1  
00:00:00,500 --> 00:00:04,860  
好各位老师，同仁同学们  
  
2  
00:00:06,020 --> 00:00:08,700  
接着聊咱们的金匮要略课  
  
3  
00:00:10,860 --> 00:00:11,420  
上次呢  
  
4  
00:00:11,420 --> 00:00:16,610  
咱们把胸痹心痛短气这一章结束  
  
5  
00:00:17,010 --> 00:00:18,010  
那咱们今天呢  
  
6  
00:00:18,530 --> 00:00:20,610  
进入一个新的篇目  
  
7  
00:00:21,570 --> 00:00:24,490  
腹满寒疝宿食病脉证治第十  
  
8  
00:00:26,110 --> 00:00:28,110  
大家一起看看条文  
  
9  
00:00:29,090 --> 00:00:30,130  
原文第一条啊  
  
10  
00:00:30,170 --> 00:00:35,530  
那么他讲了一个额驸马韩善素食的一个病机  
  
11  
00:00:36,630 --> 00:00:37,710  
呃，当然说到这儿呢  
  
12  
00:00:37,790 --> 00:00:40,670  
我们还是先解释一下题目啊  
  
13  
00:00:41,910 --> 00:00:43,720  
这个腹满寒疝  
  
14  
00:00:43,760 --> 00:00:47,480  
素食腹满，就是我们今天临床中说的什么呢  
  
15  
00:00:48,070 --> 00:00:48,270  
呃  
  
16  
00:00:48,470 --> 00:00:50,950  
东北话叫胀肚，是不是啊  
  
17  
00:00:51,430 --> 00:00:52,390  
哎，微胀  
  
18  
00:00:53,390 --> 00:00:54,550  
呃，寒善呢  
  
19  
00:00:54,750 --> 00:01:01,350  
那么这个大家千万不要错解为呃今天说的这个善气  
  
20  
00:01:02,150 --> 00:01:05,990  
呃，实际上我们这个善字呢  
  
21  
00:01:06,950 --> 00:01:07,230  
呃  
  
22  
00:01:09,000 --> 00:01:13,440  
他这儿啊，讲的是一个疼痛为主的啊  
  
23  
00:01:14,020 --> 00:01:15,500  
这么一种急腹症啊  
  
24  
00:01:15,580 --> 00:01:16,460  
这么一种急腹症  
  
25  
00:01:16,940 --> 00:01:21,220  
它跟我们后来说的疝气呢，实际上尚有区分  
  
26  
00:01:22,390 --> 00:01:22,590  
呃  
  
27  
00:01:22,710 --> 00:01:25,350  
素食，那么当然指的是什么呢  
  
28  
00:01:26,030 --> 00:01:29,350  
呃，就是胃里头有时机啊  
  
29  
00:01:29,350 --> 00:01:30,830  
我们先简单串一下啊  
  
30  
00:01:31,030 --> 00:01:33,430  
关于细节，我们往后慢慢再说  
  
31  
00:01:35,150 --> 00:01:35,350  
呃  
  
32  
00:01:35,670 --> 00:01:36,790  
那么先看一下第一条  
  
33  
00:01:37,390 --> 00:01:40,510  
第一条主要讲的是病因病机  
  
34  
00:01:42,960 --> 00:01:43,720  
那么这块呢  
  
35  
00:01:43,880 --> 00:01:48,550  
首先说阜阳脉危险啊  
  
36  
00:01:48,550 --> 00:01:50,030  
他这讲了这么一个事  
  
37  
00:01:55,960 --> 00:01:56,640  
阜阳麦  
  
38  
00:02:07,800 --> 00:02:08,240  
危险  
  
39  
00:02:11,440 --> 00:02:13,160  
呃，那么我认为呢  
  
40  
00:02:15,360 --> 00:02:18,720  
所谓提纲挈领咱们到这一句的时候  
  
41  
00:02:19,160 --> 00:02:21,640  
那么他实际上就已经把傅满含  
  
42  
00:02:21,680 --> 00:02:25,820  
善素食的冰冰机给大家说清了  
  
43  
00:02:26,640 --> 00:02:30,720  
那么这个所谓阜阳脉微贤说的是什么  
  
44  
00:02:30,840 --> 00:02:31,520  
在这呢  
  
45  
00:02:31,680 --> 00:02:35,850  
咱们大家细心的同学观察到阜阳麦  
  
46  
00:02:35,850 --> 00:02:37,970  
我们已经看见过好几回了  
  
47  
00:02:39,080 --> 00:02:41,040  
那么这个阜阳脉指的是什么  
  
48  
00:02:41,200 --> 00:02:42,960  
咱们很多同学实际上呢  
  
49  
00:02:43,000 --> 00:02:44,240  
那么直到经络  
  
50  
00:02:44,500 --> 00:02:48,540  
怎么一看就明白阜阳脉讲的其实是足阳明胃经  
  
51  
00:02:53,960 --> 00:02:55,800  
那么到这儿呢  
  
52  
00:02:56,160 --> 00:02:58,040  
稍稍给大家带一带啊  
  
53  
00:02:58,040 --> 00:03:02,420  
那么在这呃，因为涉及到一些内涵  
  
54  
00:03:02,420 --> 00:03:05,300  
我们之前的种种原因没有细说  
  
55  
00:03:05,420 --> 00:03:09,340  
那么今天我们稍稍把它拓展一下，这个阜阳麦啊  
  
56  
00:03:09,880 --> 00:03:11,720  
它到底有什么意义啊  
  
57  
00:03:11,720 --> 00:03:14,740  
它是不是只是一个呃味精的问题  
  
58  
00:03:14,860 --> 00:03:15,700  
实际上这块呢  
  
59  
00:03:16,260 --> 00:03:20,460  
呃，我们说这么三个层次的问题啊  
  
60  
00:03:20,580 --> 00:03:22,100  
说这么三个层次的问题  
  
61  
00:03:22,560 --> 00:03:25,480  
那么第一个层次，在古代的时候  
  
62  
00:03:25,720 --> 00:03:28,700  
古人，他的所谓的色脉诊法  
  
63  
00:03:29,220 --> 00:03:33,060  
那么曾经在历史上有过一个叫辩诊法  
  
64  
00:03:37,940 --> 00:03:38,860  
变成了  
  
65  
00:03:39,500 --> 00:03:42,020  
那么这个变诊呢，是枕多少条经  
  
66  
00:03:42,660 --> 00:03:47,500  
那么实际上按照古文的记载，便诊之中有12经  
  
67  
00:03:49,760 --> 00:03:50,720  
呃，这12经呢  
  
68  
00:03:50,720 --> 00:03:55,280  
实际上就是我们后天所谓的肺大胃脾、心小肠膀  
  
69  
00:03:55,280 --> 00:03:57,900  
肾包焦，胆按鱼竿啊  
  
70  
00:03:57,900 --> 00:04:01,970  
那么这个整个的12经脉，它皆有变质之法  
  
71  
00:04:02,290 --> 00:04:03,530  
但这种变质指法呢  
  
72  
00:04:03,530 --> 00:04:04,890  
由于过于复杂  
  
73  
00:04:05,330 --> 00:04:06,410  
那么在后世呢  
  
74  
00:04:06,800 --> 00:04:07,920  
啊，操作起来呢  
  
75  
00:04:07,960 --> 00:04:09,480  
不太方便啊  
  
76  
00:04:09,520 --> 00:04:13,170  
古人也讲究要做事提纲挈领，只简于繁  
  
77  
00:04:13,570 --> 00:04:16,250  
到后来的时候，辩证法经历了改良  
  
78  
00:04:19,490 --> 00:04:20,850  
那么变成了什么呢  
  
79  
00:04:21,290 --> 00:04:24,010  
所谓在众诗的时代啊  
  
80  
00:04:24,410 --> 00:04:28,760  
那么有一个非常流行的乘法啊  
  
81  
00:04:29,400 --> 00:04:33,460  
叫做寸口人  
  
82  
00:04:33,500 --> 00:04:36,340  
迎阜阳  
  
83  
00:04:40,820 --> 00:04:41,020  
呃  
  
84  
00:04:42,340 --> 00:04:46,180  
但这里头暗含着啊，还有一个胎息  
  
85  
00:04:50,320 --> 00:04:54,120  
还有一个太息在这里头合着的啊  
  
86  
00:04:54,440 --> 00:04:55,360  
还有一个太息  
  
87  
00:04:56,140 --> 00:04:58,300  
那么所谓寸口人迎阜阳  
  
88  
00:04:58,780 --> 00:04:59,580  
这个诊法  
  
89  
00:05:00,100 --> 00:05:05,610  
在历史上曾经在一个比较大的时间尺度之内  
  
90  
00:05:06,300 --> 00:05:09,580  
被我们的中国医学奉为经典啊  
  
91  
00:05:09,580 --> 00:05:11,700  
那么沿用较广啊  
  
92  
00:05:11,700 --> 00:05:12,420  
用的较广  
  
93  
00:05:13,050 --> 00:05:15,930  
呃，那么解释一下所谓寸口是什么  
  
94  
00:05:16,290 --> 00:05:19,850  
就是我们今天那么呃  
  
95  
00:05:20,690 --> 00:05:23,410  
主要枕后的这个部位  
  
96  
00:05:24,060 --> 00:05:27,350  
也就是所谓的脑骨茎突，对吧  
  
97  
00:05:27,750 --> 00:05:29,630  
那么这个寸关尺，我们今天说把脉  
  
98  
00:05:29,630 --> 00:05:32,030  
把脉把的都是这，这个就是寸口脉  
  
99  
00:05:32,350 --> 00:05:34,630  
它隶属于废首太阴之经  
  
100  
00:05:36,610 --> 00:05:38,890  
他属于肺经手太阴  
  
101  
00:05:39,800 --> 00:05:40,000  
呃  
  
102  
00:05:40,120 --> 00:05:42,200  
人迎阜阳呢，就很有意思了啊  
  
103  
00:05:42,840 --> 00:05:44,360  
那么人迎复阳  
  
104  
00:05:44,920 --> 00:05:49,580  
所谓人迎脉、阜阳脉，二者同属于  
  
105  
00:05:51,730 --> 00:05:52,850  
胃经啊  
  
106  
00:05:52,970 --> 00:05:53,970  
同属于胃经  
  
107  
00:05:55,930 --> 00:05:56,210  
呃  
  
108  
00:05:57,490 --> 00:05:58,730  
但是同属于味精呢  
  
109  
00:05:58,730 --> 00:06:01,130  
那你为什么还要取两条经呢  
  
110  
00:06:01,730 --> 00:06:07,400  
那你直接喉一个人赢或者喉一个阜阳不行吗  
  
111  
00:06:08,270 --> 00:06:09,990  
实际上不行为什么不行啊  
  
112  
00:06:09,990 --> 00:06:10,790  
原因很简单  
  
113  
00:06:11,230 --> 00:06:12,030  
因为人影啊  
  
114  
00:06:12,030 --> 00:06:15,150  
咱们都知道他在颈动脉这个位置对不对啊  
  
115  
00:06:15,470 --> 00:06:16,310  
在脖子上  
  
116  
00:06:16,990 --> 00:06:18,910  
呃，等到这个负氧脉呢  
  
117  
00:06:19,110 --> 00:06:21,870  
它是在足背动脉，也就是在脚上  
  
118  
00:06:22,630 --> 00:06:25,730  
因此说二者虽然是喉位气  
  
119  
00:06:26,650 --> 00:06:28,530  
但是他的位置不同  
  
120  
00:06:28,570 --> 00:06:30,130  
我们说颈部啊  
  
121  
00:06:30,770 --> 00:06:32,770  
靠近天，没错吧  
  
122  
00:06:33,530 --> 00:06:35,210  
而足部靠近哪呢  
  
123  
00:06:35,970 --> 00:06:37,540  
靠近地啊  
  
124  
00:06:37,620 --> 00:06:40,140  
颈部靠近天，而足部靠近地  
  
125  
00:06:40,660 --> 00:06:41,460  
因此说呢  
  
126  
00:06:41,820 --> 00:06:42,860  
我们可以这样讲  
  
127  
00:06:43,180 --> 00:06:45,860  
人盈以猴天气，那么天  
  
128  
00:06:46,490 --> 00:06:49,010  
天地之气啊，相往来于人之中  
  
129  
00:06:49,010 --> 00:06:51,410  
这是古人天人合一的这个理论  
  
130  
00:06:51,770 --> 00:06:54,290  
那么认为天地之气呢，往来于人神之中  
  
131  
00:06:54,720 --> 00:06:56,600  
那么人影就以后天气  
  
132  
00:06:56,960 --> 00:06:59,680  
那么脚上这个腹阳脉就干什么呀  
  
133  
00:07:00,040 --> 00:07:01,720  
就能够以喉地气  
  
134  
00:07:02,710 --> 00:07:05,030  
那么这个就是他的一个常规执法  
  
135  
00:07:05,430 --> 00:07:06,270  
那么后世呢  
  
136  
00:07:06,270 --> 00:07:10,940  
我们知道呃，有一个呃说法啊  
  
137  
00:07:10,940 --> 00:07:15,220  
在这儿稍稍的给大家赠送一点内涵内容的东西  
  
138  
00:07:15,460 --> 00:07:16,180  
辅一下啊  
  
139  
00:07:16,340 --> 00:07:17,220  
补一个什么呢  
  
140  
00:07:18,620 --> 00:07:20,220  
咱们听说过人迎气口吧  
  
141  
00:07:21,340 --> 00:07:23,340  
那么为什么叫人应气口  
  
142  
00:07:24,960 --> 00:07:25,160  
哎  
  
143  
00:07:25,160 --> 00:07:26,520  
这个就很有意思了啊  
  
144  
00:07:29,920 --> 00:07:33,680  
所谓据脉经之中记载的啊  
  
145  
00:07:33,960 --> 00:07:38,010  
古传的经文脉法赞之中所讲，呃  
  
146  
00:07:38,210 --> 00:07:39,050  
人迎气口  
  
147  
00:07:40,170 --> 00:07:41,930  
那么关前一分人命所主  
  
148  
00:07:42,890 --> 00:07:43,570  
左为人迎  
  
149  
00:07:43,570 --> 00:07:44,690  
右为气口，没错吧  
  
150  
00:07:45,130 --> 00:07:45,890  
但在这  
  
151  
00:07:46,930 --> 00:07:48,370  
呃，这个是人寸口  
  
152  
00:07:48,370 --> 00:07:50,930  
所以有的人说说到底是人迎寸口还是鹰起口啊  
  
153  
00:07:51,530 --> 00:07:53,490  
在这呢，我不过多的展开  
  
154  
00:07:54,050 --> 00:07:57,850  
我就提示一个稍稍呃很小的问题  
  
155  
00:07:57,850 --> 00:07:59,130  
听不懂的同学没关系啊  
  
156  
00:07:59,130 --> 00:08:00,370  
不要啊  
  
157  
00:08:00,370 --> 00:08:02,530  
不用非得听这块，你可以过啊  
  
158  
00:08:02,530 --> 00:08:05,050  
我是给听得懂的同学说一点点  
  
159  
00:08:05,880 --> 00:08:07,280  
那么这块是什么概念  
  
160  
00:08:08,160 --> 00:08:11,120  
其实人赢，我们今天说的人迎气口  
  
161  
00:08:12,360 --> 00:08:16,480  
就是由人迎寸口化裁而来  
  
162  
00:08:17,560 --> 00:08:19,520  
那么为什么不是富阳寸口  
  
163  
00:08:20,830 --> 00:08:22,950  
那阜阳脉不也是侯卫气吗  
  
164  
00:08:23,510 --> 00:08:28,210  
那为啥你不拿富阳和寸口对比一下呢  
  
165  
00:08:29,130 --> 00:08:30,270  
不行啊  
  
166  
00:08:30,270 --> 00:08:30,990  
为什么不行  
  
167  
00:08:31,310 --> 00:08:32,150  
原因很简单  
  
168  
00:08:32,150 --> 00:08:33,710  
我们说仲景经方  
  
169  
00:08:34,289 --> 00:08:37,250  
那么在古船的体系里头称之为天圆镜框  
  
170  
00:08:37,690 --> 00:08:38,770  
那么什么是天元精方  
  
171  
00:08:39,210 --> 00:08:40,409  
也就是以日月  
  
172  
00:08:40,799 --> 00:08:45,320  
也就是所谓的阴阳二战以及四神28星宿  
  
173  
00:08:46,860 --> 00:08:51,870  
北斗所谓的四时八节  
  
174  
00:08:51,910 --> 00:08:52,550  
24气  
  
175  
00:08:52,590 --> 00:08:56,310  
72侯，为立法立论的一套枕侯  
  
176  
00:08:56,510 --> 00:08:58,700  
政治体系本乎于天  
  
177  
00:08:59,300 --> 00:09:04,540  
那么所以说他要以人影脉和寸口脉为主  
  
178  
00:09:05,220 --> 00:09:05,860  
但是呢  
  
179  
00:09:06,380 --> 00:09:10,110  
画材到手太阴，独取寸口之后啊  
  
180  
00:09:10,750 --> 00:09:12,830  
那么为了避讳没错吧  
  
181  
00:09:13,190 --> 00:09:15,570  
那就像呃，这个人  
  
182  
00:09:15,650 --> 00:09:16,490  
他生了小孩  
  
183  
00:09:16,930 --> 00:09:18,890  
小孩不能跟他再叫一个名了吧  
  
184  
00:09:19,190 --> 00:09:21,110  
你再叫一名，这个不合适啊  
  
185  
00:09:21,350 --> 00:09:24,590  
所以为了避讳改一个字，不叫人迎寸口  
  
186  
00:09:24,590 --> 00:09:25,470  
