308  
00:11:44,220 --> 00:11:44,820  
味甘平  
  
309  
00:11:45,350 --> 00:11:47,710  
主伤中补虚，羸除寒热邪气  
  
310  
00:11:47,710 --> 00:11:49,110  
补中益气，力长肌肉  
  
311  
00:11:49,310 --> 00:11:52,790  
有版本后头还有俩字叫强阴啊，强音  
  
312  
00:11:53,350 --> 00:11:55,830  
那么所谓他为什么主伤中补虚雷啊  
  
313  
00:11:55,830 --> 00:11:56,710  
咱们讲这么一个问题  
  
314  
00:11:56,950 --> 00:12:00,270  
那么我们知道上好的山药出自什么地方啊  
  
315  
00:12:01,760 --> 00:12:02,960  
怀庆府，对吧  
  
316  
00:12:03,200 --> 00:12:04,840  
出自于那个河南焦作  
  
317  
00:12:04,920 --> 00:12:07,640  
咱们怀庆府，那么四大怀药之一  
  
318  
00:12:08,000 --> 00:12:09,360  
那么怀庆府啊  
  
319  
00:12:09,360 --> 00:12:10,240  
它为中州  
  
320  
00:12:10,670 --> 00:12:11,470  
那么这个呢  
  
321  
00:12:11,730 --> 00:12:13,690  
它得在那个沙地上啊  
  
322  
00:12:13,810 --> 00:12:16,450  
那么最后它不能在那种土地土地里长出来  
  
323  
00:12:16,450 --> 00:12:18,130  
直不愣登的在沙地里呢  
  
324  
00:12:18,130 --> 00:12:22,180  
它遇到点阻碍，它才能生命力才能特别强  
  
325  
00:12:22,620 --> 00:12:23,540  
它能特别坚硬  
  
326  
00:12:23,540 --> 00:12:24,820  
我们叫铁棍山药啊  
  
327  
00:12:24,820 --> 00:12:26,500  
最好的叫上品铁棍山药  
  
328  
00:12:26,820 --> 00:12:27,700  
那么这个东西呢  
  
329  
00:12:28,550 --> 00:12:28,790  
呃  
  
330  
00:12:28,790 --> 00:12:31,470  
你把它扒开皮之外都是黄的  
  
331  
00:12:31,470 --> 00:12:33,150  
合合于土色味甘  
  
332  
00:12:33,630 --> 00:12:35,950  
而且属于有一个特点啊，你  
  
333  
00:12:37,010 --> 00:12:38,690  
你你们扒过山药没有  
  
334  
00:12:39,490 --> 00:12:40,530  
是不是得戴手套啊  
  
335  
00:12:40,970 --> 00:12:43,050  
你不戴手套就扎手，为什么  
  
336  
00:12:43,290 --> 00:12:44,890  
就是那种风向，明白了吗  
  
337  
00:12:45,410 --> 00:12:45,610  
哎  
  
338  
00:12:45,610 --> 00:12:47,610  
他外饰风向，哎  
  
339  
00:12:47,650 --> 00:12:49,730  
正好就是合一个治风之象  
  
340  
00:12:50,410 --> 00:12:52,570  
所以属玉本身就是能健脾之风  
  
341  
00:12:52,890 --> 00:12:53,730  
第二个问题呢  
  
342  
00:12:54,050 --> 00:12:54,970  
鼠玉是白色的  
  
343  
00:12:54,970 --> 00:12:58,240  
我们讲色白，则能合于肺金  
  
344  
00:12:58,960 --> 00:13:00,520  
象征脾土生肺金之象  
  
345  
00:13:01,100 --> 00:13:02,860  
还有一个非常厉害的地方啊  
  
346  
00:13:02,860 --> 00:13:04,420  
我们学校有一位老师  
  
347  
00:13:05,060 --> 00:13:06,300  
呃，搞科研的  
  
348  
00:13:06,300 --> 00:13:08,830  
搞科研的一位博导啊，专家  
  
349  
00:13:09,390 --> 00:13:09,630  
呃  
  
350  
00:13:09,750 --> 00:13:11,070  
有，有一阵就没事  
  
351  
00:13:11,070 --> 00:13:12,790  
到我那去，之后跟我问啊  
  
352  
00:13:13,030 --> 00:13:16,150  
说这个，他媳妇那时候那个身体不舒服啊  
  
353  
00:13:16,150 --> 00:13:17,390  
到我这我给开了点药  
  
354  
00:13:17,430 --> 00:13:18,910  
好了好了之后，哎  
  
355  
00:13:18,910 --> 00:13:20,230  
跟我关系处的不错  
  
356  
00:13:21,020 --> 00:13:22,620  
问我一事，说张老师  
  
357  
00:13:23,820 --> 00:13:25,500  
鼠玉就是，也就是山药啊  
  
358  
00:13:25,900 --> 00:13:26,820  
他能不能壮阳  
  
359  
00:13:27,690 --> 00:13:28,970  
我说你为啥问这个事  
  
360  
00:13:28,970 --> 00:13:30,730  
他说我们团队在做这个事  
  
361  
00:13:31,130 --> 00:13:34,250  
哎呀，不小心把人家那个团队那个事说出去了  
  
362  
00:13:34,490 --> 00:13:35,530  
说他做这个事啊  
  
363  
00:13:35,850 --> 00:13:37,170  
那没关系，这个东西嘛  
  
364  
00:13:37,170 --> 00:13:39,890  
那那那，因为因为人家做的都很成熟了  
  
365  
00:13:40,300 --> 00:13:42,660  
那么发现效果特别好  
  
366  
00:13:42,700 --> 00:13:45,730  
但有一个问题，在中医层面没有理论支撑  
  
367  
00:13:45,730 --> 00:13:47,050  
我说谁说的  
  
368  
00:13:47,210 --> 00:13:48,330  
谁说没有理论支撑  
  
369  
00:13:48,570 --> 00:13:49,770  
神农本草经去看去  
  
370  
00:13:50,090 --> 00:13:52,290  
有一个版本最后里头说了叫强阴  
  
371  
00:13:53,540 --> 00:13:54,180  
强音是什么  
  
372  
00:13:54,180 --> 00:13:54,820  
就是壮阳嘛  
  
373  
00:13:55,220 --> 00:13:56,420  
那么鼠疫为啥能壮阳  
  
374  
00:13:57,460 --> 00:14:01,340  
你回去把那个山药把它打成汁  
  
375  
00:14:01,970 --> 00:14:03,090  
山药能榨汁知道吧  
  
376  
00:14:03,770 --> 00:14:05,810  
那么我这说的可能比较直白一点啊  
  
377  
00:14:06,490 --> 00:14:10,410  
他和男子的这个精液的状态就特别像  
  
378  
00:14:11,170 --> 00:14:14,450  
那我们中医有一个特别被人诟病的事啊  
  
379  
00:14:14,450 --> 00:14:17,010  
就是说很多人说说你们中医说吃啥补啥  
  
380  
00:14:17,410 --> 00:14:19,490  
那我问你，吃猪尾巴那能补啥呀  
  
381  
00:14:19,650 --> 00:14:20,290  
能补哪啊  
  
382  
00:14:20,290 --> 00:14:21,490  
那你这就抬杠了啊  
  
383  
00:14:21,770 --> 00:14:24,370  
我讲一个问题，吃啥补啥  
  
384  
00:14:24,490 --> 00:14:30,720  
虽然是一个很普很很非常简单的一种理论  
  
385  
00:14:31,240 --> 00:14:33,440  
但是它有很深层的内涵道理  
  
386  
00:14:33,760 --> 00:14:35,680  
比如我们老百姓有的时候经常会说这句话  
  
387  
00:14:35,680 --> 00:14:37,920  
哎，你看那个山长得像不像一个牛  
  
388  
00:14:38,450 --> 00:14:39,450  
有这种现象吗  
  
389  
00:14:39,950 --> 00:14:41,230  
那那个山是牛吗  
  
390  
00:14:41,670 --> 00:14:42,310  
它不是  
  
391  
00:14:42,670 --> 00:14:45,270  
但为啥有的时候长得它就有点儿  
  
392  
00:14:45,350 --> 00:14:47,550  
大自然中有些事他就有这种  
  
393  
00:14:47,790 --> 00:14:49,150  
那有的人就是看不见啊  
  
394  
00:14:49,270 --> 00:14:51,150  
看不见我不跟你聊了，说明你没悟性  
  
395  
00:14:51,550 --> 00:14:53,670  
你能看见有悟性好了，孺子可教也  
  
396  
00:14:53,670 --> 00:14:54,790  
我跟你聊这个事啊  
  
397  
00:14:55,180 --> 00:14:57,380  
那你对你没悟性，你不能跟人唠嗑  
  
398  
00:14:57,580 --> 00:15:00,760  
但是你有问题，知道啥叫不可与夏虫与冬兵吗  
  
399  
00:15:00,760 --> 00:15:01,040  
对吧  
  
400  
00:15:01,360 --> 00:15:04,080  
那他没见过四季，你非得跟他说有冬天  
  
401  
00:15:04,520 --> 00:15:06,280  
那是你有病还是人家有病啊，对吧  
  
402  
00:15:06,480 --> 00:15:08,320  
幼儿园小孩，你非得给人家讲微积分  
  
403  
00:15:08,680 --> 00:15:09,840  
你俩谁有毛病啊，对吧  
  
404  
00:15:10,200 --> 00:15:11,680  
那肯定小孩是没问题的  
  
405  
00:15:11,680 --> 00:15:12,600  
无辜的孩子啊  
  
406  
00:15:13,000 --> 00:15:14,160  
问题出在你身上啊  
  
407  
00:15:14,600 --> 00:15:16,280  
那么这个跟有悟性的人  
  
408  
00:15:16,280 --> 00:15:19,120  
你就要给他讲这个什么叫取类比象  
  
409  
00:15:19,670 --> 00:15:20,470  
明白这个道理吧  
  
410  
00:15:20,670 --> 00:15:22,670  
那么取类比象有没有它的科学含义  
  
411  
00:15:23,070 --> 00:15:25,910  
科学发展到今天，有一门学科叫量子物理学  
  
412  
00:15:26,380 --> 00:15:27,700  
你看什么叫量子纠缠  
  
413  
00:15:28,060 --> 00:15:30,020  
那么在宇宙中有某种能量的场  
  
414  
00:15:30,270 --> 00:15:33,590  
那么在地球上也有一些东西与它相应用在人身上  
  
415  
00:15:33,590 --> 00:15:34,750  
什么样用在动物身上  
  
416  
00:15:34,750 --> 00:15:37,790  
什么样用在植物身上什么样用在山河大地  
  
417  
00:15:37,790 --> 00:15:39,780  
草木风水上是什么样  
  
418  
00:15:40,540 --> 00:15:42,300  
那么它不能够互相借用吗  
  
419  
00:15:42,740 --> 00:15:43,900  
这就叫吃啥补啥  
  
420  
00:15:43,900 --> 00:15:44,420  
明白了吧  
  
421  
00:15:44,740 --> 00:15:45,780  
非常简单啊  
  
422  
00:15:46,170 --> 00:15:48,090  
不要再问我吃猪尾巴不，那啊  
  
423  
00:15:48,370 --> 00:15:49,530  
不跟你回答这个问题  
  
424  
00:15:49,770 --> 00:15:51,570  
所以我们这种思想啊  
  
425  
00:15:51,570 --> 00:15:53,570  
中医这种思想，取类比象  
  
426  
00:15:53,610 --> 00:15:55,250  
仰观天文，俯察地理的思想  
  
427  
00:15:55,570 --> 00:15:57,010  
你不能认为它叫简陋  
  
428  
00:15:57,800 --> 00:15:58,400  
它叫什么  
  
429  
00:15:58,840 --> 00:15:59,720  
它叫朴素  
  
430  
00:16:00,400 --> 00:16:01,000  
明白了吗  
  
431  
00:16:01,160 --> 00:16:03,890  
这是一种朴素的科学嘛  
  
432  
00:16:03,890 --> 00:16:04,170  
对吧  
  
433  
00:16:04,490 --> 00:16:05,370  
哎，是这样的啊  
  
434  
00:16:05,930 --> 00:16:09,970  
那么所以，它能够你从这个角度上来说你发现这个属玉啊  
  
435  
00:16:10,530 --> 00:16:12,440  
他几乎是无所不能哈  
  
436  
00:16:12,560 --> 00:16:13,160  
无所不能  
  
437  
00:16:13,240 --> 00:16:15,720  
但他的立角是立在脾胃上，对吧  
  
438  
00:16:15,920 --> 00:16:16,760  
它能补中焦  
  
439  
00:16:16,800 --> 00:16:18,080  
能滋中焦之津液  
  
440  
00:16:18,280 --> 00:16:21,260  
咱们是不是上次说过一个脾藏营的问题啊  
  
441  
00:16:21,660 --> 00:16:21,860  
哎  
  
442  
00:16:21,900 --> 00:16:23,220  
他就能补这个是吧  
  
443  
00:16:23,660 --> 00:16:23,860  
哎  
  
444  
00:16:23,900 --> 00:16:25,140  
那么首先用它来立法  
  
445  
00:16:25,580 --> 00:16:27,660  
但是呢，在这有一个问题啊  
  
446  
00:16:28,720 --> 00:16:32,640  
这个属于你用了它之后，你用它立法之后  
  
447  
00:16:33,600 --> 00:16:36,960  
那么这个补的过程中你就要防止它滋腻  
  
448  
00:16:37,270 --> 00:16:39,310  
而且一会我，我给你透个题啊  
  
449  
00:16:39,310 --> 00:16:41,190  
我们这个房里既要有麦冬  
  
450  
00:16:41,190 --> 00:16:43,190  
要有大枣，还有阿胶  
  
451  
00:16:43,980 --> 00:16:47,720  
但凡仲景先师用这些东西的时候啊  
  
452  
00:16:48,120 --> 00:16:49,440  
包括这里头还有地黄呢  
  
453  
00:16:49,760 --> 00:16:52,000  
你看到炙甘草汤的影子了吧  
  
454  
00:16:53,040 --> 00:16:54,520  
那么你就要防止一个事  
  
455  
00:16:55,140 --> 00:16:57,860  
炙甘草汤为了防止滋腻，他加了什么  
  
456  
00:16:58,460 --> 00:17:00,980  
加了麻仁是不是加了清酒  
  
457  
00:17:01,500 --> 00:17:03,700  
那么这个为防止滋腻加两味药啊  
  
458  
00:17:04,849 --> 00:17:05,890  
猜到是什么了吗  
  
459  
00:17:07,670 --> 00:17:07,869  
哎  
  
460  
00:17:08,470 --> 00:17:11,270  
一个是豆卷，一个是神曲  
  
461  
00:17:12,359 --> 00:17:13,920  
神曲这个我不用多说了吧  
  
462  
00:17:13,920 --> 00:17:15,040  
经过发酵啊  
  
463  
00:17:15,359 --> 00:17:19,230  
我们说这个用红曲是最好的啊  
  
464  
00:17:19,230 --> 00:17:21,030  
经过了这个这个发酵的过程  
  
465  
