1  
00:00:02,980 --> 00:00:05,420  
好嘞，各位同学们啊  
  
2  
00:00:05,420 --> 00:00:06,620  
我们继续上课  
  
3  
00:00:07,420 --> 00:00:10,990  
刚才呢跟大伙聊了聊，湿啊  
  
4  
00:00:11,270 --> 00:00:13,190  
湿之为邪以及湿痹呢  
  
5  
00:00:13,190 --> 00:00:15,270  
它相应的这个生理病理特点啊  
  
6  
00:00:15,710 --> 00:00:16,510  
简单说了说  
  
7  
00:00:17,710 --> 00:00:20,500  
呃，它的制法啊  
  
8  
00:00:20,860 --> 00:00:24,500  
那么在这里头后头呢就有了不同的分别  
  
9  
00:00:25,060 --> 00:00:29,580  
比如麻黄类方的，麻黄加猪麻性乙肝啊  
  
10  
00:00:30,180 --> 00:00:33,340  
以及呢有类啊  
  
11  
00:00:33,500 --> 00:00:36,140  
类于桂枝类证的这个表虚的房脊黄芪  
  
12  
00:00:36,700 --> 00:00:39,300  
以及桂枝附子类方啊等等  
  
13  
00:00:40,260 --> 00:00:40,700  
额  
  
14  
00:00:40,940 --> 00:00:43,500  
咱们首先看看这个麻黄的类方  
  
15  
00:00:44,640 --> 00:00:46,000  
说这么一事，儿第20条  
  
16  
00:00:46,960 --> 00:00:49,200  
施家申樊腾  
  
17  
00:00:53,660 --> 00:00:54,980  
麻黄加猪汤  
  
18  
00:01:05,300 --> 00:01:08,620  
他就说了这么一个核心问题  
  
19  
00:01:10,190 --> 00:01:10,830  
啥问题呢  
  
20  
00:01:11,710 --> 00:01:17,580  
施加深俩字儿啊  
  
21  
00:01:22,700 --> 00:01:23,140  
樊腾  
  
22  
00:01:24,500 --> 00:01:26,580  
咱们刚才其实说过了  
  
23  
00:01:26,580 --> 00:01:30,230  
这个湿邪呢，本身就是使人腾烦对吧  
  
24  
00:01:30,910 --> 00:01:33,230  
身腾而返，除非阳气闭阻  
  
25  
00:01:33,350 --> 00:01:34,950  
这个不用过多的赘述  
  
26  
00:01:36,470 --> 00:01:36,670  
呃  
  
27  
00:01:37,070 --> 00:01:39,790  
但是在这我要说说我的个人经验啊  
  
28  
00:01:40,350 --> 00:01:43,470  
这个所谓的腾凡，我在临床的时候咋看啊  
  
29  
00:01:44,270 --> 00:01:44,550  
呃  
  
30  
00:01:45,300 --> 00:01:47,580  
你说腾凡吧，不是特别形象  
  
31  
00:01:47,860 --> 00:01:50,810  
因为今天临床上患者没有说这个  
  
32  
00:01:51,090 --> 00:01:54,610  
就用腾烦两个字来跟你描述的，有说疼痛对吧  
  
33  
00:01:55,250 --> 00:02:00,170  
但这个最最有麻黄加术汤特征的临床特征  
  
34  
00:02:00,890 --> 00:02:03,540  
我个人的经验啊  
  
35  
00:02:03,900 --> 00:02:05,060  
一家之之言  
  
36  
00:02:06,630 --> 00:02:09,430  
说你你，你们这个大家能知道吧  
  
37  
00:02:14,880 --> 00:02:17,040  
肌肉筋骨酸，哎  
  
38  
00:02:17,040 --> 00:02:19,160  
这个是在临床中比较常见的  
  
39  
00:02:19,420 --> 00:02:19,980  
那酸呢  
  
40  
00:02:19,980 --> 00:02:21,300  
本身是五味之一啊  
  
41  
00:02:21,300 --> 00:02:23,820  
但是我们中国人，中国人很伟大啊  
  
42  
00:02:24,220 --> 00:02:26,620  
用形容味道的东西来形容体感  
  
43  
00:02:27,100 --> 00:02:27,780  
那什么是酸  
  
44  
00:02:27,780 --> 00:02:28,980  
我一说大家都知道  
  
45  
00:02:28,980 --> 00:02:31,660  
是不是就肌肉酸痛啊  
  
46  
00:02:33,480 --> 00:02:36,520  
腾，凡可与麻黄加猪汤发其汗为宜  
  
47  
00:02:36,680 --> 00:02:38,720  
肾不可以火攻之  
  
48  
00:02:39,320 --> 00:02:40,280  
为啥不可以火攻之  
  
49  
00:02:40,280 --> 00:02:41,000  
原因很简单  
  
50  
00:02:41,500 --> 00:02:43,980  
火气外扩则容易造成啥呀  
  
51  
00:02:44,820 --> 00:02:48,700  
是这个，这个热就与湿气相团  
  
52  
00:02:49,300 --> 00:02:50,660  
最后搞成湿热了  
  
53  
00:02:50,940 --> 00:02:53,940  
湿热那么湿必于外啊  
  
54  
00:02:54,960 --> 00:02:56,760  
我们说胆为中清之福吧  
  
55  
00:02:57,120 --> 00:02:58,560  
就刚才讲的那个发黄的事  
  
56  
00:02:58,560 --> 00:03:00,440  
是不是胆为中清之腹  
  
57  
00:03:00,440 --> 00:03:02,160  
它主主主这个疏泄  
  
58  
00:03:02,690 --> 00:03:04,050  
那么胆汁不得疏泄  
  
59  
00:03:04,250 --> 00:03:06,010  
你整个湿和热闭于内  
  
60  
00:03:06,320 --> 00:03:08,240  
则胆气外溢，就容易发黄  
  
61  
00:03:08,600 --> 00:03:13,280  
我们看伤寒论和金匮要略有很多黄病，都是湿瘀之后  
  
62  
00:03:13,280 --> 00:03:14,840  
尤其是湿和热相相解  
  
63  
00:03:15,440 --> 00:03:18,320  
那么最后造成了人的这个湿气泛溢  
  
64  
00:03:18,320 --> 00:03:20,630  
最后反而造成发黄啊  
  
65  
00:03:20,670 --> 00:03:22,470  
深黄如橘子色啊  
  
66  
00:03:22,470 --> 00:03:23,990  
就是就会出现这种问题  
  
67  
00:03:23,990 --> 00:03:24,470  
洋黄  
  
68  
00:03:27,020 --> 00:03:30,540  
这是告诉我们一个质检额，这个方呢  
  
69  
00:03:31,330 --> 00:03:32,010  
非常简单  
  
70  
00:03:32,130 --> 00:03:35,930  
称之为麻黄加猪汤，它的主体结构  
  
71  
00:03:38,720 --> 00:03:42,080  
两部分，一部分是麻黄汤  
  
72  
00:03:44,600 --> 00:03:47,400  
还有一部分呢，白猪  
  
73  
00:03:49,150 --> 00:03:49,870  
简单至极  
  
74  
00:03:50,430 --> 00:03:53,790  
他的临正眼目就是樊腾患者  
  
75  
00:03:53,790 --> 00:03:54,430  
有可能呢  
  
76  
00:03:54,590 --> 00:03:57,840  
他会跟你描述说我坐立不安，浑身啊  
  
77  
00:03:58,040 --> 00:03:59,880  
就是那个烦，不是他说的  
  
78  
00:03:59,880 --> 00:04:00,960  
是他表现出来的  
  
79  
00:04:01,280 --> 00:04:04,750  
有的时候你看患者一来坐在这很平和啊  
  
80  
00:04:04,750 --> 00:04:05,030  
大夫  
  