叫人迎气口  
  
187  
00:09:25,860 --> 00:09:27,140  
但是关于这个东西呢  
  
188  
00:09:27,500 --> 00:09:30,100  
呃，当代尚有一些争议  
  
189  
00:09:30,380 --> 00:09:32,620  
有争议就说明这个时机未到啊  
  
190  
00:09:32,660 --> 00:09:33,540  
所以不多讲  
  
191  
00:09:33,900 --> 00:09:36,500  
在这呢，我就说这么几句话  
  
192  
00:09:36,960 --> 00:09:39,840  
呃，给听得懂的和有缘的人听一听就得了  
  
193  
00:09:39,920 --> 00:09:41,680  
我也至于谁听不懂呢  
  
194  
00:09:41,680 --> 00:09:43,360  
我也不跟你争啊  
  
195  
00:09:43,620 --> 00:09:44,780  
怎么认为都行啊  
  
196  
00:09:44,780 --> 00:09:46,420  
我就先放在这呃  
  
197  
00:09:46,420 --> 00:09:48,100  
因为这种东西自古以来呢  
  
198  
00:09:48,140 --> 00:09:49,770  
世传地承，呃  
  
199  
00:09:49,930 --> 00:09:51,850  
虽然可以十字路口送金莲  
  
200  
00:09:52,250 --> 00:09:55,410  
但是反过来万两黄金不卖道啊  
  
201  
00:09:55,410 --> 00:09:57,890  
那么很多东西时机不到就是不多说  
  
202  
00:09:58,200 --> 00:09:59,400  
但是呢，呃  
  
203  
00:09:59,600 --> 00:10:02,360  
现在由于大家也在关注这些问题  
  
204  
00:10:02,360 --> 00:10:04,640  
所以我就说这么一点点啊  
  
205  
00:10:05,860 --> 00:10:08,580  
因此这个呢就有一个很好玩的事了  
  
206  
00:10:08,620 --> 00:10:12,870  
所谓寸口能喉肺气，那么肺呢  
  
207  
00:10:12,870 --> 00:10:15,590  
能朝百脉，人迎富阳呢  
  
208  
00:10:15,590 --> 00:10:18,870  
以后胃气，但是不要忘了后头还有一个太溪脉  
  
209  
00:10:19,190 --> 00:10:22,490  
太溪脉是是足少阴是吧  
  
210  
00:10:23,180 --> 00:10:27,540  
以后肾气它就构成了在仲景前后的时代啊  
  
211  
00:10:27,900 --> 00:10:30,770  
一个比较重要的啊  
  
212  
00:10:30,810 --> 00:10:34,550  
一个比较重要的转投体系  
  
213  
00:10:34,990 --> 00:10:36,070  
这个整合体系呢  
  
214  
00:10:36,070 --> 00:10:38,510  
相对来说实际上是比较早啊  
  
215  
00:10:38,550 --> 00:10:39,070  
比较早  
  
216  
00:10:39,670 --> 00:10:39,870  
呃  
  
217  
00:10:40,030 --> 00:10:41,230  
那么我这么讲呢  
  
218  
00:10:41,630 --> 00:10:44,430  
它就涉及到了第三个体系啊  
  
219  
00:10:44,830 --> 00:10:46,990  
第三个体系叫读取寸口  
  
220  
00:10:53,940 --> 00:10:54,860  
读取窗口，哎  
  
221  
00:10:54,900 --> 00:10:56,180  
那么一说到这之后呢  
  
222  
00:10:57,340 --> 00:10:57,620  
呃  
  
223  
00:10:58,620 --> 00:10:59,940  
这三个题就出来了  
  
224  
00:10:59,940 --> 00:11:01,820  
第一个是12经辨证，对吧  
  
225  
00:11:02,890 --> 00:11:04,250  
第二个叫三部啊  
  
226  
00:11:04,290 --> 00:11:06,690  
三部所谓寸口人迎富扬天地人嘛  
  
227  
00:11:07,290 --> 00:11:10,050  
他分出三部，后头有一个备用的太太溪  
  
228  
00:11:10,520 --> 00:11:11,840  
还有一个叫读取寸口  
  
229  
00:11:12,240 --> 00:11:13,960  
读取寸口是谁确立的呢  
  
230  
00:11:14,240 --> 00:11:16,160  
实际上就是我跟大家之前都说过  
  
231  
00:11:16,640 --> 00:11:19,710  
源于我们战国时期的一位圣人  
  
232  
00:11:20,590 --> 00:11:20,790  
呃  
  
233  
00:11:21,550 --> 00:11:22,510  
叫秦越人  
  
234  
00:11:23,200 --> 00:11:26,240  
也就是老百姓说的扁鹊，没错吧  
  
235  
00:11:26,680 --> 00:11:26,880  
唉  
  
236  
00:11:26,920 --> 00:11:29,320  
秦越人，他最后确定了读取分高  
  
237  
00:11:29,800 --> 00:11:31,970  
呃，那么就这么三种体系  
  
238  
00:11:32,410 --> 00:11:33,410  
这三种体系呢  
  
239  
00:11:33,410 --> 00:11:34,050  
各有特点  
  
240  
00:11:34,090 --> 00:11:35,970  
我们今天用的都是村口牌  
  
241  
00:11:36,370 --> 00:11:37,530  
但是这种方法呢  
  
242  
00:11:37,910 --> 00:11:38,710  
呃，实话实说  
  
243  
00:11:38,710 --> 00:11:40,350  
我们要诚意正心的讲啊  
  
244  
00:11:40,750 --> 00:11:46,340  
在仲景先师的时代是被仲景先师不完全认可的  
  
245  
00:11:46,340 --> 00:11:49,940  
因为他老人家在沙论原序之中说过一句话  
  
246  
00:11:51,900 --> 00:11:54,100  
所谓什么按寸不及尺  
  
247  
00:11:54,700 --> 00:11:56,540  
握手不及足，没事没错吧  
  
248  
00:11:57,100 --> 00:11:57,520  
啊对  
  
249  
00:11:58,000 --> 00:12:02,600  
那么这个人家当时认为说你你你要都得看，是不是都得看呢  
  
250  
00:12:02,600 --> 00:12:04,520  
我说句实话，要的啊  
  
251  
00:12:04,920 --> 00:12:07,490  
那么很多特殊的时候要的啊  
  
252  
00:12:07,490 --> 00:12:10,050  
但是平时的临床一般用不着啊  
  
253  
00:12:10,570 --> 00:12:11,650  
那什么时候要呢  
  
254  
00:12:11,650 --> 00:12:12,650  
打一个比方啊  
  
255  
00:12:14,110 --> 00:12:17,430  
呃，就这个月月初啊  
  
256  
00:12:18,070 --> 00:12:19,950  
没多长时间，呃  
  
257  
00:12:20,140 --> 00:12:23,340  
这个月月初的事，月初都不到  
  
258  
00:12:24,060 --> 00:12:26,710  
当时一位同事啊  
  
259  
00:12:26,710 --> 00:12:29,030  
一位跟我关系不错的同事，呃  
  
260  
00:12:29,310 --> 00:12:31,350  
求我一个事，什么事呢  
  
261  
00:12:31,350 --> 00:12:33,430  
他的一位老领导啊，正好呢  
  
262  
00:12:34,110 --> 00:12:34,350  
呃  
  
263  
00:12:34,390 --> 00:12:37,470  
还跟我的一位长辈，他们都是好朋友  
  
264  
00:12:38,270 --> 00:12:38,720  
呃呃  
  
265  
00:12:39,440 --> 00:12:41,920  
罹患癌症，住在咱们省肿瘤医院  
  
266  
00:12:42,580 --> 00:12:46,660  
而这个老领导呢，就是咱们卫生系统的一位一位老领导啊  
  
267  
00:12:47,060 --> 00:12:48,100  
然后呃  
  
268  
00:12:48,260 --> 00:12:51,110  
后来托人打听说这个这个  
  
269  
00:12:51,150 --> 00:12:52,910  
因为省总医院也告诉他说  
  
270  
00:12:53,030 --> 00:12:53,990  
只说人啊  
  
271  
00:12:54,230 --> 00:12:55,850  
可能将不久矣  
  
272  
00:12:56,250 --> 00:12:57,730  
他整个的术后呢  
  
273  
00:12:57,730 --> 00:12:59,930  
现在看来那个肿瘤的控制不太好  
  
274  
00:13:00,490 --> 00:13:02,090  
呃，整个生命体征啊  
  
275  
00:13:02,090 --> 00:13:04,310  
现在就是很麻烦了啊  
  
276  
00:13:04,350 --> 00:13:06,830  
而且是什么东西都吃不下，呃  
  
277  
00:13:07,030 --> 00:13:09,110  
想请我过去看一眼  
  
278  
00:13:09,730 --> 00:13:10,570  
呃，那两天啊  
  
279  
00:13:10,570 --> 00:13:11,810  
说实话还真是特忙  
  
280  
00:13:11,850 --> 00:13:13,770  
因为我们正好赶上期中  
  
281  
00:13:14,210 --> 00:13:15,530  
真是一点时间都没有  
  
282  
00:13:15,810 --> 00:13:16,610  
我说不行啊  
  
283  
00:13:16,610 --> 00:13:17,890  
我给你看一下照片  
  
284  
00:13:18,340 --> 00:13:19,300  
呃，给你点建议  
  
285  
00:13:19,300 --> 00:13:20,660  
我说不就是吃不下饭嘛  
  
286  
00:13:20,660 --> 00:13:20,940  
是吧  
  
287  
00:13:20,940 --> 00:13:22,080  
咱们，呃  
  
288  
00:13:22,200 --> 00:13:24,640  
因为这个在肿瘤治疗的时候也是常见病  
  
289  
00:13:25,040 --> 00:13:26,760  
我说我给你点参考意见也行  
  
290  
00:13:27,480 --> 00:13:29,240  
说不成说就是得请您来  
  
291  
00:13:29,810 --> 00:13:30,010  
呃  
  
292  
00:13:30,130 --> 00:13:31,450  
因为老朋友嘛  
  
293  
00:13:31,450 --> 00:13:33,370  
我挺讲这个故旧，不遗啊  
  
294  
00:13:34,090 --> 00:13:36,240  
咱不能说这个，呃  
  
295  
00:13:36,280 --> 00:13:38,320  
你跟朋友来往少了  
  
296  
00:13:38,520 --> 00:13:41,800  
过去的老朋友回头咱们不给三分薄面  
  
297  
00:13:41,920 --> 00:13:43,630  
这样让人心寒啊  
  
298  
00:13:43,630 --> 00:13:44,510  
我说那去吧  
  
299  
00:13:45,040 --> 00:13:49,360  
我把这边活啊，忙完了半夜我跟着到了这个省管病医院  
  
300  
00:13:49,400 --> 00:13:51,840  
结果人家那一大家子都搁那等着呢  
  
301  
00:13:52,130 --> 00:13:53,770  
包括这个，呃  
  
302  
00:13:53,930 --> 00:13:55,770  
我朋友的长辈啊  
  
303  
00:13:55,770 --> 00:13:58,290  
卫生系统的老领导都在啊  
  
304  
00:13:58,370 --> 00:14:01,210  
之后这个跟着我一起到病房  
  
305  
00:14:01,930 --> 00:14:04,450  
到病房之后呢，看了寸口脉  
  
306  
00:14:05,130 --> 00:14:05,930  
当时啊  
  
307  
00:14:07,460 --> 00:14:09,300  
我看了很仔细  
  
308  
00:14:09,300 --> 00:14:12,950  
看了半天之后，我就跟他家里人说了  
  
309  
00:14:12,950 --> 00:14:13,590  
我说你呀  
  
310  
00:14:14,110 --> 00:14:18,210  
把他那个脚掀开，把他那个棉被对吧  
  
311  
00:14:18,610 --> 00:14:19,610  
脚上棉被掀开  
  
312  
00:14:20,230 --> 00:14:21,950  
哎，家人也不明白什么意思  
  
313  
00:14:21,950 --> 00:14:23,070  
但是很听话啊  
  
314  
00:14:23,070 --> 00:14:25,070  
把都掀开了，我过去了  
  
315  
00:14:25,350 --> 00:14:30,340  
仔细的看了阜阳太溪两部，任盈脉没看啊  
  
316  
00:14:30,380 --> 00:14:34,420  
注意任盈脉没看，那么所以在这我先说一个问题  
  
317  
00:14:35,330 --> 00:14:35,530  
呃  
  
318  
00:14:35,730 --> 00:14:41,530  
那你说寸口读取寸口好还是三不好还是12的经好  
  
319  
00:14:42,250 --> 00:14:43,370  
你先作为思考啊  
  
320  
00:14:43,370 --> 00:14:47,460  
我先不说你不要看了12经，你就瞧不起三步  
  
321  
00:14:48,260 --> 00:14:49,420  
也不要看了三部迈  
  
322  
00:14:49,940 --> 00:14:53,720  
你就把读取寸口的人化为异类对吧  
  
323  
00:14:54,560 --> 00:14:56,200  
哎，这样都不对  
  
324  
00:14:56,770 --> 00:15:01,330  
包括我在门诊上，我的学生都知道中医有没有问诊是有的  
  
325  
00:15:01,930 --> 00:15:06,490  
但是问诊可不是按照多少个问题从头往下  
  
326  
00:15:06,490 --> 00:15:08,370  
包括我们现在有一个东西叫问诊  
  
327  
00:15:08,370 --> 00:15:11,460  
单捋下来不是那么问的  
  
328  
00:15:11,740 --> 00:15:12,540  
问是问什么  
  
329  
00:15:12,540 --> 00:15:15,420  
你在没有问之前，你心里已经知道答案了  
  
330  
00:15:15,920 --> 00:15:17,760  
而且你已经知道你要问什么了  
  
331  
00:15:18,360 --> 00:15:19,600  
那么为什么还要问呢  
  
332  
00:15:20,550 --> 00:15:23,310  
原因很简单易诊是不是这个道理  
  
333  
00:15:23,590 --> 00:15:26,150  
那么在我的门诊上，往往是问了之后  
  
334  
00:15:26,150 --> 00:15:27,230  
我说，你渴不渴  
  
335  
00:15:27,950 --> 00:15:29,070  
我认为他要渴啊  
  
336  
00:15:29,070 --> 00:15:29,870  
我说你口渴吧  
  
337  
00:15:30,590 --> 00:15:32,390  
他说不渴，好了  
  
338  
00:15:32,390 --> 00:15:35,390  
那不渴还得按我开，按我的方式看  
  
339  
00:15:35,790 --> 00:15:37,350  
那等于问和没问都一样  
  
340  
00:15:38,510 --> 00:15:41,270  
你真是，我要说我得靠问你的时候  
  
341  
00:15:41,270 --> 00:15:41,990  
说实话  
  
342  
00:15:43,170 --> 00:15:44,450  
你还是别找我开房了  
  
343  
00:15:44,450 --> 00:15:46,490  
这个方案可能我开的没底，知道吗  
  
344  
00:15:46,930 --> 00:15:47,130  
哎  
  
345  
00:15:47,130 --> 00:15:47,690  
我也不知道  
  
346  
00:15:47,970 --> 00:15:49,370  
那时候我自己心里也慌了  
  
347  
00:15:49,370 --> 00:15:50,530  
那可能是猜闷呢  
  
348  
00:15:51,480 --> 00:15:51,680  
啊  
  
349  
00:15:52,120 --> 00:15:55,440  
那么我们在门诊上所谓抓起先机没错吧  
  
350  
00:15:55,440 --> 00:15:56,280  
咱们讲这个问题啊  
  
351  
00:15:56,280 --> 00:15:57,280  
那你先机的时候  
  
352  
00:15:57,480 --> 00:16:02,340  
往往他是在现在的之后才会出现的问题  
  
353  
00:16:03,100 --> 00:16:05,900  
那么这个当时我看了这个阜阳、太溪两部  
  
354  
00:16:07,410 --> 00:16:08,290  
之后我说，行了  
  
355  
00:16:08,290 --> 00:16:09,730  
我说那个开张方，哎  
  
356  
00:16:09,810 --> 00:16:11,890  
刷刷点点，一张方开得了  
  
357  
00:16:12,170 --> 00:16:13,250  
开得了之后呢  
  
358  
00:16:14,050 --> 00:16:14,370  
走了  
  
359  
00:16:14,370 --> 00:16:16,330  
走了之后我说咱们出来说吧  
  
360  
00:16:17,670 --> 00:16:18,910  
呃，到外头之后啊  
  
361  
00:16:18,910 --> 00:16:21,310  
我就跟家属说了一句话  
  
362  
00:16:21,990 --> 00:16:24,310  
我说我只有一个问题，没想通  
  
363  
00:16:25,250 --> 00:16:26,370  
家属说啥问题啊  
  
364  
00:16:26,810 --> 00:16:28,010  
我说，从脉象上看  
  
365  
00:16:28,570 --> 00:16:30,130  
这个人是一个失眠患者  
  
366  
00:16:30,850 --> 00:16:34,030  
为什么从始至终我进了窝，摸脉  
  
367  
00:16:34,830 --> 00:16:35,550  
到最后走  
  
368  
00:16:36,190 --> 00:16:38,150  
他始终是睡眠的状态  
  
369  
00:16:39,030 --> 00:16:39,790  
这个我不懂  
  
370  
00:16:40,830 --> 00:16:42,190  