00:17:21,310 --> 00:17:23,710  
那么它整个就能转化，防止它滋腻  
  
466  
00:17:23,910 --> 00:17:25,390  
这个在临床上我用的特别多  
  
467  
00:17:25,390 --> 00:17:27,790  
很喜欢这个，不赘述豆卷是啥  
  
468  
00:17:30,210 --> 00:17:34,010  
豆角为大豆生出来的那个豆芽，明白了吧  
  
469  
00:17:34,400 --> 00:17:35,760  
那为啥要用豆芽呢  
  
470  
00:17:36,040 --> 00:17:38,880  
实际上我们不光用大豆黄卷啊  
  
471  
00:17:39,080 --> 00:17:40,160  
红豆咱们也用吧  
  
472  
00:17:40,440 --> 00:17:42,260  
之前讲的那个，呃  
  
473  
00:17:43,100 --> 00:17:43,940  
赤豆当归散  
  
474  
00:17:44,060 --> 00:17:46,460  
他用的就是芽主生发之意  
  
475  
00:17:47,120 --> 00:17:48,840  
黄豆黄豆它本身色黄  
  
476  
00:17:48,960 --> 00:17:50,200  
我们说黄啊  
  
477  
00:17:50,200 --> 00:17:51,440  
它本身就合于脾土  
  
478  
00:17:51,920 --> 00:17:56,210  
那么我们都知道黄豆吃多了之后消化不好，对不对啊  
  
479  
00:17:56,330 --> 00:17:57,170  
黄豆吃太多  
  
480  
00:17:57,410 --> 00:17:58,530  
尤其你再喝点凉水  
  
481  
00:17:59,010 --> 00:18:01,250  
那么就会产生一种生理现象啊  
  
482  
00:18:01,290 --> 00:18:03,300  
用文言文叫使气啊  
  
483  
00:18:03,300 --> 00:18:04,540  
或者叫转气，对吧  
  
484  
00:18:04,860 --> 00:18:05,820  
也就产生这个问题  
  
485  
00:18:05,820 --> 00:18:06,660  
这是生活常识  
  
486  
00:18:07,260 --> 00:18:10,780  
他这么一个能够阻碍脾胃  
  
487  
00:18:10,780 --> 00:18:13,060  
但是它又色黄而形圆的一个东西  
  
488  
00:18:13,060 --> 00:18:14,020  
能入脾胃的东西  
  
489  
00:18:14,420 --> 00:18:17,700  
你把它生出芽来，就发生了一个很微妙的现象  
  
490  
00:18:18,220 --> 00:18:20,380  
你看这个什么东西都是这个道理啊  
  
491  
00:18:21,660 --> 00:18:22,860  
再霸道的一个人  
  
492  
00:18:23,660 --> 00:18:28,590  
当他见到他的小孩的时候，他也啥也不是了  
  
493  
00:18:28,590 --> 00:18:29,430  
明白我的意思吗  
  
494  
00:18:29,830 --> 00:18:32,270  
就是这个东西叫一物降一物啊  
  
495  
00:18:32,350 --> 00:18:32,990  
一物降一物  
  
496  
00:18:33,310 --> 00:18:34,390  
那么这个芽啊  
  
497  
00:18:34,670 --> 00:18:38,110  
从脾土生来之后就象征了一个很滋腻的象  
  
498  
00:18:38,150 --> 00:18:39,470  
但又化成了一个芽  
  
499  
00:18:40,570 --> 00:18:41,330  
象征，什么象  
  
500  
00:18:41,970 --> 00:18:43,170  
生发书机之象  
  
501  
00:18:43,610 --> 00:18:47,400  
那么整个资逆的气息就怎么样，就生发出来了  
  
502  
00:18:47,680 --> 00:18:49,920  
那么我要的不是要堵住你  
  
503  
00:18:50,080 --> 00:18:51,280  
而是要让你怎么办啊  
  
504  
00:18:51,600 --> 00:18:52,320  
能生芽  
  
505  
00:18:53,070 --> 00:18:53,750  
能生长  
  
506  
00:18:53,750 --> 00:18:54,350  
能生发  
  
507  
00:18:54,350 --> 00:18:54,990  
能疏泄  
  
508  
00:18:55,350 --> 00:18:57,070  
所以这三味药组合起来  
  
509  
00:18:57,510 --> 00:18:59,270  
它是直接入入，哪呢  
  
510  
00:19:00,300 --> 00:19:02,180  
如脾看明白了吧  
  
511  
00:19:03,980 --> 00:19:07,600  
那么我们说要治这个虚劳诸不足  
  
512  
00:19:07,600 --> 00:19:11,280  
它的前提在这，要把脾的这个营气先兼运起来是吧  
  
513  
00:19:11,680 --> 00:19:15,070  
那么在这就第一步构成了构成之后呢  
  
514  
00:19:15,070 --> 00:19:15,830  
还有一个问题  
  
515  
00:19:16,110 --> 00:19:17,310  
现在是不是有风气啊  
  
516  
00:19:18,010 --> 00:19:20,290  
这个风气我们说既要治未病  
  
517  
00:19:20,290 --> 00:19:21,370  
我们也得治已病吧  
  
518  
00:19:21,770 --> 00:19:22,730  
风气眼巴前儿  
  
519  
00:19:22,930 --> 00:19:25,930  
那么我们说诸风掉眩皆属于谁啊  
  
520  
00:19:26,420 --> 00:19:27,420  
属于肝，哎  
  
521  
00:19:28,540 --> 00:19:31,100  
所以怎么能凭这个肝风  
  
522  
00:19:33,680 --> 00:19:35,880  
你既滋了这个脾的营气  
  
523  
00:19:36,720 --> 00:19:40,040  
你还要平这个疏泄这个肝风  
  
524  
00:19:40,480 --> 00:19:41,280  
那非常简单  
  
525  
00:19:41,480 --> 00:19:44,790  
三味药，柴柜  
  
526  
00:19:51,380 --> 00:19:51,820  
嘲讽  
  
527  
00:19:55,520 --> 00:19:55,720  
啊  
  
528  
00:19:56,280 --> 00:19:57,720  
柴贵防风，这看懂了吧  
  
529  
00:19:58,760 --> 00:20:01,320  
桂枝本身就能平肝冲，这个不用多讲了  
  
530  
00:20:01,400 --> 00:20:03,160  
柴胡那我就不说了  
  
531  
00:20:03,480 --> 00:20:06,000  
柴胡上头和下头距离一样  
  
532  
00:20:06,600 --> 00:20:07,480  
而且柴胡呢  
  
533  
00:20:07,920 --> 00:20:08,640  
它的根呢  
  
534  
00:20:08,840 --> 00:20:10,960  
能，它跟一般草本植物不一样  
  
535  
00:20:10,960 --> 00:20:13,640  
它长来长去，柴胡的根就变成木本化了  
  
536  
00:20:15,070 --> 00:20:18,150  
所以我们认为它甲木乙木甲乙同器，对吧  
  
537  
00:20:18,570 --> 00:20:20,570  
那么因此它就能疏泄啊  
  
538  
00:20:20,610 --> 00:20:22,650  
这个讲故讲那个伤寒的时候  
  
539  
00:20:22,650 --> 00:20:24,450  
我曾经非常详细的讲过  
  
540  
00:20:24,450 --> 00:20:25,490  
在这就不多说了  
  
541  
00:20:25,890 --> 00:20:27,410  
防风，那就不用讲了吧  
  
542  
00:20:27,890 --> 00:20:28,090  
哎  
  
543  
00:20:28,090 --> 00:20:30,010  
那么本身风气百集啊  
  
544  
00:20:30,330 --> 00:20:32,890  
那他整个那个大风头全筒啊  
  
545  
00:20:34,740 --> 00:20:37,060  
呃，那么这这这种问题啊  
  
546  
00:20:38,340 --> 00:20:39,100  
柴柜防风  
  
547  
00:20:40,040 --> 00:20:42,520  
与此同时还有一个组合非常重要  
  
548  
00:20:43,000 --> 00:20:44,120  
那你屏风啊  
  
549  
00:20:44,520 --> 00:20:45,560  
你一定要注意一个问题  
  
550  
00:20:46,000 --> 00:20:47,360  
制肝木必须用谁  
  
551  
00:20:49,280 --> 00:20:50,560  
炙甘木必须用谁  
  
552  
00:20:53,140 --> 00:20:54,540  
必用肺金同学们  
  
553  
00:20:55,020 --> 00:20:57,580  
那么肺金在这用谁开提肺气  
  
554  
00:20:57,660 --> 00:20:59,100  
三味药看明白没有  
  
555  
00:20:59,900 --> 00:21:00,980  
你们说是哪味药  
  
556  
00:21:03,260 --> 00:21:03,820  
还有呢  
  
557  
00:21:05,210 --> 00:21:06,050  
桔梗还有谁  
  
558  
00:21:07,170 --> 00:21:09,610  
杏仁还有谁，白脸  
  
559  
00:21:12,060 --> 00:21:12,620  
桔梗呢  
  
560  
00:21:12,620 --> 00:21:15,820  
本身我们讲这个腹满悠悠啊  
  
561  
00:21:15,940 --> 00:21:18,620  
这个这个胸胁痛如刀刺，对吧  
  
562  
00:21:19,300 --> 00:21:22,060  
呃，这本经里讲的这个我不讲了  
  
563  
00:21:22,060 --> 00:21:23,310  
开胸，呃  
  
564  
00:21:23,430 --> 00:21:25,190  
开胸利肺啊  
  
565  
00:21:25,910 --> 00:21:27,070  
杏仁也不说了啊  
  
566  
00:21:27,150 --> 00:21:29,950  
他其形像肺，呃色白而味苦  
  
567  
00:21:30,630 --> 00:21:33,870  
能够通肺中之络脉啊  
  
568  
00:21:34,740 --> 00:21:36,740  
咱们之前讲过说说白脸啊  
  
569  
00:21:38,940 --> 00:21:42,620  
白脸在过去的时候经常跟白吉通用啊  
  
570  
00:21:42,620 --> 00:21:44,940  
白吉白脸，他俩经常是一起打火  
  
571  
00:21:45,500 --> 00:21:46,700  
那么这个白脸呢  
  
572  
00:21:47,380 --> 00:21:49,620  
咱们说主要的作用啊  
  
573  
00:21:49,780 --> 00:21:51,980  
主要的作用在这是干什么  
  
574  
00:21:53,110 --> 00:21:53,310  
呃  
  
575  
00:21:53,590 --> 00:21:54,870  
过去用白脸的时候  
  
576  
00:21:54,870 --> 00:21:57,870  
经常拿它治什么一些臃肿疮毒  
  
577  
00:21:58,770 --> 00:22:00,570  
那么臃肿疮毒为啥用白脸制呢  
  
578  
00:22:00,810 --> 00:22:01,730  
其实原因很简单  
  
579  
00:22:02,050 --> 00:22:03,490  
白脸这个植物你仔细看啊  
  
580  
00:22:03,490 --> 00:22:05,410  
它的地上茎部分是红色的  
  
581  
00:22:06,350 --> 00:22:07,710  
但是它的根是白色的  
  
582  
00:22:08,030 --> 00:22:09,070  
这就很有意思了  
  
583  
00:22:09,310 --> 00:22:14,320  
那么我们说红色象征夏暑之色  
  
584  
00:22:14,560 --> 00:22:15,320  
是不是这道理啊  
  
585  
00:22:15,920 --> 00:22:18,600  
夏气，暑气之色代表火热  
  
586  
00:22:19,360 --> 00:22:20,920  
诸痛痒疮皆属于心吗  
  
587  
00:22:21,630 --> 00:22:24,790  
暑热之色，白呢则为肺金之象  
  
588  
00:22:24,790 --> 00:22:26,270  
因此它就有这么一个作用  
  
589  
00:22:26,750 --> 00:22:29,500  
呃，这个茎是红的  
  
590  
00:22:29,500 --> 00:22:30,900  
但是到了根全变成白  
  
591  
00:22:31,180 --> 00:22:32,260  
因此它能干什么  
  
592  
00:22:32,340 --> 00:22:34,120  
青素，暑气  
  
593  
00:22:34,680 --> 00:22:35,760  
这是我自己总结的啊  
  
594  
00:22:35,760 --> 00:22:36,520  
就是非常简单  
  
595  
00:22:36,760 --> 00:22:38,520  
整个暑热之气都能用它清肃  
  
596  
00:22:38,760 --> 00:22:43,060  
那么谁能清肃暑气名曰白虎，是这道理吧  
  
597  
00:22:43,260 --> 00:22:46,660  
因此他有他与白虎之法啊，有异曲同工之妙  
  
598  
00:22:46,900 --> 00:22:48,500  
因此它是收敛废弃的  
  
599  
00:22:48,860 --> 00:22:49,540  
因此呢  
  
600  
00:22:50,820 --> 00:22:55,530  
提撤废弃的开迪，废气的桔梗啊  
  
601  
00:22:55,810 --> 00:22:56,770  
润肺的杏仁  
  
602  
00:22:57,330 --> 00:23:00,570  
收敛的白脸，这几个方向它都有了吧  
  
603  
00:23:01,130 --> 00:23:05,900  
那么在这整个是速降它的废气，以致什么  
  
604  
00:23:07,420 --> 00:23:08,340  
以治肝风  
  
605  
00:23:10,060 --> 00:23:10,660  
完事了吧  
  
606  
00:23:11,100 --> 00:23:15,430  
所以这个组合是属于完最基本的一个组合  
  
607  
00:23:15,630 --> 00:23:16,910  
那很多同学一看说不对  
  
608  
00:23:17,350 --> 00:23:19,670  
老师这里头我听过，里头好像还有事  
  
609  
00:23:20,180 --> 00:23:23,100  
不是传说，鼠鱼丸里头有四君有四物吗  
  
610  
00:23:23,500 --> 00:23:24,260  
对呀有啊  
  
611  
00:23:24,260 --> 00:23:25,260  
我还没跟你说呢  
  
612  
00:23:25,850 --> 00:23:27,090  
但是你得先理解这个事  
  
613  
00:23:27,090 --> 00:23:29,970  
儿属于丸本身他想干的事是什么  
  
614  
00:23:30,510 --> 00:23:34,030  
那么一开始他想说的就是要把营气把它滋出来  
  
615  
00:23:34,030 --> 00:23:35,990  
之后肝风把它平了  
  
616  
00:23:36,150 --> 00:23:37,390  
这是属于丸的主要结构  
  
617  
00:23:37,390 --> 00:23:37,950  
明白了吧  
  
618  
00:23:38,460 --> 00:23:40,300  
他还有第二纵队，哈哈  
  
619  
00:23:40,620 --> 00:23:43,620  
他还有他的住他的这个为什么  
  
620  
00:23:43,620 --> 00:23:44,820  
因为本身脾呀  
  
621  
00:23:45,180 --> 00:23:48,970  
居中营气，营气既有营还有气呢吧  
  
622  
00:23:49,290 --> 00:23:50,290  
讲这个问题呢，啊  
  
623  
00:23:50,490 --> 00:23:52,050  
赢也是一种气态的  
  
624  
00:23:52,050 --> 00:23:53,250  