81  
00:04:05,030 --> 00:04:06,410  
您好，对吧  
  
82  
00:04:06,530 --> 00:04:07,010  
很平和  
  
83  
00:04:07,210 --> 00:04:10,490  
但有的患者坐在这这就需要悟性了  
  
84  
00:04:11,050 --> 00:04:13,810  
你感觉他鼻子不不是鼻子脸不是脸对吧  
  
85  
00:04:14,400 --> 00:04:16,600  
他心情很躁动  
  
86  
00:04:17,040 --> 00:04:19,500  
不是他本人就这样  
  
87  
00:04:20,019 --> 00:04:20,899  
而是她难受  
  
88  
00:04:22,019 --> 00:04:24,420  
这个就是我们临床中你灵活一点  
  
89  
00:04:24,420 --> 00:04:26,700  
它难受，它不舒服为啥不舒服  
  
90  
00:04:26,700 --> 00:04:28,540  
因为疼啊，你疼你也难受是吧  
  
91  
00:04:28,960 --> 00:04:29,240  
哎  
  
92  
00:04:29,360 --> 00:04:30,480  
翻腾，呃  
  
93  
00:04:30,800 --> 00:04:34,040  
甚至是我们说由微而聚啊  
  
94  
00:04:34,080 --> 00:04:35,320  
它在比较轻的时候  
  
95  
00:04:35,320 --> 00:04:40,180  
它是一个以酸痛为体现的主要的一个一个眼目  
  
96  
00:04:40,180 --> 00:04:40,700  
这是这  
  
97  
00:04:40,700 --> 00:04:42,340  
当然这也是我的我自己的观察  
  
98  
00:04:42,860 --> 00:04:46,840  
那么它的用方麻黄加术汤这两部分啊  
  
99  
00:04:47,400 --> 00:04:48,320  
一部分是麻黄汤  
  
100  
00:04:48,320 --> 00:04:49,800  
一个是白猪麻黄汤  
  
101  
00:04:49,880 --> 00:04:50,800  
咱们当然都知道  
  
102  
00:04:50,880 --> 00:04:53,120  
熟悉的都不得了，对吧  
  
103  
00:04:53,720 --> 00:04:54,480  
以麻黄为主  
  
104  
00:04:55,600 --> 00:04:56,160  
麻桂呢  
  
105  
00:04:56,160 --> 00:04:57,880  
以发汗杏仁儿呢  
  
106  
00:04:58,560 --> 00:05:01,000  
以制约麻黄的剧烈之性啊  
  
107  
00:05:01,000 --> 00:05:02,660  
同时开肺窍啊  
  
108  
00:05:02,700 --> 00:05:04,500  
以肃降甘草呢  
  
109  
00:05:04,500 --> 00:05:08,020  
居于中以和缓之，非常经典的一个组合  
  
110  
00:05:08,540 --> 00:05:08,740  
呃  
  
111  
00:05:08,860 --> 00:05:11,380  
由它而变化而来的方子也特别多  
  
112  
00:05:11,380 --> 00:05:12,700  
你比如麻杏石甘，对吧  
  
113  
00:05:13,180 --> 00:05:14,180  
哎，那么等等啊  
  
114  
00:05:14,580 --> 00:05:15,220  
特别多  
  
115  
00:05:17,040 --> 00:05:17,920  
一个经典组合  
  
116  
00:05:19,000 --> 00:05:20,640  
但是在这呢  
  
117  
00:05:20,680 --> 00:05:24,280  
就加上了一个药麻黄是主表的吧  
  
118  
00:05:27,360 --> 00:05:28,400  
加上一个啥药呢  
  
119  
00:05:28,480 --> 00:05:30,040  
加上白术，呃  
  
120  
00:05:30,640 --> 00:05:31,320  
白猪啊  
  
121  
00:05:31,320 --> 00:05:33,200  
咱们都知道他他是干嘛的呀  
  
122  
00:05:34,650 --> 00:05:35,690  
能煮谁啊  
  
123  
00:05:36,770 --> 00:05:38,130  
能主脾胃  
  
124  
00:05:38,170 --> 00:05:40,370  
白术煮土，它能补益脾气  
  
125  
00:05:41,210 --> 00:05:41,650  
所以呢  
  
126  
00:05:41,650 --> 00:05:43,930  
相对来说，相对于麻黄汤来说啊  
  
127  
00:05:44,630 --> 00:05:45,430  
他是猪笔吗  
  
128  
00:05:45,950 --> 00:05:47,630  
我为啥说相对来说呢  
  
129  
00:05:48,270 --> 00:05:49,470  
在这要解释一下  
  
130  
00:05:49,870 --> 00:05:51,350  
其实白猪也可以发汗  
  
131  
00:05:52,520 --> 00:05:53,480  
白术也可以防癌  
  
132  
00:05:53,480 --> 00:05:57,760  
咱们知道白术在古代的时候分两种  
  
133  
00:06:00,220 --> 00:06:01,740  
白猪和苍竹对吧  
  
134  
00:06:02,380 --> 00:06:05,040  
白猪质地比较细腻啊  
  
135  
00:06:05,160 --> 00:06:07,880  
苍竹呢，相对来说就是香气就特别重  
  
136  
00:06:07,920 --> 00:06:10,240  
你看啊，你看实物你就知道了  
  
137  
00:06:10,600 --> 00:06:12,720  
在六朝以前的时候  
  
138  
00:06:13,820 --> 00:06:15,900  
在古文献之中，苍白二株  
  
139  
00:06:16,340 --> 00:06:18,140  
多数的时候是不分啊  
  
140  
00:06:18,140 --> 00:06:19,300  
就这都都算啊  
  
141  
00:06:19,300 --> 00:06:22,020  
都算本经里头说的更简单啊  
  
142  
00:06:22,140 --> 00:06:26,040  
诸味苦温主风寒湿痹死肌  
  
143  
00:06:26,040 --> 00:06:29,040  
净胆止汗除热消食缩减耳，啥意思  
  
144  
00:06:29,040 --> 00:06:33,720  
你看北京一说白猪古人没说白猪主这个脾虚对吧  
  
145  
00:06:34,040 --> 00:06:36,320  
他上来之后告诉你什么风寒湿痹  
  
146  
00:06:37,330 --> 00:06:38,810  
那咋治封还是弊啊  
  
147  
00:06:40,990 --> 00:06:41,550  
发汗嘛  
  
148  
00:06:42,230 --> 00:06:45,710  
所以在临床中经过我们的临床应用啊  
  
149  
00:06:45,710 --> 00:06:47,990  
你最后发现一个事是比较细腻的  
  
150  
00:06:47,990 --> 00:06:49,270  
白术偏于补益  
  
151  
00:06:49,990 --> 00:06:51,630  
偏于补脾健脾对吧  
  
152  
00:06:51,990 --> 00:06:52,910  
哎，健脾呢  
  
153  
00:06:53,110 --> 00:06:56,510  
那就能能主升降，能补脾的这个元气  
  
154  
00:06:56,850 --> 00:06:58,810  
而苍猪气味剧烈  
  
155  
00:06:59,050 --> 00:07:03,400  
它就能偏于什么发散偏于发汗啊  
  
156  
00:07:03,400 --> 00:07:04,680  
这是它的特点  
  
157  
00:07:04,960 --> 00:07:08,770  
因此，虽然相对于马化腾来说他主里  
  
158  
00:07:09,210 --> 00:07:12,490  
但是他俩的方向和这股劲儿怎么样啊  
  
159  
00:07:13,610 --> 00:07:14,690  
都是朝一方  
  
160  
00:07:14,730 --> 00:07:18,380  