请你们给我解释一下  
  
371  
00:16:43,310 --> 00:16:45,710  
哎呀，当时家属就说了说  
  
372  
00:16:46,030 --> 00:16:47,670  
张大夫，您说对了  
  
373  
00:16:48,170 --> 00:16:50,490  
他呀，不但是一个失眠的患者  
  
374  
00:16:51,050 --> 00:16:53,290  
而且他连日多少天没有睡觉了  
  
375  
00:16:53,870 --> 00:16:54,350  
所以啊  
  
376  
00:16:54,390 --> 00:16:57,750  
就在您来之前，恰巧下午的时候  
  
377  
00:16:57,750 --> 00:16:59,390  
我们傍晚啊  
  
378  
00:16:59,510 --> 00:17:03,110  
给了他一针镇定剂，让他睡眠了  
  
379  
00:17:03,310 --> 00:17:04,390  
他这个睡眠是假的  
  
380  
00:17:04,950 --> 00:17:05,630  
您看得对  
  
381  
00:17:05,790 --> 00:17:06,630  
我说，那行了  
  
382  
00:17:07,119 --> 00:17:08,359  
我说，那既然这样就行了  
  
383  
00:17:08,359 --> 00:17:09,359  
要不然我不敢开方  
  
384  
00:17:09,640 --> 00:17:11,520  
因为这个里头我个人认为啊  
  
385  
00:17:11,520 --> 00:17:13,520  
我们治病永远要讲道理  
  
386  
00:17:14,119 --> 00:17:14,920  
邪不空见  
  
387  
00:17:15,859 --> 00:17:16,700  
中必有鉴  
  
388  
00:17:17,480 --> 00:17:21,160  
没有一个无缘无故的和不合理的事情出现  
  
389  
00:17:21,160 --> 00:17:25,119  
从来都没有，包括有的人跟我讲说这个病一定要舍脉从政  
  
390  
00:17:25,800 --> 00:17:29,370  
呃我，我有的时候说着说着可能说的就多了一点啊  
  
391  
00:17:29,810 --> 00:17:31,930  
这个可能说的不称  
  
392  
00:17:34,200 --> 00:17:37,800  
就这个，呃某些朋友的心啊  
  
393  
00:17:37,880 --> 00:17:39,000  
那那么也多担待  
  
394  
00:17:39,560 --> 00:17:43,000  
所谓舍脉从政和舍证从脉是一个伪命题  
  
395  
00:17:43,300 --> 00:17:45,980  
至于为什么不是今天的主题啊，这个我不多说  
  
396  
00:17:46,220 --> 00:17:48,820  
如果是所谓的舍卖从政  
  
397  
00:17:49,820 --> 00:17:50,020  
呃  
  
398  
00:17:50,220 --> 00:17:54,060  
那么不就是舍了先天，抓了后天吗  
  
399  
00:17:54,610 --> 00:17:55,650  
就这么个问题啊  
  
400  
00:17:55,970 --> 00:17:56,170  
呃  
  
401  
00:17:56,210 --> 00:17:57,450  
那么至于有的人说说  
  
402  
00:17:57,450 --> 00:17:58,690  
那我这有案例好吧  
  
403  
00:17:59,040 --> 00:18:00,880  
呃，那么我也不争啊  
  
404  
00:18:00,880 --> 00:18:01,960  
我也不争这个问题  
  
405  
00:18:02,240 --> 00:18:04,400  
呃，只是说一说我的想法啊  
  
406  
00:18:05,510 --> 00:18:07,070  
那么因为我在领证的时候  
  
407  
00:18:07,550 --> 00:18:10,310  
基本上不是基本上就是完全平脉啊  
  
408  
00:18:10,350 --> 00:18:11,390  
完全平脉证呢  
  
409  
00:18:11,470 --> 00:18:12,470  
可有可无啊  
  
410  
00:18:12,870 --> 00:18:14,350  
在这讲可有可无  
  
411  
00:18:16,510 --> 00:18:18,190  
那么我们所谓能舍卖  
  
412  
00:18:18,190 --> 00:18:19,430  
说明我们麦看的不对  
  
413  
00:18:19,510 --> 00:18:20,990  
很有可能是因为这个问题啊  
  
414  
00:18:20,990 --> 00:18:22,670  
他并不是因为卖错了啊  
  
415  
00:18:23,030 --> 00:18:24,870  
脉没有假的，脉无假  
  
416  
00:18:25,650 --> 00:18:26,330  
那么这个  
  
417  
00:18:27,850 --> 00:18:28,810  
还还说这个问题  
  
418  
00:18:28,810 --> 00:18:30,330  
我跟他讲，我说既然是这样啊  
  
419  
00:18:30,610 --> 00:18:32,090  
那么我有两个提示  
  
420  
00:18:32,720 --> 00:18:33,680  
第一个提示呢  
  
421  
00:18:33,960 --> 00:18:36,400  
你们现在担心他的胃的问题对不对啊  
  
422  
00:18:36,400 --> 00:18:37,320  
因为他吃不了饭  
  
423  
00:18:37,760 --> 00:18:38,720  
但是我告诉你  
  
424  
00:18:38,720 --> 00:18:40,840  
实话实说，他的胃正在恢复  
  
425  
00:18:42,270 --> 00:18:45,550  
但是有一点你们所有人都忽略了  
  
426  
00:18:45,590 --> 00:18:46,310  
都没注意  
  
427  
00:18:46,970 --> 00:18:48,370  
他的肾现在在出问题  
  
428  
00:18:49,170 --> 00:18:50,250  
他的肾现在出问题  
  
429  
00:18:50,250 --> 00:18:52,700  
这个你们一定要注意  
  
430  
00:18:53,300 --> 00:18:55,580  
而且这个将是未来一个大事  
  
431  
00:18:56,140 --> 00:18:58,420  
可能下一季重击就是从这来的  
  
432  
00:18:58,620 --> 00:19:00,740  
你们所有人现在都都没注意吧  
  
433  
00:19:00,980 --> 00:19:02,220  
他们真是啊，都冒懵  
  
434  
00:19:02,580 --> 00:19:06,280  
后来这个他们家人跟我说说，虽然啊水米不近  
  
435  
00:19:06,640 --> 00:19:12,140  
但是最近半个月来貌似胃没有更严重  
  
436  
00:19:12,140 --> 00:19:15,180  
而且渐渐的呢，好像比之前是好了一点点  
  
437  
00:19:15,880 --> 00:19:17,200  
但是刚入院的时候  
  
438  
00:19:18,120 --> 00:19:21,480  
肝功和肾功都好啊，都不错  
  
439  
00:19:22,510 --> 00:19:23,270  
不知道为什么  
  
440  
00:19:23,590 --> 00:19:28,310  
就这一周突然之间肌酐和尿素氮都上涨  
  
441  
00:19:28,310 --> 00:19:29,430  
而且超出了正常  
  
442  
00:19:29,670 --> 00:19:31,770  
就这个最近几天的事  
  
443  
00:19:32,050 --> 00:19:33,250  
他们还没反应过来  
  
444  
00:19:33,250 --> 00:19:35,730  
包括那个医院也没引起重视  
  
445  
00:19:35,730 --> 00:19:37,490  
因为那么多指标对吧  
  
446  
00:19:37,570 --> 00:19:38,330  
很正常嘛  
  
447  
00:19:38,660 --> 00:19:39,860  
那么都谁也没注意  
  
448  
00:19:40,840 --> 00:19:42,120  
我说你们注意这块吧  
  
449  
00:19:42,760 --> 00:19:44,000  
之后给他开了一张方  
  
450  
00:19:44,200 --> 00:19:44,920  
开什么方呢  
  
451  
00:19:44,920 --> 00:19:46,760  
咱们后头会讲啊  
  
452  
00:19:47,240 --> 00:19:49,400  
所谓橘皮竹茹汤  
  
453  
00:19:50,380 --> 00:19:50,580  
哎  
  
454  
00:19:50,580 --> 00:19:52,700  
就这么一剂一剂药之后  
  
455  
00:19:53,910 --> 00:19:56,430  
呃，过了几天啊  
  
456  
00:19:56,430 --> 00:19:58,640  
大概五天左右吧，呃  
  
457  
00:19:58,720 --> 00:20:02,360  
家属跟我说说张大夫非常感谢患者情况的大好  
  
458  
00:20:02,520 --> 00:20:04,840  
开始渐渐的意识啊  
  
459  
00:20:04,840 --> 00:20:07,760  
包括各方面啊，都都都都在好转  
  
460  
00:20:07,800 --> 00:20:08,600  
包括饮食  
  
461  
00:20:09,320 --> 00:20:09,520  
哎  
  
462  
00:20:09,520 --> 00:20:11,400  
饮食开始自己消化  
  
463  
00:20:11,520 --> 00:20:13,760  
开始逐渐转起来了啊  
  
464  
00:20:14,240 --> 00:20:16,040  
那么这个呢，后头就不说了  
  
465  
00:20:16,320 --> 00:20:17,640  
那么讲到这说一个问题  
  
466  
00:20:17,640 --> 00:20:20,940  
为什么要诊，当时要诊阜阳和胎息  
  
467  
00:20:21,460 --> 00:20:23,060  
原因很简单，呃  
  
468  
00:20:23,180 --> 00:20:24,620  
因为我说句实话啊  
  
469  
00:20:25,000 --> 00:20:29,640  
那么古人的时代是没有今天的一系列的理化检查的  
  
470  
00:20:30,520 --> 00:20:33,120  
那么他想知道这个人的整体的身体状况  
  
471  
00:20:33,680 --> 00:20:36,600  
我单靠一个寸口能不能看出来呢  
  
472  
00:20:36,600 --> 00:20:37,040  
也能  
  
473  
00:20:37,570 --> 00:20:38,370  
但是那个呀  
  
474  
00:20:38,370 --> 00:20:38,970  
我们讲啊  
  
475  
00:20:38,970 --> 00:20:39,690  
就是高手  
  
476  
00:20:39,730 --> 00:20:43,410  
所谓履霜坚冰至，是不是他得非常非常的敏感  
  
477  
00:20:43,650 --> 00:20:44,890  
所以古人有辩证法  
  
478  
00:20:44,890 --> 00:20:46,290  
是有那个时代的原因的  
  
479  
00:20:46,490 --> 00:20:49,530  
是因为他需要获得的信息的渠道和途径  
  
480  
00:20:49,530 --> 00:20:50,610  
跟我们今天不一样  
  
481  
00:20:50,830 --> 00:20:53,430  
但是我们今天有的时候你想知道肾怎么样  
  
482  
00:20:53,430 --> 00:20:54,870  
你做一个肾功就行了呗  
  
483  
00:20:55,320 --> 00:20:56,240  
非常简单啊  
  
484  
00:20:56,520 --> 00:20:58,360  
那么这块所以辩证法呢  
  
485  
00:20:58,800 --> 00:20:59,000  
呃  
  
486  
00:20:59,040 --> 00:21:00,440  
渐渐我们就读取寸口  
  
487  
00:21:00,820 --> 00:21:02,300  
那么当有些特殊的时候  
  
488  
00:21:02,300 --> 00:21:05,660  
我也用所谓的人迎扶阳和太极去印证  
  
489  
00:21:05,820 --> 00:21:06,900  
那么就像刚刚那块砖  
  
490  
00:21:06,900 --> 00:21:08,300  
我为什么没有看人影啊  
  
491  
00:21:08,540 --> 00:21:09,700  
单独看了阜阳太极  
  
492  
00:21:09,980 --> 00:21:13,020  
原因是我在寸口脉上就已经断出  
  
493  
00:21:13,460 --> 00:21:16,480  
这个人现在的胃气尚且充盛  
  
494  
00:21:16,720 --> 00:21:22,310  
所以他的家属的诉求可能是一个障眼法被蒙蔽了  
  
495  
00:21:22,310 --> 00:21:23,430  
他的胃不是主要问题  
  
496  
00:21:23,430 --> 00:21:28,220  
但是看到他的肾脉已经出现了沈阳啊  
  
497  
00:21:29,180 --> 00:21:29,980  
衰败之象  
  
498  
00:21:30,620 --> 00:21:31,940  
那么到这种时候肾病  
  
499  
00:21:32,260 --> 00:21:36,700  
那么我们所谓这个邪之所凑，其气必虚啊  
  
500  
00:21:37,240 --> 00:21:38,840  
那么这个时候履霜坚冰至  
  
501  
00:21:38,840 --> 00:21:41,400  
我们要提前做准备没错吧  
  
502  
00:21:41,560 --> 00:21:45,880  
那么你凭什么告诉人家一拍板说现在胃没事，肾有问题  
  
503  
00:21:46,740 --> 00:21:47,380  
凭这个啊  
  
504  
00:21:47,660 --> 00:21:48,900  
阜阳和太息呀，是吧  
  
505  
00:21:49,460 --> 00:21:51,340  
那么当我搭到它负阳脉的时候  
  
506  
00:21:51,740 --> 00:21:52,340  
这个脉呀  
  
507  
00:21:52,900 --> 00:21:54,460  
和缓有根  
  
508  
00:21:55,320 --> 00:21:56,880  
相反，达到派息的时候呢  
  
509  
00:21:58,240 --> 00:22:01,630  
那么这个硬纸就差强人意啊  
  
510  
00:22:02,110 --> 00:22:05,310  
那所以这个时候我们当看这部迈之前  
  
511  
00:22:05,310 --> 00:22:06,510  
其实我们心里已经有了  
  
512  
00:22:06,870 --> 00:22:08,430  
只是拿它再做个印证  
  
513  
00:22:08,770 --> 00:22:12,050  
因此我们有了这一系统之后呢  
  
514  
00:22:13,150 --> 00:22:14,430  
当然，我在这最后一句话  
  
515  
00:22:14,870 --> 00:22:15,750  
那么三部呢  
  
516  
00:22:15,870 --> 00:22:18,190  
到后来有一位圣人叫扁鹊  
  
517  
00:22:18,790 --> 00:22:20,990  
扁鹊先师呢，最后印证了一个问题  
  
518  
00:22:20,990 --> 00:22:27,440  
发现寸口可以把天地人三步九叩归于同一个脉位  
  
519  
00:22:28,120 --> 00:22:30,000  
那么就像我过去打一个比方  
  
520  
00:22:30,430 --> 00:22:32,670  
以前补肾之法对吧  
  
521  
00:22:32,830 --> 00:22:35,150  
易经补肾之法是用50根蓍草吧  
  
522  
00:22:35,820 --> 00:22:36,980  
到了北宋的时候  
  
523  
00:22:36,980 --> 00:22:40,100  
二成圣人，那么把他画才最后印证了  
  
524  
00:22:40,460 --> 00:22:40,660  
哎  
  
525  
00:22:40,700 --> 00:22:43,370  
用三枚铜钱就能搞定  
  
526  
00:22:43,890 --> 00:22:45,530  
那么这个就是一个道理啊  
  
527  
00:22:45,770 --> 00:22:49,840  
能把天地的规则化为术数和数理  
  
528  
00:22:50,160 --> 00:22:52,160  
那么这种我们称之为圣人啊  
  
529  
00:22:53,200 --> 00:22:53,400  
呃  
  
530  
00:22:53,520 --> 00:22:54,200  
因此呢  
  
531  
00:22:54,900 --> 00:22:57,460  
这个阜阳麦我们实际上是有传承的啊  
  
532  
00:22:57,460 --> 00:22:59,580  
讲到这，我先把这个问题说清啊  
  
533  
00:22:59,580 --> 00:23:00,980  
以后就不再赘述了  
  
534  
00:23:01,320 --> 00:23:04,560  
我们知道这个扶阳脉以喉的是胃气  
  
535  
00:23:05,440 --> 00:23:07,480  
胃气见了微贤之象  
  
536  
00:23:07,920 --> 00:23:08,960  
贤为什么呀  
  
537  
00:23:09,930 --> 00:23:12,330  
在五行之中为木  
  
538  
00:23:13,130 --> 00:23:15,690  
那么我们说夫阳脉见微咸  
  
539  
00:23:16,290 --> 00:23:16,610  
那么  
  
540  
00:23:16,650 --> 00:23:19,450  
证明这个人的胃气被谁啊  
  
541  
00:23:20,290 --> 00:23:22,490  
被木气所称  
  
542  
00:23:23,880 --> 00:23:28,440  
那么这个就是所谓腹满寒膳素食的所有的核心  
  
543  
00:23:29,720 --> 00:23:30,880  
大家把这个记住了  
  
544  
00:23:31,120 --> 00:23:33,760  
那么以后你制傅满寒山素食你也会制了  
  
545  
00:23:34,160 --> 00:23:36,200  
知道怎么抓手啊  
  
546  
00:23:36,320 --> 00:23:37,280  
知道怎么走  
  
547  
00:23:38,960 --> 00:23:42,920  
呃，那么后头讲法当富满  
  
548  
00:23:44,050 --> 00:23:45,130  
那么非常简单啊  
  
549  
00:23:45,770 --> 00:23:47,010  
所谓木气乘脾  
  
550  
00:23:47,010 --> 00:23:48,730  
土，脾为太阴  
  
551  
00:23:49,130 --> 00:23:51,050  
太阴部位就是人的  
  
552  
00:23:51,050 --> 00:23:52,730  
整个古人叫大腹，对吧  
  
553  
00:23:53,050 --> 00:23:55,810  
我们今天叫腕腹、胃脘和腹部  
  
554  