它不是血的状态啊  
  
625  
00:23:53,770 --> 00:23:54,570  
这么一个状态  
  
626  
00:23:54,890 --> 00:23:57,290  
那么我们就得气血平补，是不是这道理啊  
  
627  
00:23:57,610 --> 00:23:59,970  
那么气血平补怎么评，那非常简单啊  
  
628  
00:24:02,300 --> 00:24:07,140  
补气的用这个四菌，四菌都是啥呀  
  
629  
00:24:08,530 --> 00:24:10,810  
生猪灵草吧，四味药啊  
  
630  
00:24:11,650 --> 00:24:12,210  
加谁呢  
  
631  
00:24:12,330 --> 00:24:12,890  
姜枣  
  
632  
00:24:17,320 --> 00:24:18,960  
干姜大枣几味药呢  
  
633  
00:24:19,040 --> 00:24:20,160  
六味看清楚了吧  
  
634  
00:24:20,680 --> 00:24:20,960  
哎  
  
635  
00:24:22,370 --> 00:24:23,530  
补血补血用谁啊  
  
636  
00:24:25,130 --> 00:24:29,660  
那必然四物开头嘛，兄龟弟潮啊  
  
637  
00:24:32,660 --> 00:24:35,060  
四五看了没有加什么呢  
  
638  
00:24:42,560 --> 00:24:45,000  
胶东阿胶麦冬看明白了没有  
  
639  
00:24:45,520 --> 00:24:49,600  
因此同学们，这些结构咱们临床上是不是常用啊  
  
640  
00:24:50,800 --> 00:24:52,560  
柴桂防风总有吧  
  
641  
00:24:53,400 --> 00:24:54,920  
哎，那么  
  
642  
00:24:56,970 --> 00:25:00,700  
这种配合包括四军干姜大枣  
  
643  
00:25:01,380 --> 00:25:03,380  
临床上总用吧四君干姜大枣  
  
644  
00:25:03,380 --> 00:25:04,060  
你仔细一拆  
  
645  
00:25:04,060 --> 00:25:05,540  
这里头理中是不是也含着呢  
  
646  
00:25:06,260 --> 00:25:06,460  
嗯  
  
647  
00:25:07,060 --> 00:25:08,420  
四物再配合焦麦冬  
  
648  
00:25:09,160 --> 00:25:11,280  
所以这张方你发现我讲完之后啊  
  
649  
00:25:11,480 --> 00:25:14,440  
有新的同学，你就发现了一件事  
  
650  
00:25:15,260 --> 00:25:16,580  
放歌不用再背了  
  
651  
00:25:17,320 --> 00:25:17,920  
明白了吗  
  
652  
00:25:18,080 --> 00:25:18,920  
还用背方歌吗  
  
653  
00:25:19,240 --> 00:25:22,320  
你只要记住肝脾肾气血完事了  
  
654  
00:25:22,400 --> 00:25:24,510  
而且气调气的六味药  
  
655  
00:25:24,990 --> 00:25:27,150  
调血的六味药象征阴阳  
  
656  
00:25:27,150 --> 00:25:30,200  
配合6+6是十二十二地支  
  
657  
00:25:31,000 --> 00:25:34,200  
12地支正好是一阴一阳，一阴一阳  
  
658  
00:25:34,280 --> 00:25:36,160  
一阴一阳，阴阳是不是  
  
659  
00:25:38,870 --> 00:25:43,830  
两重天地四对阴阳啊哈哈哈哈哈，都在里头啊  
  
660  
00:25:44,480 --> 00:25:45,800  
先天后天对吧  
  
661  
00:25:46,680 --> 00:25:49,200  
先后天的阴阳全在里头啊  
  
662  
00:25:52,740 --> 00:25:54,860  
那就说完了  
  
663  
00:25:55,380 --> 00:25:57,380  
因此这个呢，我再说一个事啊  
  
664  
00:25:57,580 --> 00:26:01,150  
作为一个延伸风气百集  
  
665  
00:26:02,310 --> 00:26:03,350  
所谓所谓这个哈  
  
666  
00:26:04,350 --> 00:26:06,110  
注意风气的时候注意左关  
  
667  
00:26:07,230 --> 00:26:10,310  
跟这跟那个小剑冢一样，左关偏大啊  
  
668  
00:26:10,870 --> 00:26:12,110  
那么是不是有这个风向  
  
669  
00:26:12,760 --> 00:26:14,600  
当然当然这个是我从六部脉来说  
  
670  
00:26:14,720 --> 00:26:15,760  
整体就是另一回事  
  
671  
00:26:15,760 --> 00:26:16,720  
整体，那我不给你讲  
  
672  
00:26:17,160 --> 00:26:18,640  
讲了之后你就晕啊  
  
673  
00:26:18,640 --> 00:26:19,640  
那个不好抓啊  
  
674  
00:26:20,100 --> 00:26:21,380  
呃，我讲就讲一条线  
  
675  
00:26:21,980 --> 00:26:24,460  
最主要那个你先抓住，有很多东西  
  
676  
00:26:24,700 --> 00:26:25,780  
至于你听了我的课  
  
677  
00:26:25,820 --> 00:26:26,620  
受了我的启发  
  
678  
00:26:26,620 --> 00:26:27,580  
临床你先用  
  
679  
00:26:27,900 --> 00:26:30,980  
用好了之后你有体会那是自然而然的  
  
680  
00:26:31,530 --> 00:26:32,890  
我不把体会讲给你  
  
681  
00:26:33,130 --> 00:26:34,970  
我只把怎么用告诉你，明白了吧  
  
682  
00:26:35,170 --> 00:26:36,250  
你自己去体会  
  
683  
00:26:36,530 --> 00:26:38,210  
体会出来那个东西才是你的  
  
684  
00:26:38,490 --> 00:26:39,930  
而且那个东西才是真的  
  
685  
00:26:40,550 --> 00:26:42,070  
我现在讲给你，那是假的  
  
686  
00:26:42,350 --> 00:26:43,030  
我告诉你啊  
  
687  
00:26:43,030 --> 00:26:44,870  
这一摸之后有风向你  
  
688  
00:26:44,870 --> 00:26:45,990  
你万一没摸着你  
  
689  
00:26:45,990 --> 00:26:47,190  
你用都不用了，对吧  
  
690  
00:26:47,550 --> 00:26:48,430  
你先这么想  
  
691  
00:26:49,030 --> 00:26:51,230  
那么这个还有一个事，儿啊  
  
692  
00:26:51,670 --> 00:26:52,630  
那么鼠玉呢  
  
693  
00:26:53,110 --> 00:26:57,070  
由于他的这个脾肺的这个虚弱问题  
  
694  
00:26:57,350 --> 00:27:02,100  
那么你要注意一下他的右关右寸这种  
  
695  
00:27:02,540 --> 00:27:05,180  
那么左观大右官小的现象  
  
696  
00:27:05,620 --> 00:27:06,900  
那么包含什么呢  
  
697  
00:27:07,570 --> 00:27:11,530  
右尺脉由于长期的这个血气虚劳之不足  
  
698  
00:27:11,890 --> 00:27:14,570  
他在这儿必然幼齿会陷一个短脉  
  
699  
00:27:16,340 --> 00:27:16,900  
幼齿啊  
  
700  
00:27:17,740 --> 00:27:19,820  
幼齿主命门嘛，对吧  
  
701  
00:27:20,060 --> 00:27:21,460  
他脉脉形会偏短  
  
702  
00:27:22,470 --> 00:27:24,430  
如果是，那么反过来就说一个问题  
  
703  
00:27:24,750 --> 00:27:25,870  
我们怎么避免物质  
  
704  
00:27:26,470 --> 00:27:28,350  
那你看见一个右齿延长的患者  
  
705  
00:27:28,920 --> 00:27:30,200  
你还非要给他用鼠鱼丸  
  
706  
00:27:31,000 --> 00:27:31,960  
那你就是疯了  
  
707  
00:27:31,960 --> 00:27:32,480  
明白了吧  
  
708  
00:27:32,840 --> 00:27:34,200  
那这个就说明你用错了  
  
709  
00:27:35,000 --> 00:27:37,200  
那那它的开关就在这呢  
  
710  
00:27:37,200 --> 00:27:37,640  
明白了吧  
  
711  
00:27:37,680 --> 00:27:37,880  
哎  
  
712  
00:27:37,880 --> 00:27:39,160  
这个大家都讲清楚了  
  
713  
00:27:40,080 --> 00:27:40,280  
呃  
  
714  
00:27:40,360 --> 00:27:41,880  
那么因此说一个问题啊  
  
715  
00:27:42,980 --> 00:27:44,700  
髓丸在临床上咱们拿的治什么  
  
716  
00:27:45,140 --> 00:27:47,500  
那从这个角度上来说，这种虚劳之症  
  
717  
00:27:47,900 --> 00:27:49,660  
比如我刚刚讲的肺结核  
  
718  
00:27:50,620 --> 00:27:51,500  
你就可以用了吧  
  
719  
00:27:51,820 --> 00:27:53,100  
当然结核呢，我  
  
720  
00:27:53,100 --> 00:27:57,260  
我建议啊，你在临床上你把抗结核的用法也可以合进去  
  
721  
00:27:58,300 --> 00:27:59,700  
比如百步亭离子  
  
722  
00:28:00,820 --> 00:28:03,540  
就这两味药，我们临床上用的比较多的专药  
  
723  
00:28:04,020 --> 00:28:04,220  
呃  
  
724  
00:28:04,380 --> 00:28:10,280  
比较能直接的那个针对他的再合上那个属于根据脉证  
  
725  
00:28:11,040 --> 00:28:14,120  
呃，脾阴不足的山药量大一点啊  
  
726  
00:28:14,520 --> 00:28:18,850  
然后这个风气严重的柴桂防风  
  
727  
00:28:19,690 --> 00:28:20,170  
是不是啊  
  
728  
00:28:20,410 --> 00:28:25,130  
如果肺不能敛住火的火气太盛怎么办啊  
  
729  
00:28:25,410 --> 00:28:28,920  
桔梗杏仁，假白脸都是药  
  
730  
00:28:28,920 --> 00:28:29,280  
对吗  
  
731  
00:28:29,920 --> 00:28:32,000  
哎，气血不足你自己用呗  
  
732  
00:28:32,440 --> 00:28:36,560  
如果这个给你讲一下左三步迈偏小  
  
733  
00:28:37,280 --> 00:28:40,240  
气血不足用哪个四物胶东  
  
734  
00:28:41,120 --> 00:28:44,390  
右三步迈偏小用谁啊  
  
735  
00:28:45,230 --> 00:28:47,550  
四君姜枣，那就这点事啊  
  
736  
00:28:48,070 --> 00:28:50,230  
完事了大家都听懂了吧  
  
737  
00:28:50,670 --> 00:28:51,670  
所以从这个角度来说  
  
738  
00:28:51,670 --> 00:28:54,910  
你说我就不不非得把属于丸开出来  
  
739  
00:28:56,020 --> 00:28:57,940  
那我就用你这药的组合行不行  
  
740  
00:28:57,940 --> 00:28:59,460  
也行啊是吧  
  
741  
00:29:01,260 --> 00:29:03,300  
那么这个它的用法实际上是用蜜丸啊  
  
742  
00:29:03,340 --> 00:29:05,620  
炼蜜成丸，如弹子大  
  
743  
00:29:05,620 --> 00:29:07,220  
就是我们今天的9克丸啊  
  
744  
00:29:07,810 --> 00:29:08,010  
呃  
  
745  
00:29:08,290 --> 00:29:09,570  
空腹九伏一碗  
  
746  
00:29:10,450 --> 00:29:12,450  
那么这个得连服百剂啊  
  
747  
00:29:12,570 --> 00:29:15,090  
不得得得不是百剂就是连服百丸啊  
  
748  
00:29:15,780 --> 00:29:19,630  
就是说得长时期实践服务好  
  
749  
00:29:19,670 --> 00:29:21,790  
这段就给大家说到这不多说了  
  
750  
00:29:21,790 --> 00:29:24,950  
我们往后看后面的虚劳症，呃  
  
751  
00:29:25,110 --> 00:29:27,550  
虚劳虚烦不得眠，酸枣仁汤主之  
  
752  
00:29:29,090 --> 00:29:31,770  
关于这个，他已经到了这个不得眠的状态了  
  
753  
00:29:32,050 --> 00:29:33,370  
实际这个说的是啥呢  
  
754  
00:29:34,030 --> 00:29:35,950  
素问，生气通天论有这么一段  
  
755  
00:29:35,950 --> 00:29:36,470  
阳气者  
  
756  
00:29:36,510 --> 00:29:38,830  
烦劳则张精绝，而必急于下  
  
757  
00:29:38,950 --> 00:29:40,470  
使人什么坚决  
  
758  
00:29:40,910 --> 00:29:42,030  
大家还记得这事吗  
  
759  
00:29:42,700 --> 00:29:44,100  
自己回去翻坚决  
  
760  
00:29:44,140 --> 00:29:45,380  
我就讲这么一个概念  
  
761  
00:29:45,740 --> 00:29:48,700  
煎是煎熬的煎绝  
  
762  
00:29:48,740 --> 00:29:51,300  
就是手足逆冷的那个  
  
763  
00:29:51,300 --> 00:29:53,020  
那个卖阴阳气不相顺  
  
764  
00:29:53,020 --> 00:29:54,140  
接这个绝  
  
765  
00:29:55,290 --> 00:29:56,770  
那么为什么叫坚决啊  
  
766  
00:29:56,930 --> 00:29:59,210  
坚，说的就是阳气  
  
767  
00:30:00,870 --> 00:30:01,830  
太过对不对啊  
  
768  
00:30:02,670 --> 00:30:05,660  
那么导致像煎汤药一样吧  
  
769  
00:30:05,660 --> 00:30:09,060  
我们古代的时候煎说的是今天的煮，用水煮  
  
770  
00:30:09,810 --> 00:30:12,890  
而古代人说的熬就是汉代人说的熬  
  
771  
00:30:12,890 --> 00:30:14,090  
是我们今天说的坚  
  
772  
00:30:14,740 --> 00:30:15,780  
当然不加油啊  
  
773  
00:30:15,780 --> 00:30:18,340  
用我们东北就是比如干煸土豆条啊  
  
774  
00:30:18,940 --> 00:30:20,300  
什么干煸四季豆啊  
  
775  
00:30:20,300 --> 00:30:22,220  
就说那个干煸的意思，明白了吧  
  
776  
00:30:22,220 --> 00:30:22,900  
那我一说你  
  
777  
00:30:22,900 --> 00:30:25,320  
你东北同学你能明白，就是就是肝  
  
778  
00:30:25,560 --> 00:30:26,600  
就是也叫背啊  
  
779  
00:30:26,640 --> 00:30:26,920  
是吧  
  
780  
00:30:26,920 --> 00:30:28,320  
我们叫贝贝火是吧  
  
781  
00:30:28,520 --> 00:30:30,570  
讲这个就就是这个意思  
  
782  
00:30:30,890 --> 00:30:31,850  
那么这个坚呢  
  
783  