都是能够散这个风湿之邪的  
  
161  
00:07:18,820 --> 00:07:22,820  
只是他在散这个施家的这个湿邪的同时  
  
162  
00:07:23,500 --> 00:07:24,780  
一个主里，一个主外  
  
163  
00:07:25,890 --> 00:07:26,850  
一个处理，一个除外  
  
164  
00:07:27,290 --> 00:07:27,570  
呃  
  
165  
00:07:28,810 --> 00:07:33,250  
艾灸，那当然在临床中其实还有一个临床中应用的技巧  
  
166  
00:07:33,690 --> 00:07:36,010  
它能主风寒湿痹啊  
  
167  
00:07:36,740 --> 00:07:37,540  
那么这个呢  
  
168  
00:07:37,900 --> 00:07:38,100  
呃  
  
169  
00:07:38,140 --> 00:07:43,220  
我们说还是还还原到这个完散高端的这个层面啊  
  
170  
00:07:43,420 --> 00:07:44,340  
晚散高端层面  
  
171  
00:07:44,820 --> 00:07:45,100  
呃  
  
172  
00:07:45,960 --> 00:07:48,720  
过去，那么我们也常以白猪呢  
  
173  
00:07:49,280 --> 00:07:53,300  
直接这个熬成膏药啊  
  
174  
00:07:53,660 --> 00:07:56,240  
你比如说贴到这个哪儿啊  
  
175  
00:07:56,520 --> 00:07:57,320  
专治跌打  
  
176  
00:07:57,800 --> 00:07:59,840  
那你看似白术里头，他也没有活血  
  
177  
00:07:59,840 --> 00:08:00,720  
也没有强筋  
  
178  
00:08:01,470 --> 00:08:03,550  
他咋能好使呢，就是这个原因啊  
  
179  
00:08:03,950 --> 00:08:05,430  
就是这个原因主肌肉  
  
180  
00:08:05,430 --> 00:08:09,470  
而且它能到的地方是某些你活血之药到不了的  
  
181  
00:08:10,080 --> 00:08:11,040  
因为它能煮鸡肉  
  
182  
00:08:11,720 --> 00:08:14,040  
它的原理刚才我已经跟大家都说清了  
  
183  
00:08:14,040 --> 00:08:16,320  
就是一个一个白猪  
  
184  
00:08:18,240 --> 00:08:20,280  
从这个主土是不是啊  
  
185  
00:08:21,120 --> 00:08:22,860  
哎土呢  
  
186  
00:08:23,500 --> 00:08:24,500  
这个旺于斯墨  
  
187  
00:08:24,860 --> 00:08:26,820  
而且还有一个特点，非常有意思  
  
188  
00:08:27,220 --> 00:08:27,860  
白猪呢  
  
189  
00:08:28,900 --> 00:08:29,580  
既然如土  
  
190  
00:08:31,330 --> 00:08:34,700  
按类型来说，中土合于哪啊  
  
191  
00:08:35,299 --> 00:08:37,140  
合于脊背是不是  
  
192  
00:08:38,020 --> 00:08:42,110  
所以你看附子汤里头被恶寒啊  
  
193  
00:08:42,150 --> 00:08:43,590  
附子汤里头他他后背啊  
  
194  
00:08:43,590 --> 00:08:44,950  
就是甲脊那个夹脊翘  
  
195  
00:08:45,590 --> 00:08:47,260  
那呃，甲几关啊  
  
196  
00:08:47,660 --> 00:08:48,460  
那一巴掌大  
  
197  
00:08:48,460 --> 00:08:51,730  
那么一个地方就那儿疼，你就得用附子汤  
  
198  
00:08:51,930 --> 00:08:53,130  
当然是寒湿的前提啊  
  
199  
00:08:53,530 --> 00:08:54,890  
如果是那个，呃  
  
200  
00:08:54,890 --> 00:08:57,210  
如果是内热的话，得用薄虎加参是吧  
  
201  
00:08:57,330 --> 00:08:58,410  
咱们都知道啊  
  
202  
00:08:58,900 --> 00:09:01,380  
那么为啥就管这个  
  
203  
00:09:01,580 --> 00:09:03,500  
而且干姜灵珠汤以后  
  
204  
00:09:03,500 --> 00:09:05,700  
我们讲到那个五脏风寒积聚  
  
205  
00:09:06,320 --> 00:09:08,320  
讲到肾浊的时候，它里头有用白术  
  
206  
00:09:08,400 --> 00:09:10,600  
白术就能治腰疼啊  
  
207  
00:09:11,760 --> 00:09:13,680  
筋骨疼痛  
  
208  
00:09:14,890 --> 00:09:15,690  
肌肉疼痛  
  
209  
00:09:15,770 --> 00:09:16,570  
跌打损伤  
  
210  
00:09:17,250 --> 00:09:19,690  
一个特别好的一个东西还能发汗啊  
  
211  
00:09:19,690 --> 00:09:23,570  
当然我们讲的就是我们通常认知之下，补脾胃以外的事  
  
212  
00:09:23,810 --> 00:09:24,890  
这些事他都能干  
  
213  
00:09:25,570 --> 00:09:26,490  
与此同时啊  
  
214  
00:09:26,490 --> 00:09:27,770  
我们介绍完白术这个药  
  
215  
00:09:28,290 --> 00:09:29,490  
他俩再合起来  
  
216  
00:09:31,230 --> 00:09:32,710  
一个主表，一个主里  
  
217  
00:09:33,590 --> 00:09:34,510  
那么他的力量  
  
218  
00:09:35,230 --> 00:09:36,950  
那你说最后合方之后  
  
219  
00:09:37,430 --> 00:09:38,830  
他是代表还是代理啊  
  
220  
00:09:40,250 --> 00:09:42,770  
你看它的剂量，麻糖剂量多大  
  
221  
00:09:46,120 --> 00:09:49,440  
每味药，那么这个麻黄是最大的三两是吧  
  
222  
00:09:49,920 --> 00:09:50,680  
那么底下呢  
  
223  
00:09:50,680 --> 00:09:54,180  
一般都是那个桂枝二呃，甘草一啊  
  
224  
00:09:54,180 --> 00:09:57,300  
这些都是一个常量白猪用多大量呢  
  
225  
00:09:58,010 --> 00:09:58,490  
四两  
  
226  
00:10:00,320 --> 00:10:02,480  
四两白珠，但是它只有一位啊  
  
227  
00:10:03,000 --> 00:10:05,800  
所以他就是在表里之间的时候  
  
228  
00:10:06,690 --> 00:10:08,410  
它相对来说比较平均  
  
229  
00:10:08,930 --> 00:10:09,410  
这样呢  
  
230  
00:10:09,410 --> 00:10:11,810  
发表的麻黄往外走  
  
231  
00:10:12,290 --> 00:10:13,850  
竹里的白猪往里走  
  
232  
00:10:14,290 --> 00:10:15,450  
里外一合  
  
233  
00:10:16,570 --> 00:10:18,770  
用我们古人的话说叫执两用中  
  
234  
00:10:19,920 --> 00:10:21,520  
直呼两端，用乎其中吧  
  
235  
00:10:21,880 --> 00:10:24,120  
最后他这个劲儿使在哪了呢  
  
236  
00:10:24,680 --> 00:10:25,480  
使在中间了  
  
237  
00:10:25,480 --> 00:10:26,240  
中间是哪  
  
238  
00:10:26,240 --> 00:10:30,450  
中间者土也，土者肌肉  
  
239  