00:23:56,580 --> 00:23:57,620  
这是太阴之部位  
  
555  
00:23:57,940 --> 00:24:00,060  
那么木气乘脾肯定是要腹满  
  
556  
00:24:00,940 --> 00:24:05,420  
伤寒论第100条，所谓伤寒阳脉涩阴脉弦法  
  
557  
00:24:05,420 --> 00:24:06,700  
当腹中急痛  
  
558  
00:24:07,930 --> 00:24:09,770  
鲜鱼小健中汤啊  
  
559  
00:24:09,770 --> 00:24:11,170  
那么这个也是一个道理  
  
560  
00:24:11,730 --> 00:24:13,730  
不满者呢，必变难  
  
561  
00:24:14,880 --> 00:24:18,160  
这块说叫两区疼痛  
  
562  
00:24:19,520 --> 00:24:21,240  
呃，便难就是大便不通  
  
563  
00:24:21,360 --> 00:24:22,320  
为啥大便不通呢  
  
564  
00:24:22,320 --> 00:24:23,600  
我们说便秘有两种啊  
  
565  
00:24:23,600 --> 00:24:25,000  
一种是燥结，是便秘  
  
566  
00:24:25,420 --> 00:24:26,620  
还有一种是脾虚  
  
567  
00:24:27,020 --> 00:24:29,020  
那么这个就是脾虚的意思啊  
  
568  
00:24:29,580 --> 00:24:31,020  
脾虚之后大便也不通  
  
569  
00:24:31,260 --> 00:24:32,900  
有很多人在临床上跟我讲  
  
570  
00:24:32,900 --> 00:24:35,820  
说大便不通了之后玩命的吃那个通便药  
  
571  
00:24:35,900 --> 00:24:36,340  
对吧  
  
572  
00:24:36,750 --> 00:24:37,990  
我跟经常我  
  
573  
00:24:37,990 --> 00:24:39,110  
我，我跟很多人都说过  
  
574  
00:24:39,110 --> 00:24:41,630  
我说你如果发现呀，你吃了麻仁丸  
  
575  
00:24:42,350 --> 00:24:45,620  
吃了很多这个，卸下的什么芦荟啊  
  
576  
00:24:45,620 --> 00:24:46,140  
等等啊  
  
577  
00:24:46,540 --> 00:24:47,180  
都不好用  
  
578  
00:24:47,620 --> 00:24:50,390  
其实啊，人整个还是一个疲劳状态  
  
579  
00:24:50,630 --> 00:24:52,510  
有可能你就要反其道而行之  
  
580  
00:24:52,830 --> 00:24:54,710  
从补中益气的角度去试试  
  
581  
00:24:55,070 --> 00:24:56,470  
有可能是中气虚了吧  
  
582  
00:24:58,080 --> 00:25:01,160  
两驱疼痛，那么这个曲是什么意思呢  
  
583  
00:25:02,270 --> 00:25:03,630  
这块还有一点争议啊  
  
584  
00:25:03,630 --> 00:25:04,590  
我们简单说一下  
  
585  
00:25:04,870 --> 00:25:09,670  
说文解字里说曲叫易夏也啊  
  
586  
00:25:09,670 --> 00:25:10,710  
这是说文讲的  
  
587  
00:25:13,420 --> 00:25:15,860  
说文曲  
  
588  
00:25:19,020 --> 00:25:23,820  
E以下也这个义字啊  
  
589  
00:25:24,460 --> 00:25:25,020  
通液  
  
590  
00:25:26,300 --> 00:25:27,980  
通液就腋下啊  
  
591  
00:25:27,980 --> 00:25:29,860  
我先放这那后头呢  
  
592  
00:25:30,060 --> 00:25:35,200  
网运广韵也是非常重要的那个训诂学文献啊  
  
593  
00:25:35,960 --> 00:25:37,400  
广韵说这么一句话  
  
594  
00:25:38,800 --> 00:25:39,640  
曲是什么呢  
  
595  
00:25:41,720 --> 00:25:43,680  
斜眼邪就是胸胁的邪  
  
596  
00:25:46,940 --> 00:25:50,540  
因此在咱们这个圈内有争议  
  
597  
00:25:50,820 --> 00:25:54,220  
有人认为说这个区说的是两个业对吧  
  
598  
00:25:55,480 --> 00:25:57,000  
有人说认为是两个斜部  
  
599  
00:25:58,000 --> 00:25:59,080  
你们认为是哪儿  
  
600  
00:26:01,580 --> 00:26:03,140  
其实这俩说的是一个部位  
  
601  
00:26:03,860 --> 00:26:07,580  
你不要把古人的用语习惯当成我们今天人的用语习惯  
  
602  
00:26:08,370 --> 00:26:10,570  
我们今天人说腋下说的就是腋窝  
  
603  
00:26:11,250 --> 00:26:15,250  
古人说腋下是说叶的，下面明白了吧  
  
604  
00:26:15,690 --> 00:26:16,570  
还是两斜  
  
605  
00:26:17,570 --> 00:26:18,530  
哎，这大伙懂了吧  
  
606  
00:26:19,170 --> 00:26:21,530  
腋窝的下面那不还是斜胁肋部吗  
  
607  
00:26:21,730 --> 00:26:26,290  
这个位置说的什么肝胆直部位，肝胆质部位啊  
  
608  
00:26:26,970 --> 00:26:30,010  
那么他要说的就是无非一个肝木乘脾  
  
609  
00:26:30,690 --> 00:26:32,490  
那么肝木秤皮里头就有很多信息了  
  
610  
00:26:33,290 --> 00:26:34,730  
脾虚还是没虚对吧  
  
611  
00:26:35,440 --> 00:26:37,920  
嗯，肝肾还是不盛啊  
  
612  
00:26:38,960 --> 00:26:40,000  
这里就有很多事了  
  
613  
00:26:40,720 --> 00:26:41,160  
虚寒  
  
614  
00:26:42,350 --> 00:26:43,350  
从下上野  
  
615  
00:26:45,510 --> 00:26:47,390  
当以温药服之  
  
616  
00:26:47,470 --> 00:26:50,070  
那么这时候虚寒啊  
  
617  
00:26:52,000 --> 00:26:52,920  
从下上逆  
  
618  
00:26:53,820 --> 00:26:54,980  
那么所谓夏呢  
  
619  
00:26:55,060 --> 00:26:56,260  
我个人这么理解啊  
  
620  
00:26:56,820 --> 00:26:58,700  
当然这块有很多不同的解释  
  
621  
00:26:58,740 --> 00:27:00,220  
我个人的解释比较简单  
  
622  
00:27:00,540 --> 00:27:02,830  
我认为它这一段话  
  
623  
00:27:03,650 --> 00:27:05,210  
你无论是法当腹满  
  
624  
00:27:05,810 --> 00:27:07,410  
还是变难两驱疼痛  
  
625  
00:27:07,730 --> 00:27:13,050  
还是虚寒从下上都是在解释阜阳脉危险  
  
626  
00:27:15,290 --> 00:27:17,250  
只是他从不同层面来解释一件事  
  
627  
00:27:17,250 --> 00:27:17,770  
儿，对吧  
  
628  
00:27:18,270 --> 00:27:19,670  
所以整个驸马寒山素食  
  
629  
00:27:19,790 --> 00:27:21,950  
围绕的就是一个阜阳脉危险的问题  
  
630  
00:27:22,090 --> 00:27:23,090  
那为什么能腹满  
  
631  
00:27:23,410 --> 00:27:24,810  
换句话说，肚子为什么难受  
  
632  
00:27:24,810 --> 00:27:26,570  
因为肝肝肝来克的啊  
  
633  
00:27:26,570 --> 00:27:27,490  
就这么简单啊  
  
634  
00:27:27,930 --> 00:27:30,010  
那这这这么一说，咱们就很通顺了  
  
635  
00:27:30,570 --> 00:27:33,050  
那么所谓虚寒从下上下呀  
  
636  
00:27:33,130 --> 00:27:37,110  
那是肝脏本身，我们叫叫下焦吗  
  
637  
00:27:37,190 --> 00:27:37,710  
没错吧  
  
638  
00:27:38,230 --> 00:27:39,790  
你等到脾胃是中焦  
  
639  
00:27:40,230 --> 00:27:43,430  
那么下焦到中焦来串门，是不是从下上啊  
  
640  
00:27:43,870 --> 00:27:44,870  
从下往上走啊  
  
641  
00:27:45,030 --> 00:27:46,270  
就非常简单啊  
  
642  
00:27:47,620 --> 00:27:48,420  
当以什么呢  
  
643  
00:27:48,980 --> 00:27:49,860  
温药服之  
  
644  
00:27:49,900 --> 00:27:54,100  
那么这个时候你要给他用一点这个温补的药温补脾胃  
  
645  
00:27:56,760 --> 00:27:58,240  
呃，那么后面啊  
  
646  
00:27:59,560 --> 00:28:03,930  
并覆满，按之不痛为虚痛者为实  
  
647  
00:28:04,050 --> 00:28:07,930  
可下肢这块呢，就是讲了一个虚实的问题  
  
648  
00:28:08,340 --> 00:28:12,060  
那么用了一个诊法作为一个划分用的什么枕呢  
  
649  
00:28:13,560 --> 00:28:15,920  
那么触诊咱们都知道去按哪呢  
  
650  
00:28:16,200 --> 00:28:17,440  
按心下没错吧  
  
651  
00:28:17,920 --> 00:28:18,760  
按一按心下  
  
652  
00:28:19,360 --> 00:28:22,980  
如果说心下剧按啊疼痛  
  
653  
00:28:23,060 --> 00:28:24,740  
那么这就说明它里头有实邪  
  
654  
00:28:25,300 --> 00:28:27,780  
如果按了之后不疼，说明是虚症  
  
655  
00:28:27,900 --> 00:28:29,100  
这个就简单极了  
  
656  
00:28:33,380 --> 00:28:35,180  
后面讲叫舌黄未下者  
  
657  
00:28:36,140 --> 00:28:38,500  
下至黄自去，这个舌啊  
  
658  
00:28:38,500 --> 00:28:39,220  
说的舌苔  
  
659  
00:28:40,090 --> 00:28:40,890  
舌苔色黄  
  
660  
00:28:41,690 --> 00:28:42,770  
胃下说的是什么呢  
  
661  
00:28:42,770 --> 00:28:43,490  
大便不通  
  
662  
00:28:44,980 --> 00:28:45,180  
呃  
  
663  
00:28:45,340 --> 00:28:46,060  
舌苔又黄  
  
664  
00:28:46,060 --> 00:28:46,860  
大便又不通  
  
665  
00:28:47,260 --> 00:28:49,460  
那么说明什么问题呢  
  
666  
00:28:50,050 --> 00:28:52,490  
只要想办法让大便通下来  
  
667  
00:28:53,170 --> 00:28:54,650  
舌苔就退下去了  
  
668  
00:28:55,160 --> 00:28:56,320  
呃，因此说到这呢  
  
669  
00:28:56,600 --> 00:28:58,080  
我门诊学生们都知道  
  
670  
00:28:58,080 --> 00:29:01,080  
我在门诊上一般不看患者的舌头  
  
671  
00:29:02,200 --> 00:29:05,040  
呃，也看我一般是玩儿啊  
  
672  
00:29:05,040 --> 00:29:05,800  
怎么看呢  
  
673  
00:29:06,540 --> 00:29:08,460  
我们我们门诊天天都这样  
  
674  
00:29:08,940 --> 00:29:09,940  
基本上我一大卖  
  
675  
00:29:10,890 --> 00:29:11,090  
诶  
  
676  
00:29:11,570 --> 00:29:13,850  
我就跟学生说了这个玩心  
  
677  
00:29:13,850 --> 00:29:14,770  
一上来，我跟学生说  
  
678  
00:29:14,770 --> 00:29:16,450  
我说这个患者呀  
  
679  
00:29:16,970 --> 00:29:20,210  
应该是舌象偏于水滑  
  
680  
00:29:20,650 --> 00:29:22,650  
但是没有沉来伸舌头  
  
681  
00:29:22,650 --> 00:29:24,210  
我们看一看，我们总这么玩啊  
  
682  
00:29:24,550 --> 00:29:24,750  
哎  
  
683  
00:29:24,750 --> 00:29:25,590  
这个患者呢  
  
684  
00:29:26,150 --> 00:29:27,270  
舌燥对吧  
  
685  
00:29:27,910 --> 00:29:28,910  
或者是什么样  
  
686  
00:29:29,290 --> 00:29:29,490  
呃  
  
687  
00:29:29,570 --> 00:29:33,290  
从脉上先断，断好了之后再伸舌印证一下  
  
688  
00:29:33,970 --> 00:29:35,170  
当然实话实说啊  
  
689  
00:29:35,530 --> 00:29:38,090  
也有印证不上的时候，呃  
  
690  
00:29:39,290 --> 00:29:41,210  
当然印证的准的时候居多啊  
  
691  
00:29:41,730 --> 00:29:43,330  
那么这个也是我个人啊  
  
692  
00:29:43,890 --> 00:29:45,810  
呃，治学的一个过程啊  
  
693  
00:29:45,810 --> 00:29:47,600  
我觉得好多时候，嗯  
  
694  
00:29:48,040 --> 00:29:49,200  
咱把先机抓好  
  
695  
00:29:49,280 --> 00:29:54,240  
实际上我说句实话比脉诊的先机还有的是色枕  
  
696  
00:29:55,350 --> 00:29:56,230  
一望而知嘛  
  
697  
00:29:56,230 --> 00:29:56,510  
对吧  
  
698  
00:29:56,910 --> 00:29:59,430  
那么望诊比他比比比脉诊还早啊  
  
699  
00:29:59,710 --> 00:30:01,390  
那么是另一个先机的问题  
  
700  
00:30:03,310 --> 00:30:05,790  
到舌头已经是已经是偏后天了  
  
701  
00:30:07,070 --> 00:30:09,790  
呃，夏之黄自去那这块就不多说了  
  
702  
00:30:10,310 --> 00:30:11,750  
呃，腹满食减复如故  
  
703  
00:30:11,750 --> 00:30:12,990  
此为寒当与温药  
  
704  
00:30:13,990 --> 00:30:14,750  
这是第三条  
  
705  
00:30:15,150 --> 00:30:16,270  
他说些什么问题呢  
  
706  
00:30:17,740 --> 00:30:19,580  
肚子胀啊，肚子胀  
  
707  
00:30:20,620 --> 00:30:21,980  
呃，胀了之后呢  
  
708  
00:30:23,320 --> 00:30:25,120  
那么什么叫复如故啊  
  
709  
00:30:27,280 --> 00:30:31,100  
就是刚刚减轻了一会  
  
710  
00:30:31,100 --> 00:30:35,020  
儿又恢复原样了啊  
  
711  
00:30:35,830 --> 00:30:36,630  
那么这种呢  
  
712  
00:30:37,070 --> 00:30:38,470  
告诉你，此为寒  
  
713  
00:30:38,630 --> 00:30:40,150  
寒就是邪气啊  
  
714  
00:30:40,150 --> 00:30:41,710  
这个时候应该温之  
  
715  
00:30:42,300 --> 00:30:43,300  
那么怎么分支啊  
  
716  
00:30:43,300 --> 00:30:46,020  
实际上我们伤寒论中有的时候伤寒和金匮啊  
  
717  
00:30:46,340 --> 00:30:47,620  
他俩可以互相串  
  
718  
00:30:48,180 --> 00:30:49,020  
大家发现了啊  
  
719  
00:30:49,020 --> 00:30:51,060  
你可以一起穿着弄  
  
720  
00:30:51,550 --> 00:30:51,750  
呃  
  
721  
00:30:51,870 --> 00:30:55,350  
比如说我们太阴篇有一句话，大家都很熟吧  
  
722  
00:30:56,070 --> 00:30:57,710  
自利不渴者属太阴  
  
723  
00:30:58,330 --> 00:30:59,490  
以其藏有函故也  
  
724  
00:30:59,650 --> 00:31:01,330  
当温之一幅私密背  
  
725  
00:31:01,720 --> 00:31:04,640  
你看人家告诉你说自立不可属太阴  
  
726  
00:31:04,640 --> 00:31:07,720  
那么就是脏有寒这块又说了一个问题  
  
727  
00:31:07,760 --> 00:31:08,400  
此为寒  
  
728  
00:31:09,040 --> 00:31:10,080  
那么所以怎么治呢  
  
729  
00:31:10,080 --> 00:31:13,070  
当温治，那么怎么温呢  
  
730  
00:31:14,070 --> 00:31:15,190  
四逆贝，没错吧  
  
731  
00:31:15,230 --> 00:31:16,110  
私逆贝是谁啊  
  
732  
00:31:16,510 --> 00:31:17,070  
私逆啊  
  
733  
00:31:17,150 --> 00:31:20,150  
李钟啊等等，桂枝人参等  
  
734  
00:31:23,440 --> 00:31:24,680  
这儿不再赘述好  
  
735  
00:31:24,680 --> 00:31:25,680  
我们看一下第四条  
  
736  
00:31:26,800 --> 00:31:28,080  
病者为黄  
  
737  
00:31:30,050 --> 00:31:30,250  
呃  
  
738  
00:31:30,450 --> 00:31:31,770  
那么这个伪黄啊  
  
739  
00:31:32,290 --> 00:31:36,290  
我们讲往往它不是一个善色啊  
  
740  
00:31:36,450 --> 00:31:37,770  