00:30:32,210 --> 00:30:33,650  
坚决说的就是什么  
  
784  
00:30:34,120 --> 00:30:35,520  
火太盛了，阴不足  
  
785  
00:30:35,640 --> 00:30:37,320  
是不是就像煎药一样  
  
786  
00:30:37,320 --> 00:30:38,240  
你火越来越大  
  
787  
00:30:38,240 --> 00:30:38,960  
水越来越少  
  
788  
00:30:39,360 --> 00:30:43,210  
那么这个时候，那么必然虚劳的时候出现一个啥问题呢  
  
789  
00:30:44,090 --> 00:30:45,970  
虚烦虚不烦，说明火太盛吧  
  
790  
00:30:46,490 --> 00:30:47,450  
无热不作烦  
  
791  
00:30:47,890 --> 00:30:49,810  
那么不得眠，说明啥呀  
  
792  
00:30:50,090 --> 00:30:52,490  
阴不足，你看整个伤寒论里头  
  
793  
00:30:52,490 --> 00:30:54,530  
比如说这个心中烦不得卧  
  
794  
00:30:56,320 --> 00:30:57,160  
黄连阿胶汤吧  
  
795  
00:30:57,520 --> 00:30:58,880  
那是不是也是心阴不足啊  
  
796  
00:30:59,480 --> 00:30:59,720  
哎  
  
797  
00:30:59,720 --> 00:31:00,880  
你看这个呃  
  
798  
00:31:00,960 --> 00:31:03,340  
猪苓汤，它也它也不得眠  
  
799  
00:31:03,380 --> 00:31:05,780  
它不也是由于水和热互结在一起  
  
800  
00:31:05,780 --> 00:31:06,780  
它阴也不足了吗  
  
801  
00:31:07,220 --> 00:31:07,420  
嗯  
  
802  
00:31:07,980 --> 00:31:09,820  
那么所以这个就是一个补阴的方  
  
803  
00:31:10,280 --> 00:31:12,240  
我们说心脏这个脏器啊  
  
804  
00:31:12,240 --> 00:31:13,960  
特别有意思在这个  
  
805  
00:31:14,520 --> 00:31:17,450  
如果我们讲叫借用卦象的概念啊  
  
806  
00:31:17,490 --> 00:31:19,250  
心象心是哪个卦  
  
807  
00:31:20,470 --> 00:31:21,230  
哎，很好啊  
  
808  
00:31:21,270 --> 00:31:23,150  
辛是离卦离为火  
  
809  
00:31:23,190 --> 00:31:25,730  
是不是，二阳夹一阴  
  
810  
00:31:26,250 --> 00:31:27,210  
外头是两个阳  
  
811  
00:31:27,210 --> 00:31:28,570  
爻，里头是一个阴爻  
  
812  
00:31:29,110 --> 00:31:31,190  
那么我们所说的坚决执政啊  
  
813  
00:31:31,230 --> 00:31:34,350  
就是这个这个虚虚虚劳虚烦不得眠的那个症  
  
814  
00:31:34,910 --> 00:31:37,070  
其实归根结底它是一个啥问题  
  
815  
00:31:37,790 --> 00:31:40,990  
离卦里头你认为是阳多了还是阴多了  
  
816  
00:31:41,930 --> 00:31:43,130  
阳多了，谁少了  
  
817  
00:31:43,690 --> 00:31:44,250  
阴少了  
  
818  
00:31:44,250 --> 00:31:46,090  
所以我们现在要干的就一件事  
  
819  
00:31:46,370 --> 00:31:49,290  
怎么把这个抽砍偏离啊  
  
820  
00:31:49,290 --> 00:31:50,330  
我们就讲这个问题啊  
  
821  
00:31:50,760 --> 00:31:51,320  
但是啊  
  
822  
00:31:51,320 --> 00:31:52,560  
但是这个有歧义啊  
  
823  
00:31:52,560 --> 00:31:55,040  
不是真正那个传统的先天层面，抽象天理  
  
824  
00:31:55,040 --> 00:31:56,200  
我说的是后天层面啊  
  
825  
00:31:56,440 --> 00:32:00,610  
就是怎么把坎水之中的水掉到离卦里头去  
  
826  
00:32:00,610 --> 00:32:02,520  
补离的那个阴爻，啊  
  
827  
00:32:02,520 --> 00:32:06,840  
这个不是园园艺的那个先后天坎离变乾坤的那个  
  
828  
00:32:07,000 --> 00:32:07,760  
丑干天理啊  
  
829  
00:32:07,760 --> 00:32:08,760  
不是不是那个概念  
  
830  
00:32:09,470 --> 00:32:15,370  
那么这个怎么把梨水梨中的水吊上去添这个啊  
  
831  
00:32:15,370 --> 00:32:19,290  
怎么把坎中的水，坎中的那个阴水吊到上去  
  
832  
00:32:19,530 --> 00:32:24,690  
填补犁中的这个火天补离中的阴去滋火  
  
833  
00:32:25,690 --> 00:32:26,210  
明白了吗  
  
834  
00:32:26,490 --> 00:32:26,690  
啊  
  
835  
00:32:26,690 --> 00:32:28,970  
这个就是属于呃呃  
  
836  
00:32:30,060 --> 00:32:32,380  
酸枣仁汤要干的所有的事啊  
  
837  
00:32:32,380 --> 00:32:33,340  
就就这一件事  
  
838  
00:32:33,900 --> 00:32:35,140  
因此要干这个事呢  
  
839  
00:32:36,320 --> 00:32:36,760  
怎么办  
  
840  
00:32:36,840 --> 00:32:37,720  
首先用酸枣仁  
  
841  
00:32:37,720 --> 00:32:39,040  
而且用多少用2L  
  
842  
00:32:39,560 --> 00:32:40,680  
关于这个就惹祸了  
  
843  
00:32:40,680 --> 00:32:42,120  
那么今天据我们的考证  
  
844  
00:32:42,640 --> 00:32:44,120  
那汉代的一生量很大呀  
  
845  
00:32:44,680 --> 00:32:50,280  
那么很多人有的时候呃一用240克酸枣仁是吧  
  
846  
00:32:50,680 --> 00:32:51,760  
我从来不这么用  
  
847  
00:32:51,760 --> 00:32:52,120  
为啥  
  
848  
00:32:52,120 --> 00:32:52,920  
原因很简单  
  
849  
00:32:53,330 --> 00:32:54,210  
太贵了哈  
  
850  
00:32:54,570 --> 00:32:55,490  
孙老师，太贵了  
  
851  
00:32:55,810 --> 00:32:56,010  
呃  
  
852  
00:32:56,010 --> 00:32:58,290  
要是有钱我也想那么用，患者  
  
853  
00:32:58,290 --> 00:33:01,920  
现在你你，咱们不能让人因病治贫嘛  
  
854  
00:33:01,920 --> 00:33:03,560  
说你你你为了给他看病  
  
855  
00:33:03,840 --> 00:33:05,400  
你不计成本，这玩意也不行  
  
856  
00:33:05,800 --> 00:33:07,160  
临床中我用酸枣仁啊  
  
857  
00:33:07,160 --> 00:33:09,390  
说句实话，用个三五十克  
  
858  
00:33:10,630 --> 00:33:11,790  
那也就那样了啊  
  
859  
00:33:11,990 --> 00:33:13,150  
最多最多50克  
  
860  
00:33:13,150 --> 00:33:15,640  
那是赶上逢年过节了啊  
  
861  
00:33:15,960 --> 00:33:19,160  
顶大天了，一般就是30克起手够用就行啊  
  
862  
00:33:19,200 --> 00:33:21,250  
那你要量不够咋办  
  
863  
00:33:21,290 --> 00:33:22,690  
你想办法找呗，对吧  
  
864  
00:33:22,970 --> 00:33:24,850  
那你非得说死规矩，非得用那么大量  
  
865  
00:33:25,130 --> 00:33:26,730  
那为啥仲景让你用2L  
  
866  
00:33:26,770 --> 00:33:28,450  
一是古代这东西没那么贵  
  
867  
00:33:29,320 --> 00:33:30,200  
那时候还没有人  
  
868  
00:33:31,320 --> 00:33:32,960  
就是我们的奇货，可居嘛  
  
869  
00:33:32,960 --> 00:33:33,200  
对吧  
  
870  
00:33:33,200 --> 00:33:35,920  
那时候一个植物啊  
  
871  
00:33:35,920 --> 00:33:37,680  
一个农副产品，它至于那么贵吗  
  
872  
00:33:37,680 --> 00:33:37,960  
对吧  
  
873  
00:33:38,320 --> 00:33:38,920  
第二个问题  
  
874  
00:33:39,240 --> 00:33:41,680  
他主要为了跟你说事，说啥事  
  
875  
00:33:41,680 --> 00:33:44,070  
同学们，地二生火  
  
876  
00:33:44,790 --> 00:33:46,310  
天七成直是这个意思吧  
  
877  
00:33:46,710 --> 00:33:48,150  
你主要是为了补这个  
  
878  
00:33:48,310 --> 00:33:49,510  
你这找人往哪去  
  
879  
00:33:49,590 --> 00:33:51,680  
往往心脏去，往心火去  
  
880  
00:33:52,040 --> 00:33:52,600  
那为啥  
  
881  
00:33:52,760 --> 00:33:53,440  
原因很简单  
  
882  
00:33:53,480 --> 00:33:56,600  
枣仁味啥味酸味，酸味儿啊  
  
883  
00:33:56,600 --> 00:33:58,320  
我们讲它是一个甘味，对吧  
  
884  
00:33:58,320 --> 00:33:59,240  
它是往哪去的  
  
885  
00:33:59,240 --> 00:34:01,280  
往酸味是往肝脏去的  
  
886  
00:34:01,680 --> 00:34:02,560  
肝体为酸  
  
887  
00:34:03,320 --> 00:34:04,760  
那你怎么能让它往心去  
  
888  
00:34:05,620 --> 00:34:06,180  
明白了吧  
  
889  
00:34:06,260 --> 00:34:07,780  
他为的是干这件事  
  
890  
00:34:07,940 --> 00:34:11,540  
但你光是开22L还是不够的，还得干一件事  
  
891  
00:34:11,739 --> 00:34:13,219  
因为我们说坎离之中  
  
892  
00:34:14,060 --> 00:34:15,139  
那么那个离火呀  
  
893  
00:34:15,179 --> 00:34:18,420  
是二阳包一阴，或者叫二阳夹阴  
  
894  
00:34:18,699 --> 00:34:21,020  
外头有一阳爻在那顶着呢吧  
  
895  
00:34:21,630 --> 00:34:23,070  
你这个水调不上去  
  
896  
00:34:23,110 --> 00:34:26,670  
打一个比方，就像是说你把水想往一个非常热的地方浇  
  
897  
00:34:27,110 --> 00:34:28,510  
你浇不进去，明白吗  
  
898  
00:34:28,909 --> 00:34:30,670  
你浇上之后它一下就炸了  
  
899  
00:34:30,670 --> 00:34:31,469  
是这道理吧  
  
900  
00:34:31,780 --> 00:34:32,780  
所以你需要干一件事  
  
901  
00:34:32,780 --> 00:34:35,179  
你需要把这个外头的这个羊怎么办啊  
  
902  
00:34:35,340 --> 00:34:36,060  
把它通开  
  
903  
00:34:36,460 --> 00:34:36,659  
哎  
  
904  
00:34:36,659 --> 00:34:37,820  
这个就用穿胸  
  
905  
00:34:38,560 --> 00:34:40,040  
川芎本意是凶穹  
  
906  
00:34:40,560 --> 00:34:43,600  
它是有一个很芳香的药，通上彻下  
  
907  
00:34:44,150 --> 00:34:47,310  
而且呢，它就是能够帮你协理阴阳啊  
  
908  
00:34:47,590 --> 00:34:50,080  
把这个阴，把它打通  
  
909  
00:34:50,080 --> 00:34:52,560  
这个关节到处走串，对吧  
  
910  
00:34:52,560 --> 00:34:54,360  
所以有的时候我们在临床上你发现一个问题  
  
911  
00:34:54,760 --> 00:34:56,600  
川胸这药不是一个养血药  
  
912  
00:34:57,470 --> 00:34:58,190  
他能行血  
  
913  
00:34:58,350 --> 00:35:00,070  
而且穿胸偏燥，发现了吗  
  
914  
00:35:00,630 --> 00:35:03,890  
但是他能带着雪走，这个你懂了吧  
  
915  
00:35:04,170 --> 00:35:06,050  
临床中有很多时候这人头痛  
  
916  
00:35:06,050 --> 00:35:07,770  
打比方疼得不得了  
  
917  
00:35:08,130 --> 00:35:10,250  
那么其实我们有一个玩臭无赖的方法  
  
918  
00:35:11,090 --> 00:35:13,330  
30颗穿胸，你扔进去马上就不疼了  
  
919  
00:35:13,330 --> 00:35:13,610  
为啥  
  
920  
00:35:13,650 --> 00:35:14,490  
头为阳位  
  
921  
00:35:15,390 --> 00:35:17,350  
它能够带着血通达阴阳  
  
922  
00:35:17,670 --> 00:35:19,390  
哎，这时候头就不疼了  
  
923  
00:35:19,470 --> 00:35:21,510  
治疗很多不明原因的顽固性疼痛  
  
924  
00:35:21,750 --> 00:35:23,960  
但是你绝对不能说  
  
925  
00:35:23,960 --> 00:35:25,520  
老师说了说这个是好使  
  
926  
00:35:25,560 --> 00:35:26,640  
那我就见头疼  
  
927  
00:35:26,640 --> 00:35:27,720  
我这么用我告诉你  
  
928  
00:35:28,160 --> 00:35:29,600  
送你四个字草菅人命  
  
929  
00:35:29,640 --> 00:35:30,160  
明白吗  
  
930  
00:35:30,590 --> 00:35:32,830  
你用任何药都得明白它的道理  
  
931  
00:35:33,550 --> 00:35:34,310  
你不能说  
  
932  
00:35:34,690 --> 00:35:36,690  
我为啥有时候不愿意给你们讲这些  
  
933  
00:35:36,690 --> 00:35:38,250  
临床中一些巧的东西  
  
934  
00:35:38,450 --> 00:35:40,970  
就怕你最后啊，你不纠医理啊  
  
935  
00:35:40,970 --> 00:35:43,630  
就是说反正好不好使就完了，是好使  
  
936  
00:35:44,030 --> 00:35:46,670  
你听没听说过有句话叫地狱门前僧道多呀  
  
937  
00:35:47,470 --> 00:35:53,080  
为啥过去叶天士先生临走的时候把子女叫到跟前啊  
  
938  
00:35:53,520 --> 00:35:54,760  
说你们干不了这个  
  
939  
00:35:54,800 --> 00:35:57,360  
别干了以后咱家以后不出大夫  
  
940  
00:35:57,520 --> 00:35:59,600  
为啥不是坑自己的孩子  
  
941  
00:36:00,160 --> 00:36:01,760  
他知道这里头的厉害  
  
942  