00:10:34,620 --> 00:10:35,580  
哎，完事了  
  
240  
00:10:36,140 --> 00:10:38,300  
所以人身体哪儿最容易酸疼  
  
241  
00:10:39,380 --> 00:10:40,780  
不是筋不是骨头  
  
242  
00:10:40,780 --> 00:10:43,140  
这哪儿是肉肉，为啥酸疼  
  
243  
00:10:43,540 --> 00:10:45,980  
湿加治胃病合于什么  
  
244  
00:10:47,490 --> 00:10:48,050  
P图吧  
  
245  
00:10:49,850 --> 00:10:52,100  
一个闭环，这是一个闭环  
  
246  
00:10:52,500 --> 00:10:55,020  
所以说麻黄加猪汤的临证应用  
  
247  
00:10:55,020 --> 00:10:56,700  
他的眼目就是，你看到这人啊  
  
248  
00:10:56,700 --> 00:10:59,270  
浑身他酸疼，疼的都烦是吧  
  
249  
00:10:59,550 --> 00:11:01,030  
麻黄加术汤用，哎  
  
250  
00:11:01,110 --> 00:11:04,910  
微发汗徐徐发汗，把这周身的这个就给它去掉了  
  
251  
00:11:05,150 --> 00:11:05,910  
与此同时呢  
  
252  
00:11:05,910 --> 00:11:06,990  
我个人体会啊  
  
253  
00:11:07,350 --> 00:11:07,550  
呃  
  
254  
00:11:07,870 --> 00:11:09,270  
你们治过运动员没有  
  
255  
00:11:10,550 --> 00:11:12,830  
运动员，运动员的这个损伤  
  
256  
00:11:13,830 --> 00:11:15,190  
运动员在外头跑啊  
  
257  
00:11:15,860 --> 00:11:17,740  
运动过度的运动出汗，对吧  
  
258  
00:11:18,180 --> 00:11:19,380  
如果天气湿冷  
  
259  
00:11:19,660 --> 00:11:21,140  
有可能这个邪气就进来了  
  
260  
00:11:21,500 --> 00:11:25,320  
有可能这个时候他的身体的酸痛持续得不到缓解  
  
261  
00:11:25,600 --> 00:11:27,880  
我们说这个西药有一种药啊，叫布洛芬  
  
262  
00:11:28,560 --> 00:11:31,000  
布洛芬是不是能解解这个痉挛啊  
  
263  
00:11:31,400 --> 00:11:32,280  
能治疗疼痛啊  
  
264  
00:11:32,640 --> 00:11:33,560  
但是它有一个问题  
  
265  
00:11:33,560 --> 00:11:35,440  
它是中枢性的控制发汗吧  
  
266  
00:11:35,920 --> 00:11:37,720  
其实对身体还是有一定损伤的  
  
267  
00:11:37,920 --> 00:11:39,000  
那我们麻黄加术汤  
  
268  
00:11:39,480 --> 00:11:41,000  
如果开发成运动员的  
  
269  
00:11:41,280 --> 00:11:45,600  
缓解身体痉挛和酸痛的这种能量合剂  
  
270  
00:11:46,680 --> 00:11:48,320  
是不是非常好的一个思路啊  
  
271  
00:11:48,870 --> 00:11:50,190  
哎，别以为这是开玩笑  
  
272  
00:11:50,230 --> 00:11:56,300  
我在13年的时候曾经应我们那个省体育局的邀请啊  
  
273  
00:11:56,620 --> 00:11:59,380  
与这个老武术家何松吉先生联手  
  
274  
00:11:59,740 --> 00:12:02,470  
帮助咱们吉林省举重队啊  
  
275  
00:12:02,510 --> 00:12:03,510  
训练这个队员  
  
276  
00:12:03,750 --> 00:12:05,350  
当时我和何老师一起去的  
  
277  
00:12:05,550 --> 00:12:08,270  
何老师是教他们这个呼吸导引内功啊  
  
278  
00:12:08,270 --> 00:12:09,070  
教这个东西  
  
279  
00:12:09,390 --> 00:12:11,270  
呃，何老师今年都快80了  
  
280  
00:12:11,270 --> 00:12:12,190  
刚刚过了生日  
  
281  
00:12:12,590 --> 00:12:14,950  
呃，我呢是从中医的角度  
  
282  
00:12:15,600 --> 00:12:17,800  
呃，这个就是不叫开挂  
  
283  
00:12:18,000 --> 00:12:20,720  
因为中医中药里头它有类激素作用  
  
284  
00:12:20,720 --> 00:12:21,680  
但是它没有激素  
  
285  
00:12:22,570 --> 00:12:22,850  
哎呀  
  
286  
00:12:22,850 --> 00:12:24,010  
我告诉你，运动员啊  
  
287  
00:12:24,490 --> 00:12:28,050  
到最后的时候其实拼的就是科技和国力  
  
288  
00:12:29,020 --> 00:12:30,620  
然后拼的就是这个  
  
289  
00:12:31,180 --> 00:12:33,100  
那你以为国外他们不用吗  
  
290  
00:12:33,700 --> 00:12:34,500  
咱们不用寄宿  
  
291  
00:12:34,500 --> 00:12:35,820  
但我们什么办法都想  
  
292  
00:12:36,020 --> 00:12:40,260  
而且你记住吉林省举重队是我们国家举重队的那个  
  
293  
00:12:40,260 --> 00:12:41,930  
那个肱骨啊  
  
294  
00:12:41,970 --> 00:12:42,570  
核心啊  
  
295  
00:12:42,690 --> 00:12:45,660  
我们吉林省举重在在国家就是吉林省水平  
  
296  
00:12:45,660 --> 00:12:47,740  
就代表了我们国家奥运会水平，知道吗  
  
297  
00:12:47,980 --> 00:12:49,660  
他们都是要去参加里约奥运会的  
  
298  
00:12:49,660 --> 00:12:52,410  
当时结果这个我最后想了一个折  
  
299  
00:12:52,410 --> 00:12:53,450  
我说那个举重啊  
  
300  
00:12:53,770 --> 00:12:55,250  
我就不给你想别的办法了  
  
301  
00:12:55,250 --> 00:12:56,610  
我就用，诶  
  
302  
00:12:56,810 --> 00:12:59,690  
这个是不是涉及到那个泄密啊  
  
303  
00:12:59,690 --> 00:13:01,050  
那我就说一个思路吧啊  
  
304  
00:13:01,370 --> 00:13:05,510  
总之就是我们从脾胃的那个角度啊，去调  
  
305  
00:13:05,510 --> 00:13:06,750  
我说这个有个好处  
  
306  
00:13:06,750 --> 00:13:10,750  
就是不会增加运动员的那个心肺的负担  
  
307  
00:13:10,750 --> 00:13:12,590  
不会让他像激素那样很兴奋  
  
308  
00:13:12,990 --> 00:13:15,790  
又从我们后天脾胃的这个角度  
  
309  
00:13:16,430 --> 00:13:20,430  
去这个去调整了一个很很平衡的东西啊  
  
310  
00:13:20,630 --> 00:13:21,830  
所以我们今天这个录音吧  
  
311  
00:13:22,190 --> 00:13:23,830  
咱们不要广泛传播啊  
  
312  
00:13:24,140 --> 00:13:27,900  
就说我们这个，我觉得人应该分分里外啊  
  
313  
00:13:28,020 --> 00:13:29,500  
虽然医学是世界的  
  
314  
00:13:29,900 --> 00:13:31,580  
但是中医是中国的啊  
  
315  
00:13:32,070 --> 00:13:32,910  
明白这个道理吧  
  