尾是一种什么状态  
  
741  
00:31:37,770 --> 00:31:39,090  
咱们曾经讲过这个问题  
  
742  
00:31:39,540 --> 00:31:39,740  
呃  
  
743  
00:31:39,780 --> 00:31:40,820  
讲废尾那篇的时候  
  
744  
00:31:40,820 --> 00:31:43,540  
我们说过这个伪通草头的尾  
  
745  
00:31:44,300 --> 00:31:44,940  
草字头  
  
746  
00:31:45,950 --> 00:31:46,910  
那是哪个尾啊  
  
747  
00:31:48,790 --> 00:31:49,470  
枯萎的尾  
  
748  
00:31:50,930 --> 00:31:54,970  
那么你说一旦枯萎了之后代表什么呀  
  
749  
00:31:55,850 --> 00:31:59,850  
整个他是一个凋零衰败之象，没错吧  
  
750  
00:32:00,290 --> 00:32:01,850  
那么是谁要凋零了  
  
751  
00:32:03,110 --> 00:32:05,950  
伪皇皇，为什么政策呀  
  
752  
00:32:05,950 --> 00:32:06,590  
五行之中  
  
753  
00:32:07,520 --> 00:32:07,720  
哎  
  
754  
00:32:08,000 --> 00:32:09,440  
脾土之政策没错吧  
  
755  
00:32:10,160 --> 00:32:12,760  
那么说明脾土将败啊  
  
756  
00:32:12,760 --> 00:32:14,120  
这是脾土将败之相  
  
757  
00:32:15,190 --> 00:32:15,390  
呃  
  
758  
00:32:15,390 --> 00:32:17,110  
这个在临床中也实话实说啊  
  
759  
00:32:17,110 --> 00:32:20,470  
很多时候患者到了真正到那种萎黄的时候啊  
  
760  
00:32:21,450 --> 00:32:22,810  
呃，很难办了  
  
761  
00:32:22,810 --> 00:32:24,410  
这时候基本上水米不下  
  
762  
00:32:25,550 --> 00:32:25,750  
嗯  
  
763  
00:32:26,070 --> 00:32:27,910  
与此同时，燥而不可  
  
764  
00:32:28,750 --> 00:32:29,750  
那么为什么口燥  
  
765  
00:32:29,790 --> 00:32:31,510  
咱们所谓引入  
  
766  
00:32:31,550 --> 00:32:34,270  
由于引入鱼味，游于精气  
  
767  
00:32:34,950 --> 00:32:35,830  
上输于脾  
  
768  
00:32:35,830 --> 00:32:36,670  
脾气散精吗  
  
769  
00:32:37,150 --> 00:32:42,070  
那么说明他脾气衰败之后不能散精啊  
  
770  
00:32:42,070 --> 00:32:44,630  
就造成了同样一个问题啊  
  
771  
00:32:44,630 --> 00:32:45,470  
不能散精  
  
772  
00:32:47,160 --> 00:32:47,360  
呃  
  
773  
00:32:49,120 --> 00:32:52,120  
造而不可，那么口呢  
  
774  
00:32:52,320 --> 00:32:54,480  
口不渴说明属太阴脏有寒吗  
  
775  
00:32:54,760 --> 00:32:54,960  
啊  
  
776  
00:32:55,000 --> 00:32:56,160  
自离不合症属太阴  
  
777  
00:32:56,640 --> 00:32:58,920  
那么所以说这一篇我个人认为啊  
  
778  
00:32:58,920 --> 00:33:01,440  
傅满这一篇跟我们伤寒论的太阴病  
  
779  
00:33:01,920 --> 00:33:04,640  
其实他俩之间是能穿起来的  
  
780  
00:33:05,040 --> 00:33:07,040  
有的时候我个人呢就很感慨  
  
781  
00:33:07,200 --> 00:33:08,680  
你比如说我们在家里头  
  
782  
00:33:08,680 --> 00:33:10,360  
我看伤寒论的时候啊  
  
783  
00:33:10,800 --> 00:33:11,880  
我经常会发现  
  
784  
00:33:12,820 --> 00:33:13,020  
呃  
  
785  
00:33:13,100 --> 00:33:14,700  
尤其我翻线装书啊  
  
786  
00:33:14,700 --> 00:33:16,180  
有一个特别尴尬的问题  
  
787  
00:33:17,340 --> 00:33:20,390  
你线装书上，因为它没有验码嘛  
  
788  
00:33:20,940 --> 00:33:23,100  
所以你要找这个某一篇的时候呢  
  
789  
00:33:23,380 --> 00:33:24,900  
你就得凭感觉是不是  
  
790  
00:33:25,180 --> 00:33:26,860  
或者凭你对这本书的了解  
  
791  
00:33:27,380 --> 00:33:31,040  
那基本上你要找太阴篇的时候是最尴尬的  
  
792  
00:33:31,040 --> 00:33:31,640  
为什么呀  
  
793  
00:33:32,720 --> 00:33:34,800  
你翻一页没到，在太阳呢  
  
794  
00:33:35,840 --> 00:33:36,840  
再翻一翻  
  
795  
00:33:36,840 --> 00:33:37,640  
狠了过了  
  
796  
00:33:37,640 --> 00:33:38,480  
哈哈  
  
797  
00:33:39,000 --> 00:33:40,360  
跑跑跑少阴去了啊  
  
798  
00:33:40,840 --> 00:33:42,200  
就就八条啊  
  
799  
00:33:42,240 --> 00:33:43,160  
太阴就八条  
  
800  
00:33:43,580 --> 00:33:45,780  
那么我有的时候思考啊，他为什么这么少  
  
801  
00:33:47,020 --> 00:33:48,820  
那到后来我突然间想明白了  
  
802  
00:33:49,350 --> 00:33:51,430  
那在机柜里头这些里头  
  
803  
00:33:51,430 --> 00:33:52,990  
它不跟太阴不也是通的吗  
  
804  
00:33:53,400 --> 00:33:54,640  
所以太阴不少啊  
  
805  
00:33:54,640 --> 00:33:58,800  
实际上你仔细看看太阴篇真正老家大本营都在这呢  
  
806  
00:33:59,040 --> 00:34:00,320  
都在金贵呢啊  
  
807  
00:34:00,360 --> 00:34:04,010  
人是在这，人家有一方一方势力对吧  
  
808  
00:34:04,470 --> 00:34:06,110  
那么三阴经，呃  
  
809  
00:34:06,710 --> 00:34:09,920  
跟这个金贵的联系还真都挺大啊  
  
810  
00:34:09,920 --> 00:34:14,880  
你比如说妇科，妇科有的时候跟厥阴他俩之间有相同没错吧  
  
811  
00:34:15,280 --> 00:34:16,480  
哎，那么有很多时候  
  
812  
00:34:16,870 --> 00:34:19,750  
呃，那你看厥阴病里头这个无注一汤  
  
813  
00:34:20,690 --> 00:34:25,409  
啊，这这这个他画材到妇科里头这些温经法啊  
  
814  
00:34:25,489 --> 00:34:28,610  
它里头是不是也有相应的用法都是通的啊  
  
815  
00:34:30,620 --> 00:34:32,380  
所以这个我们今天不赘述啊  
  
816  
00:34:32,380 --> 00:34:33,219  
不讲这个问题  
  
817  
00:34:33,780 --> 00:34:36,179  
那么说这块呢，你就看得出来了  
  
818  
00:34:36,500 --> 00:34:37,420  
它整个呢  
  
819  
00:34:37,420 --> 00:34:41,130  
无论是说呃萎黄还是燥而不可  
  
820  
00:34:41,969 --> 00:34:45,090  
那么都和太阴息息相关  
  
821  
00:34:45,610 --> 00:34:48,699  
比如说后面讲一个问题，叫胸中呃  
  
822  
00:34:48,860 --> 00:34:50,020  
所谓寒食  
  
823  
00:34:51,290 --> 00:34:52,730  
那么胸中寒食呢  
  
824  
00:34:53,290 --> 00:34:55,090  
貌似是一个斜视之象  
  
825  
00:34:55,570 --> 00:34:57,130  
但这个患者你仔细的看  
  
826  
00:34:57,570 --> 00:35:00,330  
栗不止夏利，是一个虚像吧  
  
827  
00:35:01,490 --> 00:35:05,400  
那么因此一个挟持的人线这种虚像  
  
828  
00:35:06,160 --> 00:35:08,720  
那么我们最后把它穿回来  
  
829  
00:35:09,560 --> 00:35:09,760  
呃  
  
830  
00:35:10,400 --> 00:35:10,920  
这个啊  
  
831  
00:35:10,960 --> 00:35:14,740  
是一个我们叫死正，就是死症  
  
832  
00:35:14,740 --> 00:35:16,420  
不一定一定要救不过来啊  
  
833  
00:35:16,900 --> 00:35:20,150  
但是我们讲叫愈后不良啊  
  
834  
00:35:20,150 --> 00:35:21,110  
这个往后呢  
  
835  
00:35:21,870 --> 00:35:23,310  
呃，转归并不好  
  
836  
00:35:25,310 --> 00:35:26,390  
那么这是第四条  
  
837  
00:35:27,900 --> 00:35:29,820  
呃，第五条说这么一事  
  
838  
00:35:29,820 --> 00:35:33,380  
儿寸口脉弦  
  
839  
00:35:35,340 --> 00:35:36,660  
讲了这么一个问题  
  
840  
00:35:37,940 --> 00:35:41,260  
那么为什么寸口脉现了贤相呢  
  
841  
00:35:41,980 --> 00:35:42,940  
我们简单点说  
  
842  
00:35:43,620 --> 00:35:43,820  
呃  
  
843  
00:35:44,060 --> 00:35:44,540  
所谓  
  
844  
00:35:46,630 --> 00:35:47,190  
沐浴啊  
  
845  
00:35:47,270 --> 00:35:50,630  
沐浴了之后我们说金正常能治木对吧  
  
846  
00:35:51,110 --> 00:35:53,350  
但是沐浴能不能反乌于金呢  
  
847  
00:35:53,950 --> 00:35:54,710  
也能啊  
  
848  
00:35:54,750 --> 00:35:55,790  
这也是能的啊  
  
849  
00:35:56,230 --> 00:35:58,350  
沐浴乌金之象，个人认为  
  
850  
00:35:58,990 --> 00:35:59,190  
呃  
  
851  
00:35:59,350 --> 00:36:02,730  
那么后头所谓胁下聚集而痛  
  
852  
00:36:03,210 --> 00:36:06,610  
他要告诉你的无非就是一个沐浴啊  
  
853  
00:36:06,610 --> 00:36:07,810  
无非就是这个问题  
  
854  
00:36:09,860 --> 00:36:11,980  
呃那么  
  
855  
00:36:14,080 --> 00:36:16,960  
奇人色色恶寒，为啥恶寒  
  
856  
00:36:17,000 --> 00:36:19,680  
因为肺和皮毛啊  
  
857  
00:36:20,890 --> 00:36:23,770  
因为木木气呀，反乌于肺尖  
  
858  
00:36:24,290 --> 00:36:25,170  
肺和于皮毛  
  
859  
00:36:26,190 --> 00:36:30,350  
呃，那么毛脉阳气不能充盈  
  
860  
00:36:31,510 --> 00:36:35,170  
寒气刻于皮肤  
  
861  
00:36:35,890 --> 00:36:37,890  
那么就产生了这个问题啊  
  
862  
00:36:39,800 --> 00:36:44,240  
色色恶寒之象，嗯  
  
863  
00:36:46,640 --> 00:36:48,760  
这块呢，就不赘述了啊  
  
864  
00:36:48,760 --> 00:36:49,320  
不多说  
  
865  
00:36:49,880 --> 00:36:51,960  
因此我们综上所述啊  
  
866  
00:36:51,960 --> 00:36:53,360  
大家会发现一个问题  
  
867  
00:36:53,990 --> 00:36:55,790  
所谓驸马还善啊  
  
868  
00:36:55,870 --> 00:36:57,630  
这一块儿，呃  
  
869  
00:36:58,130 --> 00:36:58,890  
它其实啊  
  
870  
00:36:58,890 --> 00:37:01,170  
跟内经里的一些道理也是相通的  
  
871  
00:37:01,170 --> 00:37:04,210  
比如说我们说素问阴阳应象大论  
  
872  
00:37:04,610 --> 00:37:05,890  
中间就说过一句话啊  
  
873  
00:37:05,970 --> 00:37:08,170  
其实所有的病理，我个人认为啊  
  
874  
00:37:08,650 --> 00:37:10,130  
所有的病理返回来  
  
875  
00:37:10,680 --> 00:37:12,640  
它都可以翻译为生理  
  
876  
00:37:14,240 --> 00:37:16,440  
生理的不正常运行就是病理  
  
877  
00:37:17,460 --> 00:37:19,900  
那么治法也就在其中啊  
  
878  
00:37:19,980 --> 00:37:21,540  
治法也在在其中啊  
  
879  
00:37:21,980 --> 00:37:24,470  
那么从这个角度  
  
880  
00:37:24,940 --> 00:37:25,140  
呃  
  
881  
00:37:25,180 --> 00:37:27,100  
内经呃阴阳素问阴  
  
882  
00:37:27,100 --> 00:37:31,060  
阴阳应象大论中讲，所谓清阳出上窍  
  
883  
00:37:31,340 --> 00:37:32,980  
浊阴出下窍  
  
884  
00:37:34,250 --> 00:37:35,970  
那么什么叫上翘下翘啊  
  
885  
00:37:36,450 --> 00:37:37,410  
我们反过来看  
  
886  
00:37:38,250 --> 00:37:40,890  
所谓清气在下则生孙泄  
  
887  
00:37:41,770 --> 00:37:43,610  
浊气在上则生嗔胀  
  
888  
00:37:44,450 --> 00:37:45,690  
因此这个嗔胀啊  
  
889  
00:37:45,690 --> 00:37:47,250  
就是我们内经说的  
  
890  
00:37:47,250 --> 00:37:48,970  
这个浊气在上则生嗔胀  
  
891  
00:37:49,530 --> 00:37:50,410  
它就是腹满  
  
892  
00:37:51,780 --> 00:37:52,740  
它俩是一个东西  
  
893  
00:37:53,420 --> 00:37:54,420  
反过来说呢  
  
894  
00:37:55,770 --> 00:37:55,970  
呃  
  
895  
00:37:56,290 --> 00:37:59,290  
那难道傅满就没有清气在下吗  
  
896  
00:38:00,770 --> 00:38:04,570  
他没有胸中寒食而栗不止者死吗  
  
897  
00:38:06,040 --> 00:38:06,600  
对不对啊  
  
898  
00:38:07,200 --> 00:38:07,400  
哎  
  
899  
00:38:07,640 --> 00:38:09,160  
所谓呃  
  
900  
00:38:10,910 --> 00:38:14,830  
包括我们伤寒论中163条桂枝人参汤，也是一个道理啊  
  
901  
00:38:15,870 --> 00:38:18,410  
那么所谓呃斜热而立，立夏不止  
  
902  
00:38:18,850 --> 00:38:20,210  
心下痞硬，表里不解  
  
903  
00:38:20,570 --> 00:38:24,040  
那不也是一个夏利加一个胀满之象嘛  
  
904  
00:38:24,280 --> 00:38:24,480  
啊  
  
905  
00:38:24,520 --> 00:38:25,640  
那么就是清浊呀  
  
906  
00:38:25,920 --> 00:38:27,880  
这个两个东西颠倒了，到位了  
  
907  
00:38:28,510 --> 00:38:29,590  
那么为啥颠倒了  
  
908  
00:38:29,910 --> 00:38:35,260  
实际上我们就还是要从阜阳脉微咸这个病机去看啊  
  
909  
00:38:35,580 --> 00:38:36,740  
那么脾土衰微  
  
910  
00:38:36,820 --> 00:38:38,860  
肝气称之啊，这个呃  
  
911  
00:38:39,270 --> 00:38:42,230  
而且二者之间以谁为先，我个人认为啊  
  
912  
00:38:42,750 --> 00:38:45,190  
肯定是要以中焦脾胃为立角  
  
913  
00:38:45,870 --> 00:38:46,870  
这是肯定的啊  
  
914  
00:38:47,310 --> 00:38:49,630  
那么至于为啥说肝来称，那没办法  
  
915  
00:38:50,430 --> 00:38:52,430  
不要忘了一句话，落后就要挨打  
  
916  
00:38:53,090 --> 00:38:55,650  
你不是孤立地生活在这个世界之中的  
  
917  
00:38:56,370 --> 00:39:00,230  
那么人和外界的自然环境它是连着的啊  
  
918  
00:39:00,710 --> 00:39:03,820  
所以很多人说说我自己过好了就得了  
  
919  
00:39:03,820 --> 00:39:05,060  
我不，我不考虑别人  
  
920  
00:39:05,420 --> 00:39:06,220  
不考虑外界  
  
921  
00:39:06,740 --> 00:39:08,060  
呃，这个对啊  
  
922  
00:39:08,060 --> 00:39:08,980  
这个没毛病  
  
923  
00:39:09,510 --> 00:39:10,350  
但是所谓呢  
  
924  
00:39:10,350 --> 00:39:11,790  
人无远虑，必有近忧  
  
925  
00:39:12,310 --> 00:39:14,470  
我们把自己协调啊，要协调好  
  
926  
00:39:15,440 --> 00:39:17,280  
而不是我们不管外头啊  
  
927  
00:39:17,640 --> 00:39:22,360  