00:36:02,750 --> 00:36:03,510  
我治病啊  
  
943  
00:36:03,750 --> 00:36:06,250  
有的时候这东西我想不通我  
  
944  
00:36:06,250 --> 00:36:09,330  
我宁可我把他推走，我也不敢治  
  
945  
00:36:09,770 --> 00:36:12,570  
为什么你必须要把这问题想清楚  
  
946  
00:36:13,990 --> 00:36:17,730  
要不然我平时我跟你们说点心里话啊  
  
947  
00:36:18,050 --> 00:36:19,410  
我平时更多的时候啊  
  
948  
00:36:19,970 --> 00:36:21,890  
想的不是我治好了那些患者  
  
949  
00:36:22,410 --> 00:36:23,410  
当你一个人的时候  
  
950  
00:36:23,410 --> 00:36:25,730  
你闭上眼睛，自己夜深人静的时候  
  
951  
00:36:26,110 --> 00:36:27,670  
你最知道你想起的是谁  
  
952  
00:36:28,110 --> 00:36:31,710  
往往想起来的都是那些没治好的患者  
  
953  
00:36:31,710 --> 00:36:32,990  
甚至你送走的患者  
  
954  
00:36:33,480 --> 00:36:35,240  
心里头实际上是有愧疚的啊  
  
955  
00:36:36,240 --> 00:36:37,520  
我这跟你们说句心里话  
  
956  
00:36:37,880 --> 00:36:39,200  
所以从这个角度上来说呢  
  
957  
00:36:40,060 --> 00:36:41,540  
读书穷理，明白了吗  
  
958  
00:36:41,660 --> 00:36:42,660  
那怎么能解决这个问题  
  
959  
00:36:42,660 --> 00:36:44,380  
那你说因为这事我们不当大夫了吗  
  
960  
00:36:44,380 --> 00:36:44,780  
还不行  
  
961  
00:36:44,780 --> 00:36:46,460  
是不是还得往前走  
  
962  
00:36:46,820 --> 00:36:48,140  
还有很多患者需要你  
  
963  
00:36:48,460 --> 00:36:50,460  
所以这个时候你就得不断的去穷里  
  
964  
00:36:50,460 --> 00:36:52,940  
不断的你不能总想着你会了什么  
  
965  
00:36:53,380 --> 00:36:55,520  
咱们得想想我们哪儿没会啊  
  
966  
00:36:55,600 --> 00:36:56,360  
哪些东西不懂  
  
967  
00:36:56,560 --> 00:36:57,640  
所以从这个角度上来说  
  
968  
00:36:57,920 --> 00:36:59,800  
川胸你不能光知道他治头疼  
  
969  
00:37:00,560 --> 00:37:01,880  
你也不能光知道他行血  
  
970  
00:37:01,880 --> 00:37:03,040  
你得明白他的道理  
  
971  
00:37:03,320 --> 00:37:05,760  
他能够善于打破阴阳之中的隔绝  
  
972  
00:37:06,520 --> 00:37:10,270  
然后把音送达到阳位  
  
973  
00:37:10,350 --> 00:37:10,830  
明白了吧  
  
974  
00:37:10,830 --> 00:37:12,030  
这是川兄干的事  
  
975  
00:37:12,150 --> 00:37:13,230  
从这个角度上来说  
  
976  
00:37:13,830 --> 00:37:15,750  
那川胸能行血能活血  
  
977  
00:37:15,750 --> 00:37:16,910  
你就明白为啥了吧  
  
978  
00:37:18,620 --> 00:37:22,670  
他是开气阳窍，以使阴能够滋养  
  
979  
00:37:23,230 --> 00:37:24,550  
因此说这张方啊  
  
980  
00:37:25,110 --> 00:37:27,550  
整个酸枣仁汤，你这么看  
  
981  
00:37:27,910 --> 00:37:32,460  
不过就是一个饮肾水去滋心火的一张房  
  
982  
00:37:32,780 --> 00:37:33,580  
是这道理吧  
  
983  
00:37:34,180 --> 00:37:34,380  
哎  
  
984  
00:37:34,460 --> 00:37:37,820  
有酸枣仁去补齐心中之血  
  
985  
00:37:38,420 --> 00:37:43,240  
有这个川芎通达阴阳之官葛  
  
986  
00:37:44,240 --> 00:37:47,480  
那么这里头茯苓甘草不说了啊，这个呃  
  
987  
00:37:47,980 --> 00:37:50,820  
在这里头的作用不是那么的，呃  
  
988  
00:37:52,480 --> 00:37:53,480  
都是帮助他们  
  
989  
00:37:53,480 --> 00:37:57,280  
茯苓本身就是那个配合酸枣仁的那个项目对吧  
  
990  
00:37:58,160 --> 00:37:58,360  
啊  
  
991  
00:37:58,440 --> 00:38:01,560  
配合酸枣仁香，因为茯苓不也是这个道理吗  
  
992  
00:38:01,680 --> 00:38:04,560  
我们讲配合酸枣仁安神，而且啊  
  
993  
00:38:07,730 --> 00:38:08,330  
甘草呢  
  
994  
00:38:08,450 --> 00:38:10,010  
防止这个知母啊  
  
995  
00:38:10,570 --> 00:38:14,450  
过于这个什么水气太盛克脾土啊  
  
996  
00:38:14,650 --> 00:38:15,450  
防止这个  
  
997  
00:38:16,390 --> 00:38:18,950  
呃，关键关键知母啊  
  
998  
00:38:18,950 --> 00:38:21,230  
这也是我一定要给大家讲清楚的  
  
999  
00:38:21,750 --> 00:38:22,830  
呃知母干啥  
  
1000  
00:38:24,270 --> 00:38:26,270  
从它的用处来说  
  
1001  
00:38:26,350 --> 00:38:28,910  
知母无非是我们讲叫安神利水  
  
1002  
00:38:29,460 --> 00:38:30,780  
但这块就出现一个悖论  
  
1003  
00:38:30,780 --> 00:38:32,620  
我曾经那个碰到过一位  
  
1004  
00:38:32,620 --> 00:38:34,500  
我们中医圈里也是一位老师啊  
  
1005  
00:38:34,500 --> 00:38:35,540  
我们关系都特别好  
  
1006  
00:38:36,030 --> 00:38:36,870  
他就问我一个问题  
  
1007  
00:38:36,870 --> 00:38:38,550  
说我们这派也用经方啊  
  
1008  
00:38:38,550 --> 00:38:39,750  
但是呃  
  
1009  
00:38:40,670 --> 00:38:41,550  
有这么一个问题  
  
1010  
00:38:41,710 --> 00:38:42,630  
我这印这个事  
  
1011  
00:38:42,630 --> 00:38:44,190  
他问我这事我印象非常深  
  
1012  
00:38:44,230 --> 00:38:45,430  
大概也得有好几年了  
  
1013  
00:38:45,910 --> 00:38:48,950  
说为啥之母它能消肿呢  
  
1014  
00:38:50,030 --> 00:38:51,230  
这问题大家想过没有  
  
1015  
00:38:51,510 --> 00:38:52,790  
志摩本身其性苦寒  
  
1016  
00:38:53,110 --> 00:38:55,790  
咱们之前是说过身体汪雷，对吧  
  
1017  
00:38:56,310 --> 00:38:56,950  
脚肿如土  
  
1018  
00:38:57,430 --> 00:38:59,950  
当时那个我们讲过一个  
  
1019  
00:38:59,990 --> 00:39:01,230  
但是呃  
  
1020  
00:39:02,370 --> 00:39:03,410  
没有完全说透  
  
1021  
00:39:03,770 --> 00:39:06,370  
其实这个配上酸枣仁汤才能把它完全说明白  
  
1022  
00:39:07,010 --> 00:39:11,920  
我们这个知母，最后你用谁去用水去滋这个羊  
  
1023  
00:39:12,480 --> 00:39:15,560  
用用哪个药，才能以水滋火  
  
1024  
00:39:15,720 --> 00:39:17,680  
以阴达阳之母  
  
1025  
00:39:18,760 --> 00:39:20,960  
知母是这个阴，明白了吧  
  
1026  
00:39:21,360 --> 00:39:23,040  
你酸枣仁汤里如果没有这个阴  
  
1027  
00:39:23,040 --> 00:39:24,680  
你拿啥去滋这个阳啊  
  
1028  
00:39:25,440 --> 00:39:26,320  
这个你明白了吧  
  
1029  
00:39:26,360 --> 00:39:29,960  
字幕，我们之前就说过那个积水相生之象  
  
1030  
00:39:30,000 --> 00:39:30,480  
是不是啊  
  
1031  
00:39:30,760 --> 00:39:32,240  
其味苦寒啊  
  
1032  
00:39:32,640 --> 00:39:35,040  
黄白相间，这么这么一个一个植物  
  
1033  
00:39:35,510 --> 00:39:35,710  
呃  
  
1034  
00:39:36,070 --> 00:39:40,390  
那么你用它在本经里头讲啊，叫肢体浮肿下水  
  
1035  
00:39:40,510 --> 00:39:43,070  
那你怎么能肢体浮肿下水水呀  
  
1036  
00:39:43,430 --> 00:39:45,110  
不是喝下去之后就完了  
  
1037  
00:39:45,800 --> 00:39:48,160  
水喝下去之后，我们讲饮食入胃  
  
1038  
00:39:48,160 --> 00:39:49,640  
由于精气，他要上输于脾  
  
1039  
00:39:49,640 --> 00:39:50,280  
脾气散精  
  
1040  
00:39:50,640 --> 00:39:51,240  
上归于肺  
  
1041  
00:39:51,240 --> 00:39:51,920  
通调水道  
  
1042  
00:39:51,920 --> 00:39:52,920  
还要下输膀胱  
  
1043  
00:39:53,510 --> 00:39:56,670  
下输膀胱之后，才能水精四布五经并行吧  
  
1044  
00:39:57,030 --> 00:40:00,830  
膀胱之后，才能心脏之中的阳照射膀胱  
  
1045  
00:40:00,830 --> 00:40:03,150  
膀胱才能地气上为云  
  
1046  
00:40:03,800 --> 00:40:04,960  
水汽才能固化吧  
  
1047  
00:40:05,240 --> 00:40:07,560  
那么知母就是这个里头的水  
  
1048  
00:40:08,510 --> 00:40:08,710  
滋  
  
1049  
00:40:08,710 --> 00:40:10,870  
这个里头的水滋，这个水之后呢  
  
1050  
00:40:11,350 --> 00:40:15,050  
那么这个水经川芎之透达  
  
1051  
00:40:15,810 --> 00:40:17,210  
经川芎、茯苓之透达  
  
1052  
00:40:17,210 --> 00:40:18,890  
咱们讲茯苓是不是下输膀胱  
  
1053  
00:40:19,050 --> 00:40:20,170  
他是不是帮枣仁啊  
  
1054  
00:40:20,330 --> 00:40:21,090  
帮枣仁干什么  
  
1055  
00:40:21,090 --> 00:40:21,650  
枣仁在上  
  
1056  
00:40:21,650 --> 00:40:22,530  
茯苓在下呀  
  
1057  
00:40:26,040 --> 00:40:32,720  
那么你经过茯苓的这个气化之母的这个水才能上达到  
  
1058  
00:40:34,340 --> 00:40:35,260  
心脏之中啊  
  
1059  
00:40:36,860 --> 00:40:39,380  
就这么一个关系吧，就出来了啊  
  
1060  
00:40:39,700 --> 00:40:41,940  
所以这个结构非常清晰啊  
  
1061  
00:40:43,230 --> 00:40:45,630  
这个一上一下一上一下啊  
  
1062  
00:40:46,150 --> 00:40:47,790  
上头呢，就是一个枣仁  
  
1063  
00:40:48,500 --> 00:40:49,740  
中间啊，两味药  
  
1064  
00:40:49,980 --> 00:40:51,820  
一个川胸，一个甘草嘛  
  
1065  
00:40:51,820 --> 00:40:54,820  
对吧，甘草防止渗水之反克川芎通达阴阳  
  
1066  
00:40:55,380 --> 00:40:59,280  
那么下头，一个是这个知母是水  
  
1067  
00:40:59,840 --> 00:41:02,320  
但是知母的水上去太过  
  
1068  
00:41:03,260 --> 00:41:04,340  
那或者你上不去  
  
1069  
00:41:04,900 --> 00:41:10,710  
那么一定要有茯苓帮助这个离火之卦调配阴阳是不是  
  
1070  
00:41:11,110 --> 00:41:11,310  
哎  
  
1071  
00:41:11,390 --> 00:41:14,290  
我们讲究抽坎填离借用一个词啊  
  
1072  
00:41:14,290 --> 00:41:16,770  
抽侃天离，把那个梨中的水抽上去  
  
1073  
00:41:16,930 --> 00:41:18,170  
但我在这一定要说清楚  
  
1074  
00:41:18,170 --> 00:41:19,730  
这不是抽侃天离的原意  
  
1075  
00:41:19,730 --> 00:41:20,610  
这是我借用啊  
  
1076  
00:41:20,810 --> 00:41:22,700  
以后一定不能有人说说，哎  
  
1077  
00:41:22,700 --> 00:41:24,540  
张弛歪曲了抽看天离的意思  
  
1078  
00:41:24,740 --> 00:41:25,500  
我没说啊  
  
1079  
00:41:25,500 --> 00:41:27,300  
你一定转述要说全啊  
  
1080  
00:41:27,660 --> 00:41:28,780  
他不是丑看天离  
  
1081  
00:41:28,780 --> 00:41:30,380  
但我们拿它举个例子啊  
  
1082  
00:41:31,390 --> 00:41:32,830  
那么所以这个能治啥呢  
  
1083  
00:41:32,830 --> 00:41:34,230  
你比如说失眠是不是啊  
  
1084  
00:41:34,270 --> 00:41:36,150  
那这虚劳虚烦不得眠嘛  
  
1085  
00:41:36,650 --> 00:41:37,730  
那么那么就可以用了  
  
1086  
00:41:37,730 --> 00:41:40,850  
所以有的时候很多人说说他就是治失眠的方子  
  
1087  
00:41:41,210 --> 00:41:42,210  
其实也对也不对  
  
1088  
00:41:42,490 --> 00:41:46,970  
这就是为什么有的失眠你用酸枣仁汤好使，对不对  
  
1089  
00:41:47,250 --> 00:41:48,690  
有的失眠用不好使  
  
1090  
00:41:48,890 --> 00:41:51,450  
那啥样的用好使一定是左寸不足的呀  
  
1091  
00:41:51,810 --> 00:41:52,930  
左寸代表心阴  
  
1092  
00:41:53,850 --> 00:41:56,010  
心里头或者左寸形是微细的  
  
1093  
00:41:56,090 --> 00:41:57,210  
像左寸的  
  
1094  
00:41:57,210 --> 00:42:01,410  
这个阴不足，你才得把左尺的水吊上去  
  
1095  
00:42:01,410 --> 00:42:01,850  
对不对啊  
  
1096  
00:42:02,130 --> 00:42:03,290  
但水上去之后呢  
  
1097  
00:42:03,570 --> 00:42:04,250  
你又担心  
  
1098  
00:42:05,050 --> 00:42:06,720  