316  
00:13:32,910 --> 00:13:34,270  
我觉得还是应该我  
  
317  
00:13:34,270 --> 00:13:37,470  
我我崇尚儒家这个由近及远的关系啊  
  
318  
00:13:37,770 --> 00:13:38,730  
呃，众生平等  
  
319  
00:13:38,730 --> 00:13:41,650  
但是由近及远，咱不能分不清里外拐啊  
  
320  
00:13:41,650 --> 00:13:44,610  
我们的将士那么辛苦，拼杀于国际之上  
  
321  
00:13:44,890 --> 00:13:46,940  
给我们国家夺金牌是吧  
  
322  
00:13:46,940 --> 00:13:48,220  
那这个东西，呃  
  
323  
00:13:48,580 --> 00:13:49,980  
但凡我们那个啥  
  
324  
00:13:49,980 --> 00:13:51,220  
不要不要出去瞎说  
  
325  
00:13:52,020 --> 00:13:53,860  
那么后来效果啊  
  
326  
00:13:53,860 --> 00:13:57,800  
那个教练给我打电话在奥运会上非常好啊  
  
327  
00:13:57,840 --> 00:14:00,160  
非常好，但是多方面努力的结果啊  
  
328  
00:14:00,160 --> 00:14:03,760  
咱就就就对我们中药这方面也有充予以了充分肯定  
  
329  
00:14:04,120 --> 00:14:05,960  
但这个呢你，你作为一个思考  
  
330  
00:14:06,440 --> 00:14:09,200  
那么运动之中的，比如说一些损伤  
  
331  
00:14:09,360 --> 00:14:13,830  
有的时候你就不要光想着去从活血的角度对吧  
  
332  
00:14:14,150 --> 00:14:15,310  
光想着从其他角度  
  
333  
00:14:15,310 --> 00:14:17,630  
那你说这个酸痛解决不了咋办  
  
334  
00:14:18,110 --> 00:14:20,870  
湿加湿加主脾是不是脾主肌肉  
  
335  
00:14:21,440 --> 00:14:25,600  
从肌肉这个层面那么可以突破很多疑难的问题啊  
  
336  
00:14:28,160 --> 00:14:29,800  
呃，他底下这块呢  
  
337  
00:14:29,800 --> 00:14:32,980  
有一个江西法，大家注意一下啊  
  
338  
00:14:33,300 --> 00:14:35,460  
那么麻黄依旧是先煎啊  
  
339  
00:14:35,460 --> 00:14:36,620  
这个我不再赘述了  
  
340  
00:14:36,620 --> 00:14:39,740  
咱们讲伤寒的时候反复给大家强调过  
  
341  
00:14:41,930 --> 00:14:45,170  
呃，那么这个张方呢  
  
342  
00:14:46,510 --> 00:14:49,710  
这个徐灵胎啊，对他的评价非常高  
  
343  
00:14:50,110 --> 00:14:52,670  
认为麻黄加术汤是治什么的呢  
  
344  
00:14:57,120 --> 00:15:05,980  
脾虚赶尸治专访脾炎的是正气  
  
345  
00:15:06,960 --> 00:15:08,040  
在内时期，对吧  
  
346  
00:15:08,880 --> 00:15:10,320  
失言的是外外协  
  
347  
00:15:11,230 --> 00:15:13,190  
一个是在内之正气  
  
348  
00:15:13,390 --> 00:15:15,070  
一个是在外之邪气啊  
  
349  
00:15:15,950 --> 00:15:19,380  
脾脾虚从这立论，师从外理论理论啊  
  
350  
00:15:19,610 --> 00:15:23,210  
那么因此血生胎这句话其实也可以作为我们这一张方  
  
351  
00:15:23,250 --> 00:15:25,890  
最后我们做一个总结，这张方干什么  
  
352  
00:15:26,170 --> 00:15:28,050  
脾虚感是脾当包含肌肉  
  
353  
00:15:28,830 --> 00:15:30,470  
包含胃肠，包含脾胃  
  
354  
00:15:31,110 --> 00:15:33,020  
湿包含了湿邪  
  
355  
00:15:33,020 --> 00:15:36,540  
也包含了外感，知风寒湿邪啊  
  
356  
00:15:36,540 --> 00:15:40,220  
我们可以这样去泛化的去把它去理解啊  
  
357  
00:15:40,580 --> 00:15:40,940  
咳  
  
358  
00:15:42,930 --> 00:15:49,170  
额下头这个方麻杏乙肝汤这个要讲的话里头东西多啊  
  
359  
00:15:49,290 --> 00:15:50,370  
这个非常有意思  
  
360  
00:15:51,460 --> 00:15:54,740  
呃，他首先还是描述了这个病啊  
  
361  
00:15:56,910 --> 00:15:58,510  
病者怎么了  
  
362  
00:16:00,190 --> 00:16:03,700  
一身筋痛，哎  
  
363  
00:16:03,740 --> 00:16:06,060  
麻杏这个简写啊  
  
364  
00:16:07,060 --> 00:16:08,060  
麻性与肝  
  
365  
00:16:13,520 --> 00:16:15,640  
呃，他这块就不是说身疼痛啊  
  
366  
00:16:15,640 --> 00:16:17,600  
不是说同烦它叫什么呢  
  
367  
00:16:17,600 --> 00:16:19,160  
叫一身尽疼啊  
  
368  
00:16:19,960 --> 00:16:21,800  
就是没有好地方了吧  
  
369  
00:16:23,980 --> 00:16:26,300  
比如我酸痛，我可能就是腿酸是吧  
  
370  
00:16:26,660 --> 00:16:27,420  
哎，腿酸  
  
371  
00:16:28,370 --> 00:16:28,570  
呃  
  
372  
00:16:28,730 --> 00:16:31,250  
这个叫一身劲疼，浑身都疼啊  
  
373  
00:16:31,330 --> 00:16:35,170  
没有地儿不疼的那啥东西，一身劲疼啊  
  
374  
00:16:36,120 --> 00:16:37,040  
那一定是湿邪  
  
375  
00:16:37,680 --> 00:16:40,480  
这个我们提前说一下，一定是湿邪  
  
376  
00:16:41,520 --> 00:16:42,560  
一身近藤之后  
  
377  
00:16:44,030 --> 00:16:45,150  
患者有发热啊  
  
378  
00:16:45,150 --> 00:16:46,550  
而且是什么热呢  
  
379  
00:16:48,350 --> 00:16:49,310  
发热有特点  
  
380  
00:16:55,500 --> 00:17:01,100  
日服锁剧  
  
381  
00:17:03,360 --> 00:17:04,760  
呃，这个日不索呀  
  
382  
00:17:05,440 --> 00:17:08,119  
其实呃，这个我们古人呢  
  
383  
00:17:08,240 --> 00:17:09,440  
用几个名词  
  
384  
00:17:09,520 --> 00:17:11,440  
你比如说这个人业，对吧  
  
385  
00:17:11,960 --> 00:17:14,119  
哎，就就就就就就就等等啊  
  
386  
00:17:14,200 --> 00:17:17,520  
鸡鸣来形容一天的那个时间  
  
387  
00:17:18,040 --> 00:17:21,270  
其中日播他说的就是下午  
  
388  
00:17:21,710 --> 00:17:24,030  
呃，其实他原本说的不是申时  
  
389  
00:17:24,550 --> 00:17:26,630  
但是大体上跟申时重合  
  
390  
00:17:27,430 --> 00:17:30,010  
呃，申时是什么时候呢  
  
391  
00:17:31,730 --> 00:17:34,760  
下午3~5点，对吧  
  
392  
00:17:35,170 --> 00:17:36,290  
因为我在临床观察  
  