那么所以外界跟我们内部的这种状态是一个对立统一  
  
928  
00:39:23,300 --> 00:39:25,980  
当年说句实话，大清朝挨揍  
  
929  
00:39:26,420 --> 00:39:29,100  
如果他真过得好，他挨揍吗  
  
930  
00:39:30,100 --> 00:39:31,460  
他不挨揍为什么挨打  
  
931  
00:39:31,660 --> 00:39:33,740  
其实原因还是因为他本身不好  
  
932  
00:39:34,320 --> 00:39:35,040  
但是不好呢  
  
933  
00:39:35,040 --> 00:39:36,040  
你又不愿意接受  
  
934  
00:39:36,320 --> 00:39:37,680  
不愿意面对，对不对啊  
  
935  
00:39:37,880 --> 00:39:38,920  
那你最后就挨打  
  
936  
00:39:39,440 --> 00:39:42,050  
又不愿意跟外界交流啊  
  
937  
00:39:42,130 --> 00:39:43,690  
所以我还是我的那个原则  
  
938  
00:39:43,690 --> 00:39:44,570  
我们要解决问题  
  
939  
00:39:44,810 --> 00:39:46,720  
要反求诸内，求助己  
  
940  
00:39:47,080 --> 00:39:48,320  
这是解决问题的方式  
  
941  
00:39:48,760 --> 00:39:50,920  
但是呢，不能够自满自足  
  
942  
00:39:51,000 --> 00:39:52,990  
固步自封啊  
  
943  
00:39:53,430 --> 00:39:55,910  
用我师父沈先生的话说，叫王爷效应  
  
944  
00:39:56,550 --> 00:39:57,190  
什么意思啊  
  
945  
00:39:57,230 --> 00:39:58,430  
关起门来当王爷  
  
946  
00:39:58,670 --> 00:39:59,430  
反正一关门  
  
947  
00:39:59,470 --> 00:40:00,310  
我在自己家里  
  
948  
00:40:00,310 --> 00:40:02,240  
我就是王爷，对吧  
  
949  
00:40:02,720 --> 00:40:04,400  
我也不看外头闭门造居  
  
950  
00:40:04,800 --> 00:40:07,000  
那样的话呢，或将不远矣  
  
951  
00:40:07,040 --> 00:40:07,280  
啊  
  
952  
00:40:07,280 --> 00:40:07,840  
那么肯定  
  
953  
00:40:07,960 --> 00:40:09,240  
因为你不是孤立存在的  
  
954  
00:40:09,240 --> 00:40:10,800  
就像我们说的这个脾胃一样  
  
955  
00:40:11,080 --> 00:40:12,480  
他脾阳下陷了之后  
  
956  
00:40:12,480 --> 00:40:14,640  
脾阳衰败了之后那么肝气  
  
957  
00:40:15,000 --> 00:40:16,000  
他也没招他啊  
  
958  
00:40:16,080 --> 00:40:16,600  
没错吧  
  
959  
00:40:16,960 --> 00:40:19,550  
那么肝气过来把他给克了，啊  
  
960  
00:40:19,550 --> 00:40:21,470  
那你说这有什么办法呀  
  
961  
00:40:21,790 --> 00:40:22,030  
啊  
  
962  
00:40:23,790 --> 00:40:25,030  
好，我们接着往下看  
  
963  
00:40:26,440 --> 00:40:27,480  
呃，下头这块呢  
  
964  
00:40:27,480 --> 00:40:28,320  
说这么一个事  
  
965  
00:40:29,160 --> 00:40:30,280  
服务仲韩家  
  
966  
00:40:31,240 --> 00:40:32,840  
那么受寒的人怎么着呢  
  
967  
00:40:33,280 --> 00:40:34,120  
叫喜倩  
  
968  
00:40:35,090 --> 00:40:35,890  
呃，重寒家  
  
969  
00:40:35,890 --> 00:40:37,090  
咱们都能明白啥意思  
  
970  
00:40:37,090 --> 00:40:37,770  
就是这个人啊  
  
971  
00:40:38,050 --> 00:40:39,210  
受了寒了，阳气不足  
  
972  
00:40:39,290 --> 00:40:39,770  
没错吧  
  
973  
00:40:40,290 --> 00:40:41,810  
那么喜欠欠是什么意思  
  
974  
00:40:41,810 --> 00:40:44,920  
同学们，打哈欠是吧  
  
975  
00:40:45,400 --> 00:40:46,360  
哎，就是打哈欠  
  
976  
00:40:47,520 --> 00:40:49,760  
呃，那么这个打哈欠呀  
  
977  
00:40:50,480 --> 00:40:50,760  
哎  
  
978  
00:40:51,770 --> 00:40:53,570  
那么是为什么啊  
  
979  
00:40:53,570 --> 00:40:55,250  
为什么受了寒的人能打哈欠  
  
980  
00:40:56,130 --> 00:40:59,330  
同学们关注一下灵枢经，灵枢经啊  
  
981  
00:40:59,330 --> 00:41:02,240  
其中有一篇我给你写上啊  
  
982  
00:41:02,480 --> 00:41:03,080  
哪篇呢  
  
983  
00:41:03,920 --> 00:41:04,720  
叫口问  
  
984  
00:41:07,200 --> 00:41:08,200  
口问是什么意思啊  
  
985  
00:41:08,200 --> 00:41:15,120  
就是一个皇帝与岐伯天师那么二位圣人啊  
  
986  
00:41:16,180 --> 00:41:18,020  
对口问答的意思啊  
  
987  
00:41:18,020 --> 00:41:19,740  
就是问了问了这么这么些事  
  
988  
00:41:21,800 --> 00:41:24,000  
呃，一个日常的一个记录对吧  
  
989  
00:41:24,720 --> 00:41:25,600  
那么黄帝曰  
  
990  
00:41:26,250 --> 00:41:27,850  
人之欠者，和气使然  
  
991  
00:41:27,850 --> 00:41:29,810  
那意思就是人打哈欠是为啥呀  
  
992  
00:41:30,610 --> 00:41:32,090  
哪种气导致的呀  
  
993  
00:41:33,240 --> 00:41:35,520  
所以你看呃灵枢经的体系  
  
994  
00:41:35,520 --> 00:41:40,280  
它里头啊，讲这个气的层面还是比较多的很多的  
  
995  
00:41:40,900 --> 00:41:43,770  
那么岐伯答曰，胃气  
  
996  
00:41:43,850 --> 00:41:45,330  
这个胃是营卫的胃啊  
  
997  
00:41:45,850 --> 00:41:47,050  
不是那个脾胃的胃  
  
998  
00:41:47,050 --> 00:41:49,690  
营卫的胃，胃气昼日行于阳  
  
999  
00:41:50,210 --> 00:41:51,530  
呃呃，昼日行于阳  
  
1000  
00:41:53,350 --> 00:41:54,470  
夜则行于阴  
  
1001  
00:41:55,550 --> 00:41:57,740  
这咱们都知道，那么胃气  
  
1002  
00:41:57,740 --> 00:41:59,980  
白天的时候走阳走走羊粪，对吧  
  
1003  
00:42:00,220 --> 00:42:02,020  
走阳经，晚上怎么样啊  
  
1004  
00:42:02,470 --> 00:42:03,910  
掉个儿了，走阴茎啊  
  
1005  
00:42:03,990 --> 00:42:04,790  
反正走阴茎  
  
1006  
00:42:05,190 --> 00:42:06,790  
夜则夜半则行阴  
  
1007  
00:42:07,790 --> 00:42:09,870  
因此呢，夜则主阴  
  
1008  
00:42:11,310 --> 00:42:13,470  
那么白天就煮阳呗啊  
  
1009  
00:42:13,470 --> 00:42:14,470  
所以他讲了一个问题  
  
1010  
00:42:14,510 --> 00:42:15,150  
夜者卧  
  
1011  
00:42:15,230 --> 00:42:19,270  
所以人每天到晚上胃气行于阴的时候，人就睡觉了  
  
1012  
00:42:19,820 --> 00:42:20,380  
没错吧  
  
1013  
00:42:21,980 --> 00:42:24,330  
呃，结果这个他告诉这么一个事  
  
1014  
00:42:24,730 --> 00:42:26,410  
阳者主上，阴者主下  
  
1015  
00:42:26,770 --> 00:42:27,210  
所以说  
  
1016  
00:42:27,210 --> 00:42:28,770  
阳啊，就往上来  
  
1017  
00:42:28,890 --> 00:42:29,770  
阴就往下去  
  
1018  
00:42:30,170 --> 00:42:31,490  
白天就行阳粪  
  
1019  
00:42:31,490 --> 00:42:33,670  
晚上行阴愤，没错吧  
  
1020  
00:42:33,830 --> 00:42:34,870  
这是人的这个状态  
  
1021  
00:42:35,030 --> 00:42:35,910  
白天就精神了  
  
1022  
00:42:35,910 --> 00:42:37,150  
晚上就睡觉了啊  
  
1023  
00:42:37,150 --> 00:42:37,990  
讲这么个问题  
  
1024  
00:42:39,070 --> 00:42:40,670  
过，说说有一个事啊  
  
1025  
00:42:40,670 --> 00:42:42,110  
叫阴气积于下  
  
1026  
00:42:42,350 --> 00:42:44,750  
阳气未尽大大，大家看啊  
  
1027  
00:42:44,750 --> 00:42:45,270  
叫什么呢  
  
1028  
00:42:45,750 --> 00:42:47,150  
阴气积于下  
  
1029  
00:42:48,090 --> 00:42:48,770  
写一下啊  
  
1030  
00:42:50,270 --> 00:42:54,190  
阴气积就是蓄积的意思，对吧  
  
1031  
00:42:56,270 --> 00:42:59,510  
当阴气居于基于下的时候  
  
1032  
00:43:01,300 --> 00:43:03,300  
阴气积于下，是不是应该入阴了  
  
1033  
00:43:03,980 --> 00:43:07,980  
但是阳气未尽人阳气还还挺挺充盛啊  
  
1034  
00:43:08,430 --> 00:43:10,990  
这个时候就会发现发生一个问题  
  
1035  
00:43:12,100 --> 00:43:12,900  
阳引而上  
  
1036  
00:43:12,940 --> 00:43:14,180  
阴饮而下，什么意思啊  
  
1037  
00:43:14,180 --> 00:43:16,260  
阳气把人引着拽着往上来  
  
1038  
00:43:16,300 --> 00:43:19,380  
是不是结果那个阴气不急于下了吗  
  
1039  
00:43:20,140 --> 00:43:20,660  
坠着啊  
  
1040  
00:43:20,700 --> 00:43:21,180  
特别劲  
  
1041  
00:43:21,180 --> 00:43:22,820  
儿特别大，把人往下坠  
  
1042  
00:43:23,330 --> 00:43:26,210  
于是乎叫阴阳相隐  
  
1043  
00:43:26,770 --> 00:43:30,050  
故朔欠这块我写一下啊，叫阴阳相隐  
  
1044  
00:43:38,000 --> 00:43:41,080  
阴阳相引故说钱什么意思呢  
  
1045  
00:43:41,840 --> 00:43:45,960  
所以就是这个阴气和阳气互相拽  
  
1046  
00:43:46,120 --> 00:43:47,040  
所以人打哈欠  
  
1047  
00:43:48,800 --> 00:43:49,120  
呃  
  
1048  
00:43:51,090 --> 00:43:51,810  
提到这啊  
  
1049  
00:43:52,370 --> 00:43:54,410  
那么我说一个非常有意思的事啊  
  
1050  
00:43:54,810 --> 00:43:56,210  
那么因此说人啊  
  
1051  
00:43:56,870 --> 00:44:00,310  
就是随着这个阴阳来生活的，没错吧  
  
1052  
00:44:00,880 --> 00:44:03,080  
呃，我记得有一个纪录片啊  
  
1053  
00:44:03,080 --> 00:44:04,120  
之前讲过一个事  
  
1054  
00:44:04,200 --> 00:44:06,520  
大家可以去查一查，NASA呢  
  
1055  
00:44:06,560 --> 00:44:09,560  
曾经这个做过一个实验  
  
1056  
00:44:10,300 --> 00:44:11,420  
就是实验的目的呢  
  
1057  
00:44:11,420 --> 00:44:13,740  
就是为了以后的火星  
  
1058  
00:44:14,220 --> 00:44:17,670  
这个这个这个这，咱们叫探险吧也好  
  
1059  
00:44:17,670 --> 00:44:19,550  
还叫那个那个科研也罢  
  
1060  
00:44:20,150 --> 00:44:20,350  
呃  
  
1061  
00:44:20,430 --> 00:44:21,550  
载人航天对吧  
  
1062  
00:44:21,950 --> 00:44:25,590  
那么看看人能不能在大概200多天  
  
1063  
00:44:25,590 --> 00:44:27,030  
将近300天的状态下  
  
1064  
00:44:27,230 --> 00:44:28,670  
没有实践概念的生活  
  
1065  
00:44:28,670 --> 00:44:32,620  
把人打造了一个封闭的一个生存完全没问题啊  
  
1066  
00:44:32,660 --> 00:44:33,380  
吃喝呀  
  
1067  
00:44:33,380 --> 00:44:35,860  
包括运动健身啊，什么都有  
  
1068  
00:44:35,860 --> 00:44:37,060  
但是没有钟表  
  
1069  
00:44:37,800 --> 00:44:42,360  
没有时间概念，之后实验好像做到据说是100多天失败了  
  
1070  
00:44:42,760 --> 00:44:44,680  
人身体出现了大量的问题  
  
1071  
00:44:44,920 --> 00:44:47,040  
就是一个其中一个志愿者啊  
  
1072  
00:44:47,280 --> 00:44:48,600  
身体出现了大量的问题  
  
1073  
00:44:48,720 --> 00:44:49,560  
因为他最后啊  
  
1074  
00:44:50,040 --> 00:44:51,280  
有可能30多个小时  
  
1075  
00:44:51,280 --> 00:44:52,520  
他自己认为是一天  
  
1076  
00:44:54,050 --> 00:44:55,770  
就时间已经崩溃了  
  
1077  
00:44:55,930 --> 00:44:57,170  
因此我们说一个问题  
  
1078  
00:44:57,800 --> 00:45:01,080  
那么我们生活在这个美丽的蓝色星球啊  
  
1079  
00:45:01,400 --> 00:45:02,160  
太伟大了  
  
1080  
00:45:02,160 --> 00:45:04,330  
他的这个一天12个时辰  
  
1081  
00:45:04,330 --> 00:45:05,130  
24个小时  
  
1082  
00:45:05,490 --> 00:45:08,090  
它的昼夜划分，我们说叫日出而作  
  
1083  
00:45:08,130 --> 00:45:08,930  
日落而息  
  
1084  
00:45:09,470 --> 00:45:11,870  
按照灵枢口问中所讲  
  
1085  
00:45:12,150 --> 00:45:13,750  
所谓阳气尽  
  
1086  
00:45:13,790 --> 00:45:16,420  
阴气盛则目明，人阳气没了  
  
1087  
00:45:16,420 --> 00:45:17,060  
阴气上来了  
  
1088  
00:45:17,060 --> 00:45:18,220  
就睡着了，是不是啊  
  
1089  
00:45:18,460 --> 00:45:19,300  
但是反之  
  
1090  
00:45:19,580 --> 00:45:23,100  
阴气尽而阳气盛则盛则恶矣啊  
  
1091  
00:45:23,100 --> 00:45:25,580  
就是说，那个阴气没了  
  
1092  
00:45:25,820 --> 00:45:27,100  
阳气隆盛了  
  
1093  
00:45:27,100 --> 00:45:29,100  
那么这时候我们就是一个清醒的状态  
  
1094  
00:45:29,410 --> 00:45:33,570  
因此说我们的这个阴阳最后是由谁来替我们调节呢  
  
1095  
00:45:34,050 --> 00:45:37,040  
那么就是地球的自转没错吧  
  
1096  
00:45:37,520 --> 00:45:39,640  
地球和太阳之间的这种关系  
  
1097  
00:45:39,800 --> 00:45:42,310  
那么决定了我们每天日出而作  
  
1098  
00:45:42,390 --> 00:45:42,990  
日落而息  
  
1099  
00:45:43,110 --> 00:45:45,270  
那么我们形成了一个健康的基础  
  
1100  
00:45:45,590 --> 00:45:46,710  
因此有很多人呢  
  
1101  
00:45:46,710 --> 00:45:47,590  
在临床上  
  
1102  
00:45:47,960 --> 00:45:49,600  
呃，我经常见到这种情况  
  
1103  
00:45:49,600 --> 00:45:50,440  
尤其一些年轻人  
  
1104  
00:45:50,440 --> 00:45:52,560  
一摸麦，麦都没根儿了  
  
1105  
00:45:52,560 --> 00:45:56,280  
整个卖呃三步空空，我就说了  
  
1106  
00:45:56,280 --> 00:45:57,760  
我说你，你尤其是关麦啊  
  
1107  
00:45:57,760 --> 00:46:00,210  
左关脉我我我我说  
  
1108  
00:46:00,210 --> 00:46:01,690  
你这个常年不睡觉啊  
  
1109  
00:46:02,010 --> 00:46:02,730  
他说，不是啊  
  
1110  
00:46:02,730 --> 00:46:03,570  
我，我睡觉  
  
1111  
00:46:03,950 --> 00:46:05,390  
我说那就只有一个原因了  
  
1112  