呃，这个水呢  
  
1099  
00:42:07,120 --> 00:42:11,420  
不能水庸置庸置，那你就得用茯苓去立一立对吧  
  
1100  
00:42:11,780 --> 00:42:12,780  
哎，担心这个问题  
  
1101  
00:42:13,100 --> 00:42:13,940  
那你担心不  
  
1102  
00:42:13,940 --> 00:42:14,580  
不能通达  
  
1103  
00:42:14,980 --> 00:42:16,260  
你就用川芎通一通  
  
1104  
00:42:16,920 --> 00:42:18,840  
穿胸就能走这个左关是吧  
  
1105  
00:42:19,040 --> 00:42:22,320  
就是怎么把这个水从左尺调到左寸上  
  
1106  
00:42:22,630 --> 00:42:25,030  
就是酸枣仁汤干的所有的事，明白了吧  
  
1107  
00:42:25,630 --> 00:42:26,830  
那左池里没水怎么办  
  
1108  
00:42:27,070 --> 00:42:27,830  
没水好办啊  
  
1109  
00:42:27,830 --> 00:42:28,510  
用指母啊  
  
1110  
00:42:29,740 --> 00:42:32,020  
那么为啥身体浮肿下水  
  
1111  
00:42:32,180 --> 00:42:36,380  
那不也因为水不能够被你的气机调动吗  
  
1112  
00:42:37,520 --> 00:42:39,000  
所以他能治浮肿啊  
  
1113  
00:42:40,730 --> 00:42:41,650  
就这么简单啊  
  
1114  
00:42:42,290 --> 00:42:44,050  
那么这个呢，给大家也说完了  
  
1115  
00:42:44,210 --> 00:42:48,610  
我们最后呢，说一个方带黄蛰虫丸  
  
1116  
00:42:48,650 --> 00:42:51,010  
这个是我在临床中用的特别多的啊  
  
1117  
00:42:51,010 --> 00:42:52,250  
经常用呃  
  
1118  
00:42:52,530 --> 00:42:56,170  
既用成药，也经常的用汤剂  
  
1119  
00:42:56,250 --> 00:42:58,970  
但是是加减化裁成药是咋用  
  
1120  
00:42:58,970 --> 00:42:59,210  
我  
  
1121  
00:42:59,210 --> 00:43:00,730  
我前前两天啊，出门诊  
  
1122  
00:43:00,730 --> 00:43:02,770  
周六那天还有一个患者  
  
1123  
00:43:03,170 --> 00:43:05,250  
呃，到我这来已经是第二诊了  
  
1124  
00:43:05,250 --> 00:43:07,930  
治腹泻之后我看了他一眼啊  
  
1125  
00:43:07,930 --> 00:43:08,570  
我就跟他说  
  
1126  
00:43:08,570 --> 00:43:09,930  
我说，你呀  
  
1127  
00:43:09,930 --> 00:43:10,290  
这么办  
  
1128  
00:43:10,450 --> 00:43:11,410  
我给你省点钱  
  
1129  
00:43:11,970 --> 00:43:13,450  
你这俩月先别挂号  
  
1130  
00:43:14,170 --> 00:43:17,050  
你也不用来回家，就是蛋黄蛰虫丸  
  
1131  
00:43:17,490 --> 00:43:19,770  
同仁堂的黄酒温服  
  
1132  
00:43:20,090 --> 00:43:21,890  
每天吃吃俩月你再来  
  
1133  
00:43:21,970 --> 00:43:24,710  
为啥内有肝血啊  
  
1134  
00:43:24,950 --> 00:43:26,190  
从这来的，我们看一下啊  
  
1135  
00:43:26,190 --> 00:43:26,870  
条文怎么说  
  
1136  
00:43:27,230 --> 00:43:30,190  
第18条，五劳蓄积累瘦腹满  
  
1137  
00:43:30,190 --> 00:43:30,870  
不能饮食  
  
1138  
00:43:32,260 --> 00:43:33,780  
那么什么叫五劳虚极啊  
  
1139  
00:43:34,180 --> 00:43:35,220  
这块一说吧  
  
1140  
00:43:35,220 --> 00:43:37,780  
很多人说五劳是怎么解释都能明白啊  
  
1141  
00:43:37,820 --> 00:43:39,820  
那无非是五脏之劳之劳嘛  
  
1142  
00:43:39,820 --> 00:43:40,100  
对吧  
  
1143  
00:43:40,100 --> 00:43:40,700  
过劳嘛  
  
1144  
00:43:41,220 --> 00:43:43,820  
虚和极，就有人说说那是不是虚到极限  
  
1145  
00:43:45,380 --> 00:43:50,300  
绝对不是，同学们虚到极点之后就会出现一个问题  
  
1146  
00:43:51,060 --> 00:43:52,700  
你就不能用泻法了  
  
1147  
00:43:52,700 --> 00:43:53,260  
明白了吗  
  
1148  
00:43:53,540 --> 00:43:55,860  
那么大黄蛰虫丸，他毕竟是要有攻下的吧  
  
1149  
00:43:56,700 --> 00:43:58,060  
他虽然啊，大黄啊这  
  
1150  
00:43:58,060 --> 00:43:59,260  
这我找回了一句话  
  
1151  
00:44:00,420 --> 00:44:02,980  
他用的是活血，带黄是活血  
  
1152  
00:44:03,500 --> 00:44:06,020  
但是它你谁吃谁知道  
  
1153  
00:44:06,260 --> 00:44:08,860  
你用完你瞪眼说他不拉肚子那是扯淡  
  
1154  
00:44:09,090 --> 00:44:09,610  
明白了吧  
  
1155  
00:44:09,610 --> 00:44:10,370  
他一定拉肚  
  
1156  
00:44:10,610 --> 00:44:13,130  
那么在临床上，这种心阳已衰的人  
  
1157  
00:44:13,540 --> 00:44:14,700  
心肾已经都不足了  
  
1158  
00:44:14,700 --> 00:44:15,540  
脉都摸不着了  
  
1159  
00:44:15,780 --> 00:44:18,340  
那种通脉四逆加加加  
  
1160  
00:44:18,340 --> 00:44:20,420  
那个那个什么白白通加猪胆汁人尿  
  
1161  
00:44:20,580 --> 00:44:22,300  
那种人你用一个蛋黄蔗虫试试  
  
1162  
00:44:22,660 --> 00:44:23,300  
用上就死  
  
1163  
00:44:23,340 --> 00:44:23,900  
明白了吗  
  
1164  
00:44:24,100 --> 00:44:24,780  
你别抬杠  
  
1165  
00:44:25,260 --> 00:44:27,490  
咱们说说事就说事  
  
1166  
00:44:27,490 --> 00:44:27,970  
别抬杠  
  
1167  
00:44:28,290 --> 00:44:29,410  
虚极是啥问题  
  
1168  
00:44:29,930 --> 00:44:32,930  
虚说的就是这人虚形虚之象，虚劳之象  
  
1169  
00:44:33,130 --> 00:44:34,050  
吉是啥问题  
  
1170  
00:44:35,200 --> 00:44:36,560  
吉讲的是一个动词  
  
1171  
00:44:38,550 --> 00:44:40,710  
欲竭其精气，明白啥意思了吗  
  
1172  
00:44:40,870 --> 00:44:42,510  
就这人啥东西都没节制  
  
1173  
00:44:43,020 --> 00:44:44,740  
别人吃饭吃到七成饱  
  
1174  
00:44:44,820 --> 00:44:47,060  
他非得吃到满了还得再吃两成  
  
1175  
00:44:47,060 --> 00:44:47,940  
见过这样的人吧  
  
1176  
00:44:48,960 --> 00:44:52,400  
那么睡觉明明到12点他都困得都不行了  
  
1177  
00:44:52,560 --> 00:44:54,000  
还非得喝一瓶红牛  
  
1178  
00:44:54,280 --> 00:44:55,120  
这叫急  
  
1179  
00:44:56,110 --> 00:44:57,310  
是它是一个动词  
  
1180  
00:44:57,630 --> 00:45:00,590  
说的是这个人怎么样没有节制，明白了吗  
  
1181  
00:45:01,110 --> 00:45:01,310  
哎  
  
1182  
00:45:01,310 --> 00:45:04,230  
这叫极，那房事不也是一个道理吗  
  
1183  
00:45:04,660 --> 00:45:06,140  
总是非得透支透支  
  
1184  
00:45:06,140 --> 00:45:07,500  
透支，非得到不行了  
  
1185  
00:45:07,780 --> 00:45:08,700  
他还非要透支  
  
1186  
00:45:08,900 --> 00:45:10,500  
那么这是虚极，明白了吧  
  
1187  
00:45:10,700 --> 00:45:13,250  
它是一个动词，不是一个形容词啊  
  
1188  
00:45:13,250 --> 00:45:15,570  
不是一个说这人已经到了极限了  
  
1189  
00:45:15,770 --> 00:45:16,770  
一摸脉脉微细  
  
1190  
00:45:16,930 --> 00:45:18,570  
那时候你得用大回阳饮了  
  
1191  
00:45:19,050 --> 00:45:20,970  
那时候不是不是蛋黄蛰虫丸  
  
1192  
00:45:20,970 --> 00:45:21,490  
明白了吧  
  
1193  
00:45:21,970 --> 00:45:24,370  
那么到这种程度之后出现一个现象  
  
1194  
00:45:24,370 --> 00:45:27,250  
不能饮食，那么七伤啊  
  
1195  
00:45:27,250 --> 00:45:27,650  
你看啊  
  
1196  
00:45:27,690 --> 00:45:31,080  
食伤忧伤饮伤房室伤，饥伤劳伤经络  
  
1197  
00:45:31,080 --> 00:45:31,560  
因为气伤  
  
1198  
00:45:31,560 --> 00:45:32,960  
你就不要想啊  
  
1199  
00:45:32,960 --> 00:45:35,560  
说说这是必须是一个隐伤，不是那概念  
  
1200  
00:45:36,120 --> 00:45:39,290  
说明这七商是说明谁的  
  
1201  
00:45:39,610 --> 00:45:43,330  
他是对前头虚极的一个注解看到了吗  
  
1202  
00:45:44,030 --> 00:45:46,430  
它是用来注解这个续集就是什么样  
  
1203  
00:45:46,430 --> 00:45:47,590  
能够比如说十  
  
1204  
00:45:47,910 --> 00:45:48,670  
刚才我说了吧  
  
1205  
00:45:49,390 --> 00:45:50,950  
你非得吃12分饱  
  
1206  
00:45:51,860 --> 00:45:53,140  
称之为续集可以吧  
  
1207  
00:45:54,160 --> 00:45:57,280  
那么优是不是也可以叫徐吉呀  
  
1208  
00:45:57,880 --> 00:46:01,360  
那么为啥就你优到已经差不多就行了  
  
1209  
00:46:02,290 --> 00:46:04,490  
咱们讲叫发乎于情止乎于礼吧  
  
1210  
00:46:04,490 --> 00:46:07,050  
你非得加把劲儿就到了  
  
1211  
00:46:08,080 --> 00:46:10,360  
就是人家劝你也不行  
  
1212  
00:46:11,440 --> 00:46:13,200  
那你最后就续集了吧  
  
1213  
00:46:13,990 --> 00:46:15,230  
这就叫五劳了吧  
  
1214  
00:46:15,910 --> 00:46:17,630  
所以五劳和虚吉说的是一件事  
  
1215  
00:46:17,630 --> 00:46:19,230  
有很多人非得把它分开啊  
  
1216  
00:46:19,230 --> 00:46:21,670  
五劳是五脏，虚吉是是是  
  
1217  
00:46:21,670 --> 00:46:23,840  
这几种事是两件事吗  
  
1218  
00:46:24,080 --> 00:46:24,720  
绝对不是  
  
1219  
00:46:25,480 --> 00:46:26,400  
它都是一件事  
  
1220  
00:46:26,400 --> 00:46:27,320  
大家听明白了吧  
  
1221  
00:46:27,680 --> 00:46:30,030  
五劳和虚吉是一件事啊  
  
1222  
00:46:30,230 --> 00:46:30,910  
是一件事  
  
1223  
00:46:31,710 --> 00:46:35,320  
那么这个这这个这个这个七伤啊  
  
1224  
00:46:35,800 --> 00:46:36,880  
和五劳是一件事  
  
1225  
00:46:36,880 --> 00:46:37,800  
儿七伤  
  
1226  
00:46:37,840 --> 00:46:41,680  
只不过他说的是怎么造成了五劳，明白了吧  
  
1227  
00:46:42,120 --> 00:46:42,320  
哎  
  
1228  
00:46:42,680 --> 00:46:45,240  
那么你后头说的房事积劳  
  
1229  
00:46:45,680 --> 00:46:47,440  
经络营卫不都一回事吗  
  
1230  
00:46:48,680 --> 00:46:50,840  
最终造成一个问题，结果啊  
  
1231  
00:46:51,480 --> 00:46:52,200  
内有肝血  
  
1232  
00:46:54,920 --> 00:46:57,080  
所以这个条文它有一个非常强的逻辑性  
  
1233  
00:46:57,660 --> 00:46:59,500  
先说了一个五劳续集的问题对不对  
  
1234  
00:47:00,180 --> 00:47:04,220  
然后再给你讲什么原因造成五劳续集是由于七伤  
  
1235  
00:47:04,970 --> 00:47:06,610  
那么它的特点是啥样  
  
1236  
00:47:07,010 --> 00:47:09,170  
他脑门上没贴五劳也没贴续集  
  
1237  
00:47:09,530 --> 00:47:12,090  
但是他贴着后头的事叫内有肝血  
  
1238  
00:47:12,370 --> 00:47:13,970  
那么内有肝血是长啥样  
  
1239  
00:47:16,160 --> 00:47:16,640  
八个字  
  
1240  
00:47:17,560 --> 00:47:19,920  
肌肤甲错，两目漫暗黑看见了吧  
  
1241  
00:47:20,200 --> 00:47:23,820  
那么啥叫肌肤甲错，把大腿啊  
  
1242  
00:47:23,820 --> 00:47:27,140  
不用大腿小腿就能看见鱼鳞状皮肤对吧  
  
1243  
00:47:27,820 --> 00:47:28,940  
那这个太常见了  
  
1244  
00:47:29,520 --> 00:47:31,080  
那么什么叫两目暗黑  
  
1245  
00:47:31,560 --> 00:47:32,880  
一进来跟熊猫似的  
  
1246  
00:47:34,000 --> 00:47:34,200  
诶  
  
1247  
00:47:34,200 --> 00:47:37,620  
有好多人说说我一直当那个失眠治的  
  
1248  
00:47:37,620 --> 00:47:39,860  
我说你不是失眠，你这叫啥  
  
1249  
00:47:40,260 --> 00:47:41,300  
这叫五劳之症  
  
1250  
00:47:41,740 --> 00:47:45,020  
五劳七伤之症，五劳七伤就是戴黄折成顽症  
  
1251  
00:47:46,080 --> 00:47:46,400  
对吧  
  
1252  
00:47:48,080 --> 00:47:50,950  
那么除了吃药还得锻炼八段锦  
  
1253  
00:47:50,990 --> 00:47:52,550  
五劳七伤往后瞧嘛哈  
  
1254  
00:47:53,030 --> 00:47:56,310  