393  
00:17:36,650 --> 00:17:38,850  
其实日波就临床中患者表现啊  
  
394  
00:17:39,130 --> 00:17:41,770  
他会跟申食其实会有一点点误差  
  
395  
00:17:42,130 --> 00:17:44,790  
尤其我们那个东北长春  
  
396  
00:17:45,030 --> 00:17:48,190  
我们比北京时间要早15分钟  
  
397  
00:17:48,780 --> 00:17:51,340  
就是我们要提前进来，那误差会更大  
  
398  
00:17:51,500 --> 00:17:54,020  
所以这个在临床中你就知道他想说什么  
  
399  
00:17:54,020 --> 00:17:57,750  
不要拘泥说这个我没在申时，我可能往填错了  
  
400  
00:17:58,070 --> 00:18:00,270  
然后他说这是不是不是，那不一定啊  
  
401  
00:18:00,940 --> 00:18:02,060  
大概是这个时候  
  
402  
00:18:02,820 --> 00:18:05,370  
呃，这个就叫风湿啊  
  
403  
00:18:05,410 --> 00:18:07,170  
这个就叫风湿那么  
  
404  
00:18:09,980 --> 00:18:12,140  
这是我们金贵说的风湿的  
  
405  
00:18:14,140 --> 00:18:17,740  
政治啊，你麻黄加术汤说的是世家对吧  
  
406  
00:18:18,020 --> 00:18:19,060  
那这个就说是风湿  
  
407  
00:18:19,060 --> 00:18:20,300  
他俩差一个啥呀  
  
408  
00:18:20,970 --> 00:18:23,050  
就差一个疯字是不是  
  
409  
00:18:23,690 --> 00:18:24,770  
哎，用了四个药  
  
410  
00:18:25,170 --> 00:18:28,890  
你看那个麻性乙肝大体上跟麻黄汤  
  
411  
00:18:29,790 --> 00:18:31,030  
你这就看出事来了吧  
  
412  
00:18:32,790 --> 00:18:34,510  
其实就是它的一个变法  
  
413  
00:18:35,690 --> 00:18:38,410  
有的人由于这个名字造成的原因啊  
  
414  
00:18:38,410 --> 00:18:40,810  
他会觉得麻麻加猪汤跟麻性乙肝  
  
415  
00:18:40,810 --> 00:18:43,850  
这是两方其实我认为就是一个方的俩变化  
  
416  
00:18:44,880 --> 00:18:46,600  
一个是加白猪往里去  
  
417  
00:18:47,040 --> 00:18:48,720  
内外适中，作用于肌肉  
  
418  
00:18:49,590 --> 00:18:51,430  
一个是什么，去掉谁了  
  
419  
00:18:52,710 --> 00:18:54,110  
去掉未知了加了谁  
  
420  
00:18:55,850 --> 00:18:58,130  
加了薏仁，而且薏仁多大量呢  
  
421  
00:19:00,050 --> 00:19:02,250  
看多大量半两  
  
422  
00:19:03,550 --> 00:19:04,550  
而且你仔细看啊  
  
423  
00:19:05,030 --> 00:19:06,790  
这个里头这个方子量很小  
  
424  
00:19:07,550 --> 00:19:07,750  
呃  
  
425  
00:19:07,990 --> 00:19:10,270  
麻黄半两，杏仁儿呢  
  
426  
00:19:10,270 --> 00:19:12,350  
才十个，非常轻是吧  
  
427  
00:19:12,830 --> 00:19:13,390  
非常轻  
  
428  
00:19:14,390 --> 00:19:14,670  
呃  
  
429  
00:19:15,600 --> 00:19:18,650  
他当然取这个徐徐发散之意  
  
430  
00:19:18,650 --> 00:19:19,490  
但是我们在临床上  
  
431  
00:19:19,490 --> 00:19:21,050  
艺人其实有很多种用法啊  
  
432  
00:19:21,890 --> 00:19:24,530  
一会我给大家具体地说，具体的讲  
  
433  
00:19:25,470 --> 00:19:27,790  
那么这块他有一个事儿  
  
434  
00:19:27,790 --> 00:19:29,870  
这个我，我有一个怀疑啊  
  
435  
00:19:30,570 --> 00:19:32,970  
呃，仲诗的元芳是不是这么用  
  
436  
00:19:33,330 --> 00:19:34,370  
他有没有受影响  
  
437  
00:19:34,370 --> 00:19:38,850  
因为这一段的它的用法像极了北宋时候  
  
438  
00:19:39,840 --> 00:19:41,040  
就是主散之法  
  
439  
00:19:41,320 --> 00:19:41,880  
啥意思呢  
  
440  
00:19:41,880 --> 00:19:42,320  
你看啊  
  
441  
00:19:43,000 --> 00:19:46,160  
他把这个方错啊  
  
442  
00:19:47,080 --> 00:19:48,320  
错，他这写的是上  
  
443  
00:19:48,440 --> 00:19:50,880  
其实按古人排版，应该是应该是右  
  
444  
00:19:50,920 --> 00:19:51,560  
对不对啊  
  
445  
00:19:51,970 --> 00:19:52,850  
右边是前文  
  
446  
00:19:53,210 --> 00:19:54,410  
咱们这是上边是前文  
  
447  
00:19:54,690 --> 00:19:57,410  
就这又是右也好，还是上也罢  
  
448  
00:19:57,410 --> 00:19:58,210  
说的是什么意思啊  
  
449  
00:19:58,210 --> 00:20:01,540  
就是之前这几味药搓成多大呢  
  
450  
00:20:01,780 --> 00:20:04,780  
如麻豆大这个就是在临床上我们今天还这么用  
  
451  
00:20:04,780 --> 00:20:07,060  
就打粗沫，打成粗末  
  
452  
00:20:07,300 --> 00:20:08,300  
打粗沫之后咋办  
  
453  
00:20:09,580 --> 00:20:10,340  
浮四钱  
  
454  
00:20:11,580 --> 00:20:15,540  
伏四钱额，就是按我们今天讲的就是四钱  
  
455  
00:20:15,620 --> 00:20:18,360  
大概就是15克左右呗，是不是啊  
  
456  
00:20:18,360 --> 00:20:21,120  
它不是完全3克三三点几对吧  
  
457  
00:20:21,240 --> 00:20:22,960  
大概就15克呃  
  
458  
00:20:23,480 --> 00:20:25,000  
一盏半的水，那一说斩  
  
459  
00:20:25,120 --> 00:20:26,040  
那不就是宋代吗  
  
460  
00:20:26,040 --> 00:20:26,360  
对吧  
  
461  
00:20:26,720 --> 00:20:28,840  
宋代的那个展啊，一盏半  
  
462  
00:20:28,840 --> 00:20:31,650  
关于这个事，我专门考就考证过  
  
463  
00:20:31,930 --> 00:20:36,630  
问过我们国内的那个北宋瓷器研究专家啊  
  
464  
00:20:36,630 --> 00:20:38,910  
就在当当时那个抗疫的时候  
  
465  
00:20:38,910 --> 00:20:41,990  
因为我研究一些古方研究水的那个折算的问题  
  
466  
00:20:42,150 --> 00:20:44,630  
我就专门考证过那个展示多大  
  
467  
00:20:45,640 --> 00:20:46,680  
呃，后来呢  
  
468  
00:20:47,320 --> 00:20:49,560  
就是他跟我讲过北宋的展和南宋的展  
  
469  
00:20:49,880 --> 00:20:51,680  
大概是是是是，有有多大  
  
470  