00:46:05,390 --> 00:46:09,670  
就是你每天啊不到凌晨两点或者三点你都不睡  
  
1113  
00:46:09,830 --> 00:46:10,430  
他说，是啊  
  
1114  
00:46:10,590 --> 00:46:11,990  
但是我每天睡八个小时  
  
1115  
00:46:12,790 --> 00:46:13,470  
哎呀，我说  
  
1116  
00:46:14,430 --> 00:46:15,950  
我也说不服你啊  
  
1117  
00:46:16,800 --> 00:46:19,400  
但是你你你你这样，你你想一个道理  
  
1118  
00:46:20,240 --> 00:46:21,440  
呃，就像我种地  
  
1119  
00:46:21,680 --> 00:46:23,680  
我告诉你，让你春天的时候夏种  
  
1120  
00:46:24,610 --> 00:46:24,930  
对吧  
  
1121  
00:46:25,530 --> 00:46:26,370  
你说我不服  
  
1122  
00:46:26,410 --> 00:46:28,530  
我非得秋天下种好了  
  
1123  
00:46:28,890 --> 00:46:30,090  
那你就跟人犟去吧  
  
1124  
00:46:30,090 --> 00:46:31,490  
你说我也种了一年了  
  
1125  
00:46:31,490 --> 00:46:32,690  
为啥它不发芽呢  
  
1126  
00:46:33,230 --> 00:46:33,710  
是啊  
  
1127  
00:46:34,800 --> 00:46:36,520  
那你种了一年肯定不发芽  
  
1128  
00:46:36,520 --> 00:46:37,840  
因为你种的时候不对啊  
  
1129  
00:46:38,480 --> 00:46:41,380  
我们讲人卧则血归于肝，对吧  
  
1130  
00:46:41,660 --> 00:46:44,500  
人类在地球上生存了多少年了  
  
1131  
00:46:44,860 --> 00:46:48,780  
那么它已经形成了这种人和地球之间这种协调和平衡  
  
1132  
00:46:49,540 --> 00:46:52,260  
它已经适应了这种随着地球自转  
  
1133  
00:46:52,500 --> 00:46:53,860  
日出而落  
  
1134  
00:46:53,940 --> 00:46:54,580  
日落而息  
  
1135  
00:46:54,660 --> 00:46:57,740  
太阳东升西落的这种生理节律  
  
1136  
00:46:58,330 --> 00:47:00,050  
那么肝脏自然而然适应  
  
1137  
00:47:00,050 --> 00:47:01,850  
这种人卧则血归于肝  
  
1138  
00:47:01,850 --> 00:47:05,770  
早晨起来少阳少阳郁结时，从什么时候啊  
  
1139  
00:47:08,920 --> 00:47:11,160  
寅卯辰吧30从寅至辰上  
  
1140  
00:47:11,520 --> 00:47:14,520  
那么这个时间段已经适应了啊  
  
1141  
00:47:14,520 --> 00:47:15,080  
因此呢  
  
1142  
00:47:15,400 --> 00:47:19,240  
我们就得按照太阳的这个周期去正常的生活  
  
1143  
00:47:19,700 --> 00:47:21,060  
那么因此说一个问题啊  
  
1144  
00:47:21,420 --> 00:47:22,340  
那为什么打哈欠  
  
1145  
00:47:22,340 --> 00:47:23,460  
我们讲叫阴阳相引  
  
1146  
00:47:23,460 --> 00:47:26,300  
就这人阴气重，晚上没有打哈欠  
  
1147  
00:47:26,300 --> 00:47:28,380  
人睡着了没有打哈欠的事吧  
  
1148  
00:47:29,680 --> 00:47:33,040  
睡着了你打哈欠你也不知道是不是打哈气都是白天  
  
1149  
00:47:33,280 --> 00:47:36,390  
那么就说明阳气未尽的时候，阴气急于下  
  
1150  
00:47:36,590 --> 00:47:38,510  
阴气足就打哈欠发现了吧  
  
1151  
00:47:39,630 --> 00:47:41,310  
那么所以制哈欠怎么办  
  
1152  
00:47:41,670 --> 00:47:42,470  
补阳气呗  
  
1153  
00:47:43,010 --> 00:47:43,530  
是不是啊  
  
1154  
00:47:43,530 --> 00:47:44,090  
消阴气  
  
1155  
00:47:44,410 --> 00:47:48,010  
因此我们还有一句话叫少阴之为病脉微细  
  
1156  
00:47:48,050 --> 00:47:49,810  
但欲寐少阴病多是寒症  
  
1157  
00:47:50,410 --> 00:47:51,490  
他为什么会困呢  
  
1158  
00:47:52,030 --> 00:47:54,150  
是不是因为阴气积于下呀  
  
1159  
00:47:54,750 --> 00:47:55,950  
因此还有一个现象  
  
1160  
00:47:55,950 --> 00:47:57,310  
我不知道大家发现了没有啊  
  
1161  
00:47:57,790 --> 00:47:59,950  
打哈欠这种现象有的时候会传染  
  
1162  
00:48:01,670 --> 00:48:02,910  
我不知道有人发现了没有  
  
1163  
00:48:03,270 --> 00:48:04,830  
一个人打哈欠，好几个人打  
  
1164  
00:48:05,950 --> 00:48:10,000  
为什么阴气，阴阳相感  
  
1165  
00:48:10,080 --> 00:48:12,320  
如果你只从呃  
  
1166  
00:48:12,920 --> 00:48:14,960  
当然你用走进科学也能解释啊  
  
1167  
00:48:15,240 --> 00:48:16,960  
走进科学能解释一切啊  
  
1168  
00:48:17,440 --> 00:48:20,760  
那么但是我们就从阴阳的层面，它就非常简单  
  
1169  
00:48:21,200 --> 00:48:23,040  
虽然我们之间是两个个体  
  
1170  
00:48:23,760 --> 00:48:26,920  
但是阴阳气这种所谓阴阳相感  
  
1171  
00:48:26,960 --> 00:48:27,720  
阴阳相引  
  
1172  
00:48:27,960 --> 00:48:29,650  
它是一个共体，对吧  
  
1173  
00:48:29,890 --> 00:48:31,610  
在阴阳的层面，它是一个供体  
  
1174  
00:48:32,050 --> 00:48:35,170  
那么用可能现代的话来说就叫缺氧  
  
1175  
00:48:35,640 --> 00:48:38,040  
但是同样缺氧，为什么打哈欠会传染呢  
  
1176  
00:48:38,240 --> 00:48:39,200  
还是这个问题啊  
  
1177  
00:48:39,200 --> 00:48:39,880  
呵呵  
  
1178  
00:48:40,040 --> 00:48:43,640  
那为什么不是你打完我打我打完你打此起彼伏呢  
  
1179  
00:48:43,840 --> 00:48:46,380  
它是几乎一起打你  
  
1180  
00:48:46,380 --> 00:48:48,340  
我看你打我就没有意识  
  
1181  
00:48:48,340 --> 00:48:50,860  
我就要身体不受控制，他就要打哈欠  
  
1182  
00:48:51,060 --> 00:48:55,340  
因为阴阳，它是这个维度要大得多  
  
1183  
00:48:55,660 --> 00:48:58,220  
这个我们就说得那个多一点  
  
1184  
00:49:01,660 --> 00:49:03,500  
因此说这么一个问题啊  
  
1185  
00:49:03,660 --> 00:49:05,900  
奇人清涕出流鼻涕  
  
1186  
00:49:07,060 --> 00:49:08,180  
因为阴气比较重  
  
1187  
00:49:09,710 --> 00:49:12,470  
发热色合者善涕  
  
1188  
00:49:13,430 --> 00:49:14,630  
那么还是这个问题啊  
  
1189  
00:49:15,240 --> 00:49:16,920  
呃，那为什么人打喷嚏呢  
  
1190  
00:49:17,770 --> 00:49:19,810  
黄帝当年也问了这个问题  
  
1191  
00:49:19,810 --> 00:49:21,650  
人之涕者，喷嚏的嚏啊  
  
1192  
00:49:22,090 --> 00:49:22,850  
和气使然  
  
1193  
00:49:22,930 --> 00:49:23,530  
岐伯曰  
  
1194  
00:49:24,130 --> 00:49:25,730  
阳气合力满于心  
  
1195  
00:49:25,890 --> 00:49:27,130  
出于鼻翼故为体  
  
1196  
00:49:28,370 --> 00:49:31,010  
那么什么叫阳气合力呢  
  
1197  
00:49:31,050 --> 00:49:31,810  
这个是一个  
  
1198  
00:49:32,210 --> 00:49:33,690  
咱们讲阳气合合  
  
1199  
00:49:33,730 --> 00:49:35,450  
就是比较充盛，对不对啊  
  
1200  
00:49:36,090 --> 00:49:36,290  
额  
  
1201  
00:49:36,690 --> 00:49:41,130  
那么所谓的中阴阳的平衡称之为中和  
  
1202  
00:49:42,310 --> 00:49:46,270  
那么能够以偏纠偏的自我维系这种平衡  
  
1203  
00:49:46,590 --> 00:49:47,870  
我们称之为饱和  
  
1204  
00:49:48,790 --> 00:49:50,830  
那么始终能够处于饱和状态  
  
1205  
00:49:51,770 --> 00:49:52,570  
水火既济  
  
1206  
00:49:52,810 --> 00:49:53,530  
坎离既济  
  
1207  
00:49:53,690 --> 00:49:56,010  
那么我们称这种状态为一种太和，对吧  
  
1208  
00:49:56,450 --> 00:50:00,830  
太和之境，那么在一种很很这个三合制境之中  
  
1209  
00:50:02,140 --> 00:50:05,220  
呃，阳气和利指的是什么呢  
  
1210  
00:50:05,900 --> 00:50:08,860  
通达，那么就是所谓的呃  
  
1211  
00:50:10,330 --> 00:50:11,810  
这个家时沈先生啊  
  
1212  
00:50:12,330 --> 00:50:14,970  
沈谦益先生的那个那个著作之中啊  
  
1213  
00:50:15,370 --> 00:50:16,690  
那么就说过这个问题  
  
1214  
00:50:17,230 --> 00:50:18,150  
呃，健和康  
  
1215  
00:50:18,430 --> 00:50:19,190  
那么康呢  
  
1216  
00:50:19,830 --> 00:50:21,310  
叫做通达建呢  
  
1217  
00:50:21,310 --> 00:50:22,190  
是充盛对吧  
  
1218  
00:50:22,630 --> 00:50:24,550  
呃，那么明清两代一家呢  
  
1219  
00:50:24,550 --> 00:50:28,250  
大多数一派用的是命门三焦体系  
  
1220  
00:50:28,810 --> 00:50:30,570  
就是命门是否充盛  
  
1221  
00:50:30,610 --> 00:50:34,050  
三焦是否通达就是这个阳气合力两个字啊  
  
1222  
00:50:34,610 --> 00:50:36,690  
合就是充，胜利就是通达  
  
1223  
00:50:37,600 --> 00:50:38,280  
就完事了  
  
1224  
00:50:38,760 --> 00:50:41,520  
那么这个就是所谓的官窍通达啊  
  
1225  
00:50:41,720 --> 00:50:42,560  
气脉充盛  
  
1226  
00:50:43,610 --> 00:50:45,090  
就是从不同层面来说吧  
  
1227  
00:50:45,490 --> 00:50:46,370  
就这个事，儿  
  
1228  
00:50:47,340 --> 00:50:47,820  
那么呢  
  
1229  
00:50:48,420 --> 00:50:49,020  
满于心  
  
1230  
00:50:49,220 --> 00:50:50,420  
心气能够满  
  
1231  
00:50:50,500 --> 00:50:52,780  
因为心，心为五脏六腑之主嘛  
  
1232  
00:50:53,740 --> 00:50:54,020  
呃  
  
1233  
00:50:55,280 --> 00:50:55,840  
出于鼻  
  
1234  
00:50:56,400 --> 00:50:58,400  
那么阳气能够到鼻子  
  
1235  
00:50:58,400 --> 00:51:00,520  
这儿啊，就能打喷嚏  
  
1236  
00:51:01,040 --> 00:51:03,200  
呃，所以说打喷嚏是不是一个坏事啊  
  
1237  
00:51:03,200 --> 00:51:05,160  
当然我们说实话，在公共场合呢  
  
1238  
00:51:05,160 --> 00:51:07,040  
打喷嚏你肯定得捂着点啊  
  
1239  
00:51:07,400 --> 00:51:09,880  
这是一个文明的表现啊  
  
1240  
00:51:10,310 --> 00:51:14,050  
但是你不要说，我就见过有有的人啊  
  
1241  
00:51:14,290 --> 00:51:16,530  
一打喷嚏，他说我我觉得打喷嚏不好  
  
1242  
00:51:16,530 --> 00:51:16,970  
难为情  
  
1243  
00:51:17,290 --> 00:51:18,650  
我怎么把他憋回去  
  
1244  
00:51:19,610 --> 00:51:21,010  
这就无知了  
  
1245  
00:51:21,490 --> 00:51:23,450  
你把喷嚏憋回去，阳气啊  
  
1246  
00:51:23,930 --> 00:51:24,810  
和而不利  
  
1247  
00:51:25,730 --> 00:51:27,090  
那么就会产生异象吧  
  
1248  
00:51:28,660 --> 00:51:31,580  
哎，你就会发现这个问题特别有意思啊呃  
  
1249  
00:51:31,700 --> 00:51:32,780  
阳气合而不利  
  
1250  
00:51:33,100 --> 00:51:34,340  
那么就会产生淤象  
  
1251  
00:51:35,660 --> 00:51:37,380  
那么这个呢，呃  
  
1252  
00:51:40,000 --> 00:51:41,440  
这个打一比方啊  
  
1253  
00:51:43,460 --> 00:51:44,500  
我们就说一个问题  
  
1254  
00:51:44,500 --> 00:51:46,340  
你看那个底下就说一个事  
  
1255  
00:51:47,970 --> 00:51:51,760  
呃，仲韩奇人夏利以理虚也  
  
1256  
00:51:52,480 --> 00:51:54,000  
欲涕不能此人肚中寒  
  
1257  
00:51:54,240 --> 00:51:55,320  
那么他就讲了一个问题  
  
1258  
00:51:55,560 --> 00:51:57,320  
如果这个人的肚子里头有寒  
  
1259  
00:51:57,940 --> 00:51:59,700  
那么因为我们讲的是腹满寒疝嘛  
  
1260  
00:52:00,220 --> 00:52:00,580  
对吧  
  
1261  
00:52:00,660 --> 00:52:01,540  
腹满寒疝素使  
  
1262  
00:52:01,900 --> 00:52:03,980  
因此说这个人的肚腹之中  
  
1263  
00:52:04,100 --> 00:52:05,900  
太阴之部位有寒气积聚  
  
1264  
00:52:06,590 --> 00:52:09,870  
这个人就很可能打喷嚏打不出来  
  
1265  
00:52:11,500 --> 00:52:13,740  
很可能打喷嚏打不出来，呃  
  
1266  
00:52:15,170 --> 00:52:15,970  
我个人啊  
  
1267  
00:52:16,090 --> 00:52:20,120  
因为有同学问过我这个历代后世的这个住家  
  
1268  
00:52:20,560 --> 00:52:21,240  
那么伤寒  
  
1269  
00:52:22,080 --> 00:52:24,480  
金匮之经方哪位住家住的好  
  
1270  
00:52:25,100 --> 00:52:26,620  
其实住的好的住家很多啊  
  
1271  
00:52:26,620 --> 00:52:27,940  
我们可以讲叫汗牛充栋  
  
1272  
00:52:28,540 --> 00:52:31,740  
但是我个人呢，比较推崇的一位医家  
  
1273  
00:52:32,560 --> 00:52:34,640  
呃，民国时期  
  
1274  
00:52:35,600 --> 00:52:38,160  
呃，岭南一家苏世平先生  
  
1275  
00:52:38,560 --> 00:52:40,040  
苏氏就是咱们姓苏的  
  
1276  
00:52:40,040 --> 00:52:42,770  
苏氏，是世界的世屏呢  
  
1277  
00:52:42,770 --> 00:52:43,730  
是屏风的屏  
  
1278  
00:52:44,290 --> 00:52:45,010  
岭南一家  
  
1279  
00:52:45,550 --> 00:52:46,910  
呃，是岭南啊  
  
1280  
00:52:47,310 --> 00:52:50,270  
四大金刚李必刘先生门下弟子啊  
  
1281  
00:52:50,630 --> 00:52:51,510  
我个人认为呢  
  
1282  
00:52:51,510 --> 00:52:57,520  
苏先生他在呃伤寒气化层面独树一帜啊  
  
1283  
00:52:57,520 --> 00:53:00,400  
很多内容对于经典的这个掌握  
  
1284  
00:53:01,030 --> 00:53:02,150  
呃，我个人啊  
  
1285  
00:53:02,630 --> 00:53:04,990  
这个非常的钦佩啊  
  
1286  
00:53:04,990 --> 00:53:06,420  
非常钦佩，呃  
  
1287  
00:53:06,460 --> 00:53:08,780  
大家要感兴趣可以读一读他的著作啊  
  
1288  
00:53:09,500 --> 00:53:11,780  
苏公呢，那么说了这么一句话  
  
1289  
00:53:13,090 --> 00:53:13,770  
特别有意思  
  
1290  
00:53:13,810 --> 00:53:14,530  
耐人寻味  
  
1291  
00:53:15,050 --> 00:53:19,330  
今小孩子患下痢治肾  
  
1292  
00:53:19,610 --> 00:53:20,370  
就是小孩啊  
  
1293  