这真事啊，我我我跟我患者都要求他们平时就得锻炼  
  
1255  
00:47:56,910 --> 00:47:59,110  
那么这个缓中补虚啊  
  
1256  
00:47:59,150 --> 00:48:01,390  
我们讲啊缓，这是啥意思  
  
1257  
00:48:01,830 --> 00:48:05,140  
就是你给它腾出地方，这叫缓  
  
1258  
00:48:05,500 --> 00:48:06,420  
明白这意思了吧  
  
1259  
00:48:06,780 --> 00:48:08,860  
缓冲缓冲，我们之间要有个空间  
  
1260  
00:48:09,230 --> 00:48:11,550  
你得把中轴给他有空间  
  
1261  
00:48:11,910 --> 00:48:13,830  
那你怎么能让中焦有空间  
  
1262  
00:48:15,240 --> 00:48:16,400  
拉拉肚就行了吗  
  
1263  
00:48:17,400 --> 00:48:17,920  
明白了吧  
  
1264  
00:48:18,400 --> 00:48:21,080  
缓冲，那么缓冲之后咋能补虚  
  
1265  
00:48:21,480 --> 00:48:24,750  
这个方不是一个四君四物的补虚方法  
  
1266  
00:48:25,030 --> 00:48:27,590  
就是你给他的负担减少了，它就补虚了  
  
1267  
00:48:27,750 --> 00:48:28,350  
明白了吧  
  
1268  
00:48:29,320 --> 00:48:31,080  
补虚有很多时候是得给给他  
  
1269  
00:48:31,080 --> 00:48:33,040  
给他减负，减负用什么减  
  
1270  
00:48:33,120 --> 00:48:34,560  
有的时候得用攻下之法  
  
1271  
00:48:35,540 --> 00:48:38,700  
所以用带黄蔗虫这两味药是干什么  
  
1272  
00:48:39,180 --> 00:48:40,220  
明者命也  
  
1273  
00:48:40,420 --> 00:48:42,660  
这两味药就是用来表法的  
  
1274  
00:48:43,090 --> 00:48:47,330  
怎么表法就是把这一个方的法给它表达出来  
  
1275  
00:48:47,570 --> 00:48:51,420  
带黄这个里头虽然它也有活血的作用  
  
1276  
00:48:51,620 --> 00:48:53,220  
但它其中一定有一个作用  
  
1277  
00:48:53,220 --> 00:48:55,820  
是通利水谷调中化食安和五脏  
  
1278  
00:48:56,960 --> 00:48:58,520  
一定是要把水谷给它通开  
  
1279  
00:48:58,520 --> 00:49:00,800  
是不是让你的钟要让它缓中  
  
1280  
00:49:01,480 --> 00:49:03,800  
那么后头的这虫是干什么  
  
1281  
00:49:04,320 --> 00:49:08,600  
一定是要通过血的层面迎合血的层面，咱们不讲虚劳  
  
1282  
00:49:08,600 --> 00:49:09,960  
虚劳迎合血的层面吗  
  
1283  
00:49:10,820 --> 00:49:14,140  
通过活血的层面去给它干嘛要补虚  
  
1284  
00:49:14,420 --> 00:49:15,220  
你要说活血  
  
1285  
00:49:15,220 --> 00:49:18,500  
这里头的药比它猛的有的是萌虫，水质看见没有  
  
1286  
00:49:18,940 --> 00:49:21,920  
干七看见没有，那为啥偏偏说蛰虫  
  
1287  
00:49:22,200 --> 00:49:23,400  
蛰虫也叫土虫  
  
1288  
00:49:23,720 --> 00:49:24,520  
它有一个特点  
  
1289  
00:49:24,800 --> 00:49:26,880  
一刀剁开之后，古人认为啊  
  
1290  
00:49:26,880 --> 00:49:28,000  
但这个事我没干过  
  
1291  
00:49:28,000 --> 00:49:29,800  
我觉得这就是太残忍了  
  
1292  
00:49:30,030 --> 00:49:33,510  
一刀剁开之后你再把它接上，它还能走  
  
1293  
00:49:34,880 --> 00:49:35,200  
对吧  
  
1294  
00:49:35,360 --> 00:49:37,240  
一刀两半那不就是土鳖虫吗  
  
1295  
00:49:37,600 --> 00:49:40,360  
我们说一刀剁开两段在街上它还能走  
  
1296  
00:49:40,360 --> 00:49:41,600  
因此它有续断之性  
  
1297  
00:49:42,000 --> 00:49:43,360  
它有回声之性  
  
1298  
00:49:44,330 --> 00:49:45,730  
去肝血不是目的  
  
1299  
00:49:46,010 --> 00:49:49,030  
生心血才是目的没错吧  
  
1300  
00:49:49,550 --> 00:49:51,550  
我们也可以说去肝血只是手段  
  
1301  
00:49:52,150 --> 00:49:54,990  
生心血才是目标没错吧  
  
1302  
00:49:55,270 --> 00:49:58,720  
因此这在这跪的不是萌宠  
  
1303  
00:49:58,840 --> 00:50:00,720  
贵的也不是水质，而是什么  
  
1304  
00:50:01,400 --> 00:50:02,760  
是蛰虫啊  
  
1305  
00:50:04,470 --> 00:50:07,230  
那么我们看一下它的方，它的方呢  
  
1306  
00:50:07,230 --> 00:50:09,590  
里头其实你可以看出很多方的影子  
  
1307  
00:50:09,910 --> 00:50:12,170  
比如抵当汤，看见了吧  
  
1308  
00:50:12,650 --> 00:50:13,730  
比如下淤血汤  
  
1309  
00:50:14,370 --> 00:50:16,650  
比如芍药甘草汤啊  
  
1310  
00:50:16,650 --> 00:50:17,810  
你在里头都能看见吗  
  
1311  
00:50:18,450 --> 00:50:24,530  
那么底当本身就是去这个淤血的这个呢  
  
1312  
00:50:24,690 --> 00:50:26,690  
我在之前讲伤寒论的时候  
  
1313  
00:50:26,690 --> 00:50:29,010  
曾经非常详细的给大家讲过啊  
  
1314  
00:50:29,500 --> 00:50:29,700  
呃  
  
1315  
00:50:29,700 --> 00:50:32,220  
在这儿不再赘述下，淤血汤呢  
  
1316  
00:50:32,340 --> 00:50:35,180  
那么也是金匮之中非常实用的一个小方  
  
1317  
00:50:35,620 --> 00:50:38,370  
带黄桃仁加一个土虫啊  
  
1318  
00:50:39,290 --> 00:50:39,490  
呃  
  
1319  
00:50:39,530 --> 00:50:41,690  
后头有几味药，大家注意一下啊  
  
1320  
00:50:43,160 --> 00:50:46,480  
芍药和地黄，那么这两味药干什么啊  
  
1321  
00:50:46,480 --> 00:50:46,880  
我们说  
  
1322  
00:50:47,640 --> 00:50:49,560  
呃，辛甘发散为阳  
  
1323  
00:50:49,560 --> 00:50:50,480  
酸苦涌泄为阴  
  
1324  
00:50:50,880 --> 00:50:54,350  
它无非是要行水，滋水行水之法啊  
  
1325  
00:50:54,750 --> 00:50:55,870  
那么为啥要行水  
  
1326  
00:50:55,950 --> 00:50:57,870  
我们说去肝血啊  
  
1327  
00:50:59,110 --> 00:50:59,870  
是手段  
  
1328  
00:51:00,450 --> 00:51:01,650  
生心血才是目的  
  
1329  
00:51:01,650 --> 00:51:02,530  
不要忘了这个问题  
  
1330  
00:51:02,730 --> 00:51:06,530  
甘地黄本身在我们本经之中折跌，绝筋伤中  
  
1331  
00:51:06,570 --> 00:51:07,170  
逐血痹  
  
1332  
00:51:07,210 --> 00:51:08,290  
填骨髓，长肌肉  
  
1333  
00:51:08,670 --> 00:51:09,550  
别忘了这个事  
  
1334  
00:51:09,550 --> 00:51:13,070  
它目的是通行了之后让你的血能生出来啊  
  
1335  
00:51:13,430 --> 00:51:15,790  
古代生血之方不一定有当归  
  
1336  
00:51:15,790 --> 00:51:17,110  
但是一定有肝地黄  
  
1337  
00:51:17,500 --> 00:51:19,100  
你仔细的看是不是这个道理  
  
1338  
00:51:19,380 --> 00:51:20,900  
无论是我们的胶艾汤  
  
1339  
00:51:21,380 --> 00:51:23,300  
还是我们的炙甘草汤啊  
  
1340  
00:51:23,300 --> 00:51:24,100  
它都在里头  
  
1341  
00:51:24,340 --> 00:51:25,940  
生心血的时候，它都用地黄  
  
1342  
00:51:26,820 --> 00:51:27,100  
呃  
  
1343  
00:51:27,810 --> 00:51:30,050  
这里头虫类药特别多  
  
1344  
00:51:30,570 --> 00:51:33,060  
萌宠水质看见了吧  
  
1345  
00:51:33,380 --> 00:51:34,020  
还有谁呢  
  
1346  
00:51:34,260 --> 00:51:36,460  
刚才说的土虫，还有一个奇槽  
  
1347  
00:51:36,980 --> 00:51:37,740  
奇槽是啥  
  
1348  
00:51:37,740 --> 00:51:39,420  
有一种虫叫金龟子，知道吧  
  
1349  
00:51:39,660 --> 00:51:41,080  
它的幼虫，呃  
  
1350  
00:51:41,120 --> 00:51:42,360  
为啥要用它的幼虫  
  
1351  
00:51:42,360 --> 00:51:43,160  
原因很简单  
  
1352  
00:51:43,680 --> 00:51:44,920  
你看一眼你就知道了  
  
1353  
00:51:44,920 --> 00:51:46,880  
那个虫也多生于中原啊  
  
1354  
00:51:46,960 --> 00:51:47,640  
特别有意思  
  
1355  
00:51:47,640 --> 00:51:51,360  
是一个非常著名的农作物的一个害虫啊  
  
1356  
00:51:51,720 --> 00:51:54,270  
那么这个其实是一个特别好的药起草啊  
  
1357  
00:51:54,270 --> 00:51:56,230  
它这幼虫长的就是大肉虫子  
  
1358  
00:51:56,630 --> 00:51:57,670  
你看见就知道了  
  
1359  
00:51:58,070 --> 00:52:01,230  
这个里头多浆用古人来说，多浆多汁  
  
1360  
00:52:02,000 --> 00:52:03,400  
多浆多汁就有什么用啊  
  
1361  
00:52:03,640 --> 00:52:05,840  
那就跟地黄一样，填骨髓长肌肉吧  
  
1362  
00:52:06,400 --> 00:52:08,480  
它在去淤血之后是不是能添血呀  
  
1363  
00:52:09,320 --> 00:52:09,760  
哎嘿  
  
1364  
00:52:11,640 --> 00:52:12,760  
与此同时，还有干漆  
  
1365  
00:52:12,800 --> 00:52:13,960  
干漆是不得了啊  
  
1366  
00:52:14,200 --> 00:52:15,960  
就是生漆，生漆  
  
1367  
00:52:15,960 --> 00:52:19,710  
我们那个汉代的时候用它做漆器，是不是啊  
  
1368  
00:52:19,710 --> 00:52:20,870  
包括做古琴  
  
1369  
00:52:21,350 --> 00:52:23,910  
卓琴的时候，最后是不是得得上擦漆呀  
  
1370  
00:52:24,350 --> 00:52:27,580  
但是擦漆之后有一个问题，你谁擦谁知道啊  
  
1371  
00:52:27,580 --> 00:52:28,950  
我一哥们儿，呃  
  
1372  
00:52:28,950 --> 00:52:32,390  
国内非常有建树的一位卓琴师啊  
  
1373  
00:52:32,430 --> 00:52:35,470  
他做的琴，我在我心目之中啊啊  
  
1374  
00:52:35,470 --> 00:52:36,390  
在我心目之中啊  
  
1375  
00:52:36,950 --> 00:52:37,990  
堪比王鹏啊  
  
1376  
00:52:37,990 --> 00:52:38,510  
就是我  
  
1377  
00:52:38,630 --> 00:52:40,470  
但但是我哥们儿啊，特别好  
  
1378  
00:52:40,470 --> 00:52:41,390  
一朋友，我一发小  
  
1379  
00:52:41,920 --> 00:52:43,200  
他那琴做的特别好  
  
1380  
00:52:43,600 --> 00:52:45,200  
而且他吧就是一反常态  
  
1381  
00:52:45,280 --> 00:52:46,760  
我们很多人做那个琴啊  
  
1382  
00:52:47,000 --> 00:52:51,280  
把那个漆做的都是仿照古人那个做法  
  
1383  
00:52:51,280 --> 00:52:52,520  
都做一些段文啊  
  
1384  
00:52:52,520 --> 00:52:55,080  
包括这五花八门的  
  
1385  
00:52:55,480 --> 00:52:56,680  
他的琴有两个特点  
  
1386  
00:52:56,680 --> 00:52:59,480  
第一，他的琴的那个版面啊  
  
1387  
00:52:59,560 --> 00:53:00,080  
特别厚  
  
1388  
00:53:00,320 --> 00:53:02,880  
他不做那种特别薄的那个那个板  
  
1389  
00:53:03,380 --> 00:53:03,900  
第二呢  
  
1390  
00:53:04,260 --> 00:53:06,140  
他整个琴的那个曹府呢  
  
1391  
00:53:06,140 --> 00:53:10,140  
整个秦，你看他都是跟那个古代的老秦是特别像的  
  
1392  
00:53:10,300 --> 00:53:13,780  
就特别，你看他那琴拿在手里手感特别好  
  
1393  
00:53:13,780 --> 00:53:14,340  
特别薄  
  
1394  
00:53:14,690 --> 00:53:16,130  
不是那种特别厚的那种  
  
1395  
00:53:16,250 --> 00:53:17,770  
你看特别笨，特别薄  
  
1396  
00:53:19,030 --> 00:53:19,750  
琴还特别厚  
  
1397  
00:53:19,790 --> 00:53:21,670  
声音还特别好，金石之声  
  
1398  
00:53:22,190 --> 00:53:23,430  
而且它有一个特点  
  
1399  
00:53:23,870 --> 00:53:26,430  
他做的漆是我最最最看得好的  
  
1400  
00:53:26,670 --> 00:53:27,790  
你看他那个琴啊  
  
1401  
00:53:27,790 --> 00:53:29,550  
你拿起来之后你都舍不得放手  
  
1402  
00:53:30,610 --> 00:53:34,330  
就像那个玉一样，就是黑色的通体黑  
  
1403  
00:53:34,850 --> 00:53:36,010  
我说你为啥要这么做  
  
1404  
00:53:36,170 --> 00:53:39,330  
他说了一句话，我希望做出古琴  
  
1405  
00:53:41,310 --> 00:53:44,750  
本源的样子，古琴刚刚做好的时候都这样  
  
1406  
00:53:45,070 --> 00:53:47,550  
那为啥后来五花色彩斑斓  
  
1407  
00:53:48,030 --> 00:53:49,430  
因为不断的补漆嘛  
  
1408  
00:53:50,250 --> 00:53:53,330  
哎，所以他的琴我以后我是肯定要收藏一把啊  
  