00:20:52,320 --> 00:20:53,640  
你们见过那个建盏吧  
  
471  
00:20:54,950 --> 00:20:58,070  
北宋的那个天幕，天天目釉的那个水滴展啊  
  
472  
00:20:58,590 --> 00:20:58,870  
呃  
  
473  
00:21:00,100 --> 00:21:01,260  
就这这个东西啊  
  
474  
00:21:02,100 --> 00:21:03,020  
大概就那么大  
  
475  
00:21:03,850 --> 00:21:04,810  
呃，煮到八分  
  
476  
00:21:05,090 --> 00:21:08,090  
把一盏水煮到一盏半的水，煮到八分那么大  
  
477  
00:21:08,490 --> 00:21:13,900  
所以这个用法我怀疑这一段有没有可能是北宋的  
  
478  
00:21:14,220 --> 00:21:16,220  
或者至少是呃  
  
479  
00:21:17,250 --> 00:21:19,250  
五代时期的有改动  
  
480  
00:21:19,570 --> 00:21:21,850  
所以这个我我我个人有点怀疑啊  
  
481  
00:21:22,240 --> 00:21:25,360  
因为在临床上我用麻性乙肝用的用量要更大一些啊  
  
482  
00:21:25,360 --> 00:21:26,600  
不是这不是这个量  
  
483  
00:21:27,410 --> 00:21:29,970  
那么这个总体上他的精神是什么  
  
484  
00:21:30,410 --> 00:21:31,170  
去掉桂枝  
  
485  
00:21:31,890 --> 00:21:35,450  
那么我们说桂枝正常是能逐风血的  
  
486  
00:21:37,050 --> 00:21:39,410  
正常来说桂枝是能逐风解的  
  
487  
00:21:39,530 --> 00:21:41,170  
但在这为啥不用桂枝呢  
  
488  
00:21:42,220 --> 00:21:46,300  
这是为什么我们说不固使汉初依旧先锋者一贵人上吗  
  
489  
00:21:46,780 --> 00:21:49,500  
那么桂枝我经常讲他能这个平肝风  
  
490  
00:21:49,580 --> 00:21:51,940  
是不是它能金能治木  
  
491  
00:21:51,980 --> 00:21:52,860  
咱们总这么说吧  
  
492  
00:21:52,860 --> 00:21:54,900  
它能平冲，为啥这就不平了呢  
  
493  
00:21:55,500 --> 00:21:57,500  
那是不是中医咱们自己自相矛盾啊  
  
494  
00:21:58,220 --> 00:22:00,460  
其实不是，这里头有事啊  
  
495  
00:22:00,460 --> 00:22:02,300  
这里头有事有啥事  
  
496  
00:22:02,740 --> 00:22:06,100  
我们说这个已经一身近藤之后啊  
  
497  
00:22:07,210 --> 00:22:09,810  
那么当我们身体可能局部有风险  
  
498  
00:22:10,570 --> 00:22:16,460  
我可以去调动这个阳气去把它发出去  
  
499  
00:22:17,460 --> 00:22:18,940  
但是一身进城的时候  
  
500  
00:22:18,940 --> 00:22:21,540  
说明湿气已经闭于周身  
  
501  
00:22:22,440 --> 00:22:25,280  
而且又有风邪为患去助他  
  
502  
00:22:26,410 --> 00:22:29,250  
呃，这就像如同两个国家之间的战略了  
  
503  
00:22:29,250 --> 00:22:30,370  
这个就很有意思了  
  
504  
00:22:30,770 --> 00:22:31,490  
打一个比方  
  
505  
00:22:31,930 --> 00:22:35,460  
就像是当年我们国共这个这个这个  
  
506  
00:22:35,700 --> 00:22:37,340  
当时这个解放战争是吧  
  
507  
00:22:37,820 --> 00:22:39,450  
解放战争，呃  
  
508  
00:22:39,850 --> 00:22:41,250  
当时很明确的呢  
  
509  
00:22:41,570 --> 00:22:45,690  
美帝国主义支持这个国民党反动派是吧  
  
510  
00:22:46,180 --> 00:22:48,740  
这个时候我们跟国民党反动派打  
  
511  
00:22:49,540 --> 00:22:51,180  
我们能不能双线开战啊  
  
512  
00:22:52,420 --> 00:22:54,860  
我们既跟国民党军队开战  
  
513  
00:22:54,860 --> 00:22:58,620  
同时你不是这边没事就有美国舰队过来巡逻吗  
  
514  
00:22:58,620 --> 00:23:00,620  
我这也放炮揍你行不行  
  
515  
00:23:02,940 --> 00:23:06,380  
貌似那么打就解放不了了，是这个道理吧  
  
516  
00:23:06,820 --> 00:23:08,620  
但是我们可以换一种思维方式  
  
517  
00:23:09,220 --> 00:23:12,860  
你美帝国主义，虽然你在支持他啊  
  
518  
00:23:13,460 --> 00:23:16,900  
但是呢，你可能有你某种政治诉求和和你的想法  
  
519  
00:23:17,140 --> 00:23:19,820  
但是你必须得有一个代言人吧  
  
520  
00:23:20,980 --> 00:23:22,660  
我把你的代言人解决掉  
  
521  
00:23:22,820 --> 00:23:24,140  
你在这儿就没有根儿了  
  
522  
00:23:24,530 --> 00:23:27,330  
也就是说我把你扎根这个东西把它拿掉  
  
523  
00:23:27,770 --> 00:23:30,650  
此谓之什么移精变气，偷天换日之法  
  
524  
00:23:31,270 --> 00:23:33,590  
这个就是方药之中的抽氧换瓜  
  
525  
00:23:34,520 --> 00:23:35,320  
是不是这个道理啊  
  
526  
00:23:35,520 --> 00:23:39,880  
我让你依存的这个土地最后没有了，那你也就没了吧  
  
527  
00:23:40,400 --> 00:23:41,760  
就像我们森林里  
  
528  
00:23:42,080 --> 00:23:45,680  
可能某一种植被之上有一种有一种动物  
  
529  
00:23:46,210 --> 00:23:47,490  
当然这个比方不恰当  
  
530  
00:23:47,770 --> 00:23:49,890  
我比如想把这种动物消灭掉  
  
531  
00:23:49,890 --> 00:23:50,730  
那你消灭不美  
  
532  
00:23:51,700 --> 00:23:52,820  
但我可以换一个思维  
  
533  
00:23:53,180 --> 00:23:53,860  
我抓不住你  
  
534  
00:23:53,860 --> 00:23:57,100  
我可以把这种植被都都拿掉，就这个特点  
  
535  
00:23:57,690 --> 00:24:00,250  
所以因此在这曲风不是主要矛盾  
  
536  
00:24:00,490 --> 00:24:03,770  
风者善行而数变，在这种周身都是湿气的时候  
  
537  
00:24:04,050 --> 00:24:07,940  
你这个时候去风，你的目的性会很难实现  
  
538  
00:24:08,140 --> 00:24:09,020  
因为它是变的  
  
539  
00:24:09,740 --> 00:24:10,620  
它不像桂枝糖  
  
540  
00:24:11,260 --> 00:24:12,500  
它非常明确，对吧  
  
541  
00:24:13,180 --> 00:24:13,940  
它是变的  
  
542  
00:24:14,300 --> 00:24:15,940  
但是湿气是不变的  
  
543  
00:24:16,340 --> 00:24:17,060  
一身进城  
  
544  
00:24:17,900 --> 00:24:21,660  
我把湿气给你拿掉，就等于风随失去  
  
545  
00:24:22,100 --> 00:24:23,060  