00:53:20,370 --> 00:53:22,190  
拉肚怎么样呢  
  
1294  
00:53:22,870 --> 00:53:23,310  
B无  
  
1295  
00:53:25,270 --> 00:53:30,060  
这个叫TT啊，就是他就是第一个T叫喷嚏的T  
  
1296  
00:53:30,460 --> 00:53:31,180  
第二个T呢  
  
1297  
00:53:31,180 --> 00:53:32,620  
就是鼻涕的T，对吧  
  
1298  
00:53:33,340 --> 00:53:36,300  
就发现了小孩拉肚子拉得很就不打喷嚏  
  
1299  
00:53:37,410 --> 00:53:39,450  
那么这不就是所谓什么概念  
  
1300  
00:53:40,330 --> 00:53:41,970  
病有发热恶寒者发于阳  
  
1301  
00:53:42,050 --> 00:53:43,730  
无热恶寒者发于阴，对吧  
  
1302  
00:53:44,050 --> 00:53:45,890  
你理证太甚就没表症吗  
  
1303  
00:53:46,210 --> 00:53:47,490  
表症太甚就没理证  
  
1304  
00:53:47,490 --> 00:53:51,290  
因此有很多小孩疑难疾病来问我说张大夫这病咋治  
  
1305  
00:53:51,660 --> 00:53:52,900  
我说，其实这个非常简单  
  
1306  
00:53:52,900 --> 00:53:54,540  
你让他发几次烧就好了  
  
1307  
00:53:55,180 --> 00:53:56,060  
那为啥会得病  
  
1308  
00:53:56,460 --> 00:53:58,220  
每次一发烧赶快退热吧  
  
1309  
00:53:59,200 --> 00:54:00,520  
咱们就说这个问题对吧  
  
1310  
00:54:00,880 --> 00:54:02,280  
哎，就就就非常有意思  
  
1311  
00:54:02,560 --> 00:54:04,080  
当然说到鼻涕这个事呢  
  
1312  
00:54:04,550 --> 00:54:05,590  
呃，话外啊  
  
1313  
00:54:05,590 --> 00:54:08,390  
那么我可能这一说呀，就有点压堂了  
  
1314  
00:54:08,390 --> 00:54:09,070  
时间有点长  
  
1315  
00:54:09,590 --> 00:54:11,820  
但是我又觉得关系比较大  
  
1316  
00:54:13,100 --> 00:54:14,220  
我们说这么一个问题  
  
1317  
00:54:15,140 --> 00:54:15,420  
呃  
  
1318  
00:54:16,580 --> 00:54:19,100  
现在有一种疾病叫腺样体肥大  
  
1319  
00:54:20,530 --> 00:54:21,650  
临床中很常见吧  
  
1320  
00:54:22,130 --> 00:54:23,130  
那么有很多人啊  
  
1321  
00:54:23,850 --> 00:54:26,010  
呃，说这个必须得手术  
  
1322  
00:54:27,070 --> 00:54:27,270  
呃  
  
1323  
00:54:27,710 --> 00:54:30,070  
但是其实不用用中药就行啊  
  
1324  
00:54:30,070 --> 00:54:30,950  
效果也挺好  
  
1325  
00:54:31,660 --> 00:54:33,180  
那么但是一提到这个问题  
  
1326  
00:54:33,220 --> 00:54:36,380  
大家众说纷纭，就说那到底该用啥药呢  
  
1327  
00:54:36,380 --> 00:54:38,100  
当然你控制症状啊，等等啊  
  
1328  
00:54:38,100 --> 00:54:39,700  
很多方法呃  
  
1329  
00:54:41,320 --> 00:54:43,840  
到底该用啥方解表的办法  
  
1330  
00:54:43,840 --> 00:54:45,760  
还是温阳还是补阴  
  
1331  
00:54:46,280 --> 00:54:49,060  
还是攻坚说法  
  
1332  
00:54:49,180 --> 00:54:49,860  
众说纷纭  
  
1333  
00:54:50,060 --> 00:54:52,620  
我在这今天啥方法都不给大家讲  
  
1334  
00:54:53,780 --> 00:54:54,940  
我啥方法都不讲  
  
1335  
00:54:55,580 --> 00:54:57,660  
因为我认为任何方法都都对  
  
1336  
00:54:58,870 --> 00:55:00,430  
但是任何方法也都不对  
  
1337  
00:55:01,630 --> 00:55:01,830  
哎  
  
1338  
00:55:01,910 --> 00:55:05,270  
听到这儿如果晕头转向的同学你就算了  
  
1339  
00:55:05,270 --> 00:55:06,110  
你别听了啊  
  
1340  
00:55:06,670 --> 00:55:08,470  
如果没晕的接着听  
  
1341  
00:55:09,720 --> 00:55:10,760  
我就说一个现象  
  
1342  
00:55:11,400 --> 00:55:12,160  
你观察一下  
  
1343  
00:55:12,680 --> 00:55:18,280  
绝大多数患腺样体肥大的小孩都有一个通病  
  
1344  
00:55:18,990 --> 00:55:19,990  
就是便秘  
  
1345  
00:55:22,420 --> 00:55:26,060  
为什么这跟我说的那个多T和夏利啊，完全是反的  
  
1346  
00:55:26,500 --> 00:55:27,500  
这个完全是反的  
  
1347  
00:55:27,900 --> 00:55:29,300  
因为腺样体肥大  
  
1348  
00:55:29,580 --> 00:55:30,980  
按照现代临床怎么说  
  
1349  
00:55:31,380 --> 00:55:35,210  
就是因为上呼吸道的炎症反复的有炎症没错吧  
  
1350  
00:55:35,770 --> 00:55:36,970  
那么我们说炎症是啥  
  
1351  
00:55:36,970 --> 00:55:38,370  
所谓火曰炎上啊  
  
1352  
00:55:39,570 --> 00:55:40,130  
没错吧  
  
1353  
00:55:40,610 --> 00:55:43,050  
那么火跑到这来了，那火怎么来的  
  
1354  
00:55:43,050 --> 00:55:44,090  
因为大便不通  
  
1355  
00:55:45,270 --> 00:55:47,430  
大便通了之后腺样体自动就好了  
  
1356  
00:55:48,190 --> 00:55:51,110  
但是我在这说的不是让你用承气汤去治啊  
  
1357  
00:55:51,510 --> 00:55:52,390  
不是那个意思  
  
1358  
00:55:52,910 --> 00:55:53,110  
呃  
  
1359  
00:55:53,190 --> 00:55:55,470  
有很多方法，你是解表也对  
  
1360  
00:55:55,900 --> 00:55:57,860  
你你和解少阳也对  
  
1361  
00:55:57,900 --> 00:55:58,820  
你攻下也对  
  
1362  
00:55:58,860 --> 00:56:00,140  
甚至你温中也对  
  
1363  
00:56:00,780 --> 00:56:02,860  
总之你要让他中期运化起来  
  
1364  
00:56:03,680 --> 00:56:04,880  
那么就会把它搞定  
  
1365  
00:56:06,080 --> 00:56:09,050  
呃呃，当然我个人也有一些偏好啊  
  
1366  
00:56:09,050 --> 00:56:12,250  
你比如说我们在讲伤寒论少阴篇的时候  
  
1367  
00:56:12,250 --> 00:56:14,980  
当时夏利之中，我曾经说过一个问题  
  
1368  
00:56:15,340 --> 00:56:18,340  
猪腹汤是不是能补少阴之精啊  
  
1369  
00:56:18,810 --> 00:56:19,730  
那么你观察啊  
  
1370  
00:56:19,730 --> 00:56:22,610  
绝大多数患腺样体肥大的小孩子  
  
1371  
00:56:22,890 --> 00:56:24,410  
那么都是有长期的感染  
  
1372  
00:56:24,410 --> 00:56:27,770  
那么这一条经跟少阴也是连着的啊  
  
1373  
00:56:28,170 --> 00:56:31,130  
起于涌泉而结于连泉的这一条，经足少阴  
  
1374  
00:56:31,610 --> 00:56:32,490  
那么往上走  
  
1375  
00:56:32,920 --> 00:56:33,120  
呃  
  
1376  
00:56:34,560 --> 00:56:35,520  
跟这块都连着  
  
1377  
00:56:35,840 --> 00:56:39,250  
因此说感反复的这个炎症  
  
1378  
00:56:39,880 --> 00:56:44,880  
是否跟这个本身少阴的这个真阴不足有关  
  
1379  
00:56:45,240 --> 00:56:47,520  
那么现在的孩子是否过于忙  
  
1380  
00:56:48,710 --> 00:56:50,590  
每天在玩命的上补习班  
  
1381  
00:56:51,150 --> 00:56:52,030  
玩命的上学  
  
1382  
00:56:52,270 --> 00:56:54,430  
过去的小孩每天接触到的东西很少  
  
1383  
00:56:54,930 --> 00:56:56,250  
可以说叫恬淡虚无  
  
1384  
00:56:56,810 --> 00:56:59,410  
在这我一说可能又比较那个了啊  
  
1385  
00:56:59,770 --> 00:57:03,550  
就是说过度的早教有没有必要，这个呢  
  
1386  
00:57:03,550 --> 00:57:05,190  
我们其实要辩证的看  
  
1387  
00:57:05,710 --> 00:57:05,910  
呃  
  
1388  
00:57:06,430 --> 00:57:08,630  
啥东西，我认为都要以适当为主  
  
1389  
00:57:08,630 --> 00:57:09,310  
不要过度  
  
1390  
00:57:10,010 --> 00:57:10,970  
就包括我们说  
  
1391  
00:57:11,530 --> 00:57:12,570  
比如说养鸡场  
  
1392  
00:57:13,580 --> 00:57:15,820  
说这个灯泡啊，打得特别亮  
  
1393  
00:57:16,380 --> 00:57:18,380  
白天晚上让这个鸡都忙起来  
  
1394  
00:57:18,700 --> 00:57:19,740  
其实他是有目的的  
  
1395  
00:57:19,740 --> 00:57:20,820  
是希望让它早熟  
  
1396  
00:57:21,950 --> 00:57:23,310  
那么小孩就没必要了吧  
  
1397  
00:57:24,150 --> 00:57:26,270  
你有必要说过度的给他东西吗  
  
1398  
00:57:26,270 --> 00:57:27,070  
那样也不好啊  
  
1399  
00:57:27,990 --> 00:57:29,270  
我们有的时候说  
  
1400  
00:57:31,920 --> 00:57:36,040  
这个所谓老子道德经讲啊，罪莫大于可欲  
  
1401  
00:57:36,160 --> 00:57:37,480  
祸莫大于不知足啊  
  
1402  
00:57:37,960 --> 00:57:41,630  
人想中和很静下来其实很难啊  
  
1403  
00:57:42,070 --> 00:57:43,190  
那你说得到啥了吗  
  
1404  
00:57:43,230 --> 00:57:45,760  
其实实无所得啊  
  
1405  
00:57:46,160 --> 00:57:48,080  
这个状态往往是最好的啊  
  
1406  
00:57:48,080 --> 00:57:49,200  
能讲这么一个道理  
  
1407  
00:57:49,800 --> 00:57:50,080  
呃  
  
1408  
00:57:51,430 --> 00:57:52,070  
反之啊  
  
1409  
00:57:52,190 --> 00:57:53,150  
那我们就说这个事  
  
1410  
00:57:53,670 --> 00:57:55,390  
呃，现象体增大啊  
  
1411  
00:57:55,390 --> 00:57:59,370  
那么这个也是这个时代和这个社会呃所造就的  
  
1412  
00:57:59,370 --> 00:58:01,330  
一个一个一个像吧  
  
1413  
00:58:01,450 --> 00:58:03,130  
那么那么就这个问题  
  
1414  
00:58:03,370 --> 00:58:04,810  
真阴不足于内，对吧  
  
1415  
00:58:04,850 --> 00:58:05,970  
讲这个问题，为啥呀  
  
1416  
00:58:06,810 --> 00:58:08,370  
耗散其真呢  
  
1417  
00:58:08,810 --> 00:58:11,250  
那么人的这个大人也是一个耗散的状态  
  
1418  
00:58:11,250 --> 00:58:12,050  
小孩也是啊  
  
1419  
00:58:12,330 --> 00:58:13,170  
都耗散掉了  
  
1420  
00:58:13,410 --> 00:58:15,960  
那么活跃岩上吃的也太多对吧  
  
1421  
00:58:16,000 --> 00:58:16,960  
而且还不吃蔬菜  
  
1422  
00:58:17,520 --> 00:58:18,600  
那么啥都排不下去  
  
1423  
00:58:18,920 --> 00:58:19,720  
那最后堵了  
  
1424  
00:58:20,920 --> 00:58:21,200  
呃  
  
1425  
00:58:22,730 --> 00:58:24,330  
我家有一位亲属啊  
  
1426  
00:58:24,450 --> 00:58:25,850  
家小孩就是这毛病  
  
1427  
00:58:26,450 --> 00:58:26,690  
呃  
  
1428  
00:58:27,090 --> 00:58:31,030  
一开始我呀劝他，我说你这个别手术了啊  
  
1429  
00:58:31,070 --> 00:58:33,590  
但是我们家是一个西医家庭啊  
  
1430  
00:58:33,590 --> 00:58:34,790  
我们家是一个西医家庭  
  
1431  
00:58:35,320 --> 00:58:35,520  
呃  
  
1432  
00:58:35,560 --> 00:58:38,400  
之后人家那那一开始觉得手术来得快，对吧  
  
1433  
00:58:38,400 --> 00:58:39,760  
嘎了一刀，遭了点罪  
  
1434  
00:58:40,320 --> 00:58:41,880  
哎，手术非常成功  
  
1435  
00:58:42,320 --> 00:58:44,480  
没过多久又犯了，复发了  
  
1436  
00:58:44,480 --> 00:58:45,680  
复发了之后呢，咋办啊  
  
1437  
00:58:45,680 --> 00:58:46,600  
找找我吧  
  
1438  
00:58:47,000 --> 00:58:48,000  
找中医，哎  
  
1439  
00:58:48,040 --> 00:58:49,520  
开点小药治好了好了  
  
1440  
00:58:49,520 --> 00:58:51,760  
到现在都没犯特别好啊  
  
1441  
00:58:51,760 --> 00:58:53,200  
而且病都得的很少  
  
1442  
00:58:53,820 --> 00:58:56,820  
咱们说这个很多问题其实可以从根本上去解决它  
  
1443  
00:58:58,760 --> 00:59:02,120  
呃，那么后头这块伏兽人扰其痛  
  
1444  
00:59:06,710 --> 00:59:08,910  
必有风冷骨气不行而返下肢  
  
1445  
00:59:09,310 --> 00:59:10,950  
那么这个就是误用了一个下法  
  
1446  
00:59:12,450 --> 00:59:13,090  
气必冲  
  
1447  
00:59:13,210 --> 00:59:14,890  
不冲者，心下则痞  
  
1448  
00:59:15,610 --> 00:59:18,290  
那么这块在伤寒论中我们很熟啊  
  
1449  
00:59:18,370 --> 00:59:18,570  
不  
  
1450  
00:59:18,730 --> 00:59:22,180  
不少时候我们误用下法之后，气就上冲  
  
1451  
00:59:22,660 --> 00:59:23,540  
上冲之后啊  
  
1452  
00:59:23,580 --> 00:59:25,020  
如果打一比方啊  
  
1453  
00:59:25,450 --> 00:59:29,490  
咱们说，如果病发于阳反下肢热入阴作结胸  
  
1454  
00:59:29,490 --> 00:59:29,810  
对吧  
  
1455  
00:59:30,330 --> 00:59:33,360  
发于阴反下肢，阴作脾啊  
  
1456  
00:59:34,200 --> 00:59:37,400  
那么所以从所以成劫凶者，以下之太早故也  
  
1457  
00:59:37,640 --> 00:59:38,560  
那么脾是啥  
  
1458  
00:59:38,560 --> 00:59:42,990  
不就是上上的气和往下攻下的气，他俩顶一块了吗  
  
1459  
00:59:43,390 --> 00:59:44,190  
顶在了中焦  
  
1460  
00:59:44,510 --> 00:59:46,630  
那么这个也是傅满发生的一个病机  
  
1461  
00:59:47,110 --> 00:59:48,510  
因此说伤寒金贵  
  
1462  
00:59:48,510 --> 00:59:49,910  
我有的时候有一种感慨啊  
  
1463  
00:59:50,600 --> 00:59:52,560  
其实你单纯把哪一样  
  
1464  
00:59:52,560 --> 00:59:54,000  
你认为我金匮学得好  
  
1465  
00:59:54,600 --> 00:59:55,920  
或者你认为我伤寒学得好  
  
1466  
00:59:55,920 --> 00:59:56,960  
我认为都不够  
  
1467  
00:59:57,760 --> 01:00:00,840  
你得把这俩呀都得好  
  
1468  
01:00:00,880 --> 01:00:02,160  
而且还得穿起来  
  
1469  
01:00:02,400 --> 01:00:03,400  
还得能连上  
  
1470  
01:00:03,760 --> 01:00:06,620  
最后发现，气脉与官窍  
  
1471  
01:00:07,460 --> 01:00:08,740  
实则一体之两面  
  
1472  
01:00:09,900 --> 01:00:13,020  
伤寒与金匮何尝分为两数  
  
1473  
01:00:14,480 --> 01:00:18,880  
那个时候才能妙法圆融，圆机活法好  
  
1474  
01:00:19,040 --> 01:00:20,560  
我们先下课休息