1409  
00:53:53,930 --> 00:53:55,210  
额，特别好  
  
1410  
00:53:56,080 --> 00:53:58,640  
我这哥们儿姓刘，叫刘博啊  
  
1411  
00:53:58,640 --> 00:54:00,760  
你们这不叫广告植入啊  
  
1412  
00:54:00,760 --> 00:54:02,640  
因为是我一个发小跟我特别好  
  
1413  
00:54:03,140 --> 00:54:04,940  
呃，也是致力于干这个事  
  
1414  
00:54:04,940 --> 00:54:07,500  
而且他就等于是那个  
  
1415  
00:54:08,680 --> 00:54:10,160  
就是就这么多年吧  
  
1416  
00:54:10,160 --> 00:54:13,200  
无论有很多很多这个风吹雨打  
  
1417  
00:54:13,400 --> 00:54:16,020  
都是一直在坚守这个事啊  
  
1418  
00:54:16,060 --> 00:54:20,140  
我我也挺佩服他，就找过我治这个病就啥病呢  
  
1419  
00:54:20,940 --> 00:54:21,580  
大气过敏  
  
1420  
00:54:21,900 --> 00:54:22,620  
哼哼  
  
1421  
00:54:22,930 --> 00:54:25,810  
那么一般擦漆的时候话说这都得是都得多  
  
1422  
00:54:25,810 --> 00:54:27,890  
少年前的时候他刚接触古琴的时候  
  
1423  
00:54:28,130 --> 00:54:29,730  
那么这个过敏有很多方法  
  
1424  
00:54:29,730 --> 00:54:31,890  
比如说用松针，为啥呀  
  
1425  
00:54:32,330 --> 00:54:35,310  
因为说这这个古琴多是松木是吧  
  
1426  
00:54:35,310 --> 00:54:37,150  
那古人用用用那个梧桐  
  
1427  
00:54:37,150 --> 00:54:38,870  
梧桐后来没有了用松木  
  
1428  
00:54:39,110 --> 00:54:41,270  
那么松针就说一物降一物啊  
  
1429  
00:54:41,680 --> 00:54:45,370  
那你你往那个松松木板上擦漆  
  
1430  
00:54:45,610 --> 00:54:47,170  
用松木煮水就能治  
  
1431  
00:54:47,410 --> 00:54:48,890  
但是后来证明没用啊  
  
1432  
00:54:49,170 --> 00:54:50,810  
你就过敏那事儿必须得过去  
  
1433  
00:54:51,050 --> 00:54:54,070  
古琴过敏之后痛痒难忍啊  
  
1434  
00:54:54,430 --> 00:54:56,430  
而且整个那个皮肤都红起来  
  
1435  
00:54:56,630 --> 00:54:58,270  
因此说肝气这个作用啊  
  
1436  
00:54:58,890 --> 00:54:59,730  
它有什么作用  
  
1437  
00:54:59,730 --> 00:55:01,210  
那你为啥能过敏能红  
  
1438  
00:55:01,730 --> 00:55:03,810  
整个饮血都被他调动起来了吧  
  
1439  
00:55:04,480 --> 00:55:08,880  
因此在很多能够通血痹之中的药药用肝气  
  
1440  
00:55:09,660 --> 00:55:11,300  
那在我在临床中我也用啊  
  
1441  
00:55:11,300 --> 00:55:11,980  
每天都用  
  
1442  
00:55:12,300 --> 00:55:13,900  
只是你们有的时候没注意啊  
  
1443  
00:55:14,380 --> 00:55:16,260  
那么我们临床上要用的一些特殊的药  
  
1444  
00:55:16,260 --> 00:55:18,070  
它里头就有肝气啊  
  
1445  
00:55:18,390 --> 00:55:23,430  
生漆它是能让它整个这个调动起来他的那个血啊  
  
1446  
00:55:25,380 --> 00:55:26,100  
那么这个  
  
1447  
00:55:27,710 --> 00:55:28,870  
就是整个的结构啊  
  
1448  
00:55:28,870 --> 00:55:31,230  
就是蛋额蛋黄蔗虫的结构  
  
1449  
00:55:31,630 --> 00:55:33,750  
炼蜜和丸如小豆大  
  
1450  
00:55:34,150 --> 00:55:36,430  
每天呢用酒酒服五丸  
  
1451  
00:55:36,760 --> 00:55:38,480  
武者图也注意这个问题  
  
1452  
00:55:39,180 --> 00:55:40,020  
那这是它的用法  
  
1453  
00:55:40,020 --> 00:55:41,220  
临床上拿的治什么呢  
  
1454  
00:55:41,300 --> 00:55:42,420  
我说三个事啊  
  
1455  
00:55:42,420 --> 00:55:43,420  
你作为参考  
  
1456  
00:55:44,020 --> 00:55:48,690  
比如说我经常拿它治一些肝脏的肝纤维化的疾病  
  
1457  
00:55:48,850 --> 00:55:49,650  
比如肝硬化  
  
1458  
00:55:50,450 --> 00:55:51,370  
比如肝脾肿大  
  
1459  
00:55:51,370 --> 00:55:52,130  
比如肝癌  
  
1460  
00:55:52,540 --> 00:55:55,340  
其中我们都可以拿它作为你  
  
1461  
00:55:55,340 --> 00:55:56,740  
但你必须出现一个问题啊  
  
1462  
00:55:57,020 --> 00:55:57,940  
那有肝血对吧  
  
1463  
00:55:58,380 --> 00:55:59,740  
你看这人熊猫眼  
  
1464  
00:56:01,020 --> 00:56:02,700  
小腿撩起来都不用聊了  
  
1465  
00:56:02,700 --> 00:56:03,420  
聊不聊都行  
  
1466  
00:56:03,860 --> 00:56:04,620  
肌肤甲错  
  
1467  
00:56:05,340 --> 00:56:07,420  
舌头上颚一顶往上一翻  
  
1468  
00:56:07,540 --> 00:56:09,500  
一定是齿痕舌不是不是不是扯  
  
1469  
00:56:09,540 --> 00:56:12,540  
说错了，就是舌下的那个青筋一定是什么样啊  
  
1470  
00:56:12,980 --> 00:56:14,810  
青筋怒张，没错吧  
  
1471  
00:56:14,970 --> 00:56:15,770  
一定是这样啊  
  
1472  
00:56:17,810 --> 00:56:18,010  
呃  
  
1473  
00:56:18,330 --> 00:56:20,340  
那么这是一类，第二呢  
  
1474  
00:56:20,500 --> 00:56:22,140  
血栓的时候有的时候我们也用  
  
1475  
00:56:22,140 --> 00:56:23,620  
但是血栓吧，你得慎用  
  
1476  
00:56:23,940 --> 00:56:25,420  
你可别上来之后就活血  
  
1477  
00:56:25,860 --> 00:56:31,220  
你要知道它主要啊是要帮助它让整个饮血的周流  
  
1478  
00:56:31,580 --> 00:56:33,140  
它的生理功能让它恢复  
  
1479  
00:56:33,510 --> 00:56:34,310  
你要就是活血  
  
1480  
00:56:34,390 --> 00:56:37,190  
血栓你要一通开你比如心梗坏了  
  
1481  
00:56:37,350 --> 00:56:40,270  
那你一通开堵哪儿那人一下没了是吧  
  
1482  
00:56:40,750 --> 00:56:42,590  
但是它在通栓过程中  
  
1483  
00:56:42,590 --> 00:56:43,830  
有的时候你不得不承认  
  
1484  
00:56:44,150 --> 00:56:47,850  
活血呢也是一个必要手段啊  
  
1485  
00:56:47,850 --> 00:56:49,090  
在某一个阶段之中  
  
1486  
00:56:49,650 --> 00:56:52,690  
呃，当然有的时候我还有一个用法就用的特别多  
  
1487  
00:56:53,090 --> 00:56:54,010  
这个我学生知道  
  
1488  
00:56:54,170 --> 00:56:55,810  
我经常治一些骨折，对吧  
  
1489  
00:56:56,250 --> 00:56:59,580  
包括可能有一些西医已经搞不定的啊  
  
1490  
00:56:59,580 --> 00:57:02,420  
或者西医那个搞不定的一些一些骨病  
  
1491  
00:57:02,940 --> 00:57:05,060  
呃，比如我门诊上有一个我一个学生啊  
  
1492  
00:57:05,380 --> 00:57:05,660  
呃  
  
1493  
00:57:07,150 --> 00:57:08,950  
前交叉韧带断裂对吧  
  
1494  
00:57:09,230 --> 00:57:10,670  
那段时间你们也都看见了  
  
1495  
00:57:10,950 --> 00:57:12,470  
那现在不健步如飞了吗  
  
1496  
00:57:12,790 --> 00:57:16,190  
当时吉大三院有一个权威专家告诉他  
  
1497  
00:57:16,270 --> 00:57:17,790  
只有做置换术才行  
  
1498  
00:57:18,670 --> 00:57:21,150  
他当时呢，就跟我说说这个老师  
  
1499  
00:57:21,150 --> 00:57:21,870  
我不甘心  
  
1500  
00:57:22,450 --> 00:57:25,970  
呃，我不想现在就这才20出头吧  
  
1501  
00:57:26,490 --> 00:57:27,250  
就置换了  
  
1502  
00:57:27,250 --> 00:57:28,730  
那以后这辈子咋办啊  
  
1503  
00:57:29,130 --> 00:57:29,890  
太年轻了  
  
1504  
00:57:30,960 --> 00:57:31,920  
问我说咋整  
  
1505  
00:57:31,960 --> 00:57:35,230  
我说我建议你还是这个，你别找我了  
  
1506  
00:57:35,230 --> 00:57:37,790  
为啥有压力啊，我的学生你知道吗  
  
1507  
00:57:37,870 --> 00:57:40,790  
这个万一没整好你你回头说说  
  
1508  
00:57:41,030 --> 00:57:44,300  
就我老师你错耽误了  
  
1509  
00:57:44,740 --> 00:57:46,860  
错过了最佳恢复期，坐轮椅了  
  
1510  
00:57:47,820 --> 00:57:48,340  
拄拐了  
  
1511  
00:57:48,380 --> 00:57:50,060  
那我心里一辈子都过不去啊  
  
1512  
00:57:50,260 --> 00:57:51,580  
但我学生特别坚决  
  
1513  
00:57:51,780 --> 00:57:52,660  
因为他爸爸呀  
  
1514  
00:57:53,060 --> 00:57:56,590  
之前就是那个锁骨，那个骨折  
  
1515  
00:57:56,630 --> 00:57:59,590  
而且这个他那个锁骨骨折吧，那个呃  
  
1516  
00:58:01,260 --> 00:58:01,980  
特别不好治  
  
1517  
00:58:02,540 --> 00:58:05,060  
结果咱们门诊治的效果挺好嘛  
  
1518  
00:58:05,060 --> 00:58:05,860  
迅速出院了  
  
1519  
00:58:06,340 --> 00:58:07,060  
出院了之后  
  
1520  
00:58:07,520 --> 00:58:09,600  
呃，他对我这个就很有信心啊  
  
1521  
00:58:10,040 --> 00:58:12,020  
就非得非得让我治好吧  
  
1522  
00:58:12,500 --> 00:58:14,340  
那就最后我没辙  
  
1523  
00:58:14,340 --> 00:58:16,420  
我请教我师傅沈先生，沈天宇先生  
  
1524  
00:58:16,700 --> 00:58:18,740  
因为这个我真有点压力了啊  
  
1525  
00:58:19,360 --> 00:58:20,960  
师傅告诉我一些办法  
  
1526  
00:58:21,080 --> 00:58:21,360  
哎  
  
1527  
00:58:21,680 --> 00:58:22,520  
用上之后呢  
  
1528  
00:58:22,520 --> 00:58:23,680  
结果非常神奇啊  
  
1529  
00:58:24,320 --> 00:58:26,320  
一个月还是几多长时间啊  
  
1530  
00:58:27,740 --> 00:58:28,180  
行了  
  
1531  
00:58:28,420 --> 00:58:29,740  
现在已经健步如飞了  
  
1532  
00:58:30,420 --> 00:58:32,300  
呃，然后我一直想逗他  
  
1533  
00:58:32,300 --> 00:58:35,240  
我说你回去再拍个片儿，哈哈  
  
1534  
00:58:35,520 --> 00:58:39,600  
拍完了我说你回去给那医生再看看，他不敢去啊  
  
1535  
00:58:39,720 --> 00:58:42,760  
那医生对他这事这想法特别大啊  
  
1536  
00:58:43,520 --> 00:58:45,160  
呃，总之挺挺挺好的  
  
1537  
00:58:45,160 --> 00:58:46,200  
那你就出一个问题  
  
1538  
00:58:46,580 --> 00:58:48,620  
这个骨折的时候，它很多时候啊  
  
1539  
00:58:48,620 --> 00:58:50,860  
我们说生地黄天骨髓长肌肉吧  
  
1540  
00:58:51,220 --> 00:58:52,500  
活血的方法是不是得用啊  
  
1541  
00:58:52,820 --> 00:58:55,340  
那么骨折的时候是不是续断  
  
1542  
00:58:55,860 --> 00:58:59,180  
续断之法是不是那个那个土虫可以用吧  
  
1543  
00:58:59,620 --> 00:59:02,340  
那么这个带黄是不是也有活血的作用啊  
  
1544  
00:59:02,700 --> 00:59:02,860  
哎  
  
1545  
00:59:02,860 --> 00:59:05,020  
那这个给大家作为一个参考，呃  
  
1546  
00:59:05,020 --> 00:59:08,100  
我到现在治骨折，我还是即使我不用蛋黄正成丸  
  
1547  
00:59:08,690 --> 00:59:08,970  
这不  
  
1548  
00:59:08,970 --> 00:59:10,770  
这几天咱们镇上有一个学生  
  
1549  
00:59:10,770 --> 00:59:12,850  
又又脚部出现了站位  
  
1550  
00:59:12,930 --> 00:59:13,650  
又骨折了吗  
  
1551  
00:59:14,010 --> 00:59:15,290  
呃，这几天我才给开放  
  
1552  
00:59:15,450 --> 00:59:16,330  
前天还来了  
  
1553  
00:59:17,040 --> 00:59:18,440  
呃，也是用这个思路啊  
  
1554  
00:59:18,480 --> 00:59:20,080  
也是用这个思路好  
  
1555  
00:59:20,160 --> 00:59:21,680  
那今天呢，讲了这么多啊  
  
1556  
00:59:21,720 --> 00:59:23,120  
将近一个小时课呢  
  
1557  
00:59:23,120 --> 00:59:23,920  
就先到这  
  
1558  
00:59:24,180 --> 00:59:26,910  
咱们下节课呢，将给大家讲这个  
  
1559  
00:59:27,030 --> 00:59:29,830  
也是我们金匮要略之中非常非常重要啊  
  
1560  
00:59:29,830 --> 00:59:31,430  
也非常有亮点的一个篇章  
  
1561  
00:59:31,790 --> 00:59:34,460  
肺肺用咳嗽上气，一张好  
  
1562  
00:59:34,460 --> 00:59:35,300  
今天的课呢  
  
1563  
00:59:35,300 --> 00:59:36,500  
到此结束下课