风湿就都没了  
  
546  
00:24:23,420 --> 00:24:25,060  
也就是说，打一个比方啊  
  
547  
00:24:25,440 --> 00:24:27,280  
我想干成什么事，儿特别难  
  
548  
00:24:28,000 --> 00:24:29,920  
它需要几个条件同时具备  
  
549  
00:24:30,640 --> 00:24:32,680  
但我想毁一个事儿，他特别容易  
  
550  
00:24:33,140 --> 00:24:36,020  
只需要拆掉它其中一个腿，就像一张桌子  
  
551  
00:24:36,540 --> 00:24:38,220  
就像这个我们用的三角支架  
  
552  
00:24:38,660 --> 00:24:39,580  
我想把你扶起来  
  
553  
00:24:39,580 --> 00:24:40,420  
我需要三个点  
  
554  
00:24:40,940 --> 00:24:42,060  
但我想把你撂倒  
  
555  
00:24:42,380 --> 00:24:43,980  
我只需要断他一个点  
  
556  
00:24:45,220 --> 00:24:47,120  
中国人的智慧，明白了吧  
  
557  
00:24:47,280 --> 00:24:49,080  
因此，我不理会你风怎么来  
  
558  
00:24:49,560 --> 00:24:50,960  
任他巨力来打我  
  
559  
00:24:51,160 --> 00:24:52,040  
我视而不见  
  
560  
00:24:52,440 --> 00:24:53,480  
你风怎么来无所谓  
  
561  
00:24:53,720 --> 00:24:54,720  
我就抓一条线  
  
562  
00:24:55,120 --> 00:24:57,160  
你是不是风和湿一起来的呀  
  
563  
00:24:57,480 --> 00:24:59,680  
我把你尸干掉就完事了  
  
564  
00:24:59,680 --> 00:25:02,040  
因此在这儿用了一个药  
  
565  
00:25:03,130 --> 00:25:03,890  
薏米仁  
  
566  
00:25:10,480 --> 00:25:11,400  
薏仁这个药呢  
  
567  
00:25:11,400 --> 00:25:12,280  
咱们可能那个  
  
568  
00:25:12,280 --> 00:25:15,240  
因为我们在座有农业专家，对农业很了解  
  
569  
00:25:15,680 --> 00:25:20,210  
那你就知道，种艺人的这个地一般得在啥地上田地  
  
570  
00:25:20,310 --> 00:25:20,510  
嗯  
  
571  
00:25:20,830 --> 00:25:21,670  
就这么跟你说  
  
572  
00:25:21,670 --> 00:25:24,350  
比如说你要种在那个水稻的这种地啊  
  
573  
00:25:24,350 --> 00:25:24,990  
包括黑土地  
  
574  
00:25:24,990 --> 00:25:26,830  
你绝对是糟践这地了  
  
575  
00:25:27,380 --> 00:25:27,860  
为什么  
  
576  
00:25:28,380 --> 00:25:29,940  
薏仁这东西你就撒吧  
  
577  
00:25:30,580 --> 00:25:33,620  
比如那种什么那个捡大的地方，对吧  
  
578  
00:25:34,060 --> 00:25:34,660  
包括一些  
  
579  
00:25:34,660 --> 00:25:36,980  
尤其是一些石头缝土，特别薄  
  
580  
00:25:37,060 --> 00:25:39,740  
山石喇子这些地方撒哪儿哪儿能活  
  
581  
00:25:40,500 --> 00:25:41,180  
说明一个问题  
  
582  
00:25:41,180 --> 00:25:42,340  
他生存之力极强  
  
583  
00:25:43,060 --> 00:25:44,260  
本身生机非常强  
  
584  
00:25:44,500 --> 00:25:46,340  
而且呢，这种地方啊  
  
585  
00:25:46,340 --> 00:25:47,060  
我们讲啊  
  
586  
00:25:47,580 --> 00:25:48,660  
在人身体之上  
  
587  
00:25:49,020 --> 00:25:54,020  
特别像四肢百骸关窍之中那种烧结之间  
  
588  
00:25:54,810 --> 00:25:58,890  
翘脉之间那种可够不着化不掉的诗  
  
589  
00:25:59,830 --> 00:26:01,350  
我们说诗是特别烦人的  
  
590  
00:26:01,350 --> 00:26:02,790  
一个血迹，无处不到  
  
591  
00:26:02,790 --> 00:26:03,310  
无处不走  
  
592  
00:26:03,670 --> 00:26:06,590  
但是这个艺人一撒有点土它就能长  
  
593  
00:26:07,120 --> 00:26:08,720  
有点诗它就能排啊  
  
594  
00:26:10,400 --> 00:26:11,680  
有点湿气它就能活  
  
595  
00:26:11,880 --> 00:26:15,240  
他就能化湿气为生气就能干这个事  
  
596  
00:26:15,720 --> 00:26:17,320  
把尸就给他利掉了，对吧  
  
597  
00:26:18,140 --> 00:26:19,900  
还没完还没完  
  
598  
00:26:20,340 --> 00:26:23,340  
为什么薏仁什么颜色的  
  
599  
00:26:25,260 --> 00:26:26,260  
你仔细看一下啊  
  
600  
00:26:26,500 --> 00:26:27,300  
艺人色白  
  
601  
00:26:28,420 --> 00:26:29,700  
色白，它就有一个特点  
  
602  
00:26:30,220 --> 00:26:32,260  
色白在五行之中合于什么  
  
603  
00:26:33,590 --> 00:26:36,810  
何玉金，金能干什么  
  
604  
00:26:36,810 --> 00:26:39,250  
金能平木，木者风也  
  
605  
00:26:39,770 --> 00:26:43,890  
所以一人既能利湿，又能够治风木  
  
606  
00:26:44,410 --> 00:26:45,290  
一举而多得  
  
607  
00:26:45,530 --> 00:26:46,930  
也就是好比国共抗战  
  
608  
00:26:47,370 --> 00:26:49,250  
我打的虽然是国民党反动派  
  
609  
00:26:50,210 --> 00:26:54,170  
但是我剑指美国，明白我的意思吧  
  
610  
00:26:54,170 --> 00:26:55,250  
就是美帝国主义啊  
  
611  
00:26:55,410 --> 00:26:56,330  
你指这个意思啊  
  
612  
00:26:56,730 --> 00:26:59,850  
打一个比方就是你这块我打的是他  
  
613  
00:27:00,370 --> 00:27:01,250  
但是看的是你  
  
614  
00:27:02,210 --> 00:27:03,130  
明白这意思了吧  
  
615  
00:27:03,960 --> 00:27:06,160  
用了一味药干了两件事  
  
616  
00:27:07,400 --> 00:27:08,760  
我不跟你正面冲突  
  
617  
00:27:09,160 --> 00:27:10,920  
但我针对他就是针对你  
  
618  
00:27:13,760 --> 00:27:15,040  
非常非常有意思  
  
619  
00:27:15,160 --> 00:27:16,440  
它这个用法非常有意思  
  
620  
00:27:16,640 --> 00:27:18,160  
而且还不会用桂枝  
  
621  
00:27:18,480 --> 00:27:19,480  
用了桂枝之后  
  
622  
00:27:20,460 --> 00:27:22,260  
湿和热就还是我刚才说的那事吧  
  
623  
00:27:22,740 --> 00:27:23,940  
湿热是不是就在一块了  
  
624  
00:27:24,340 --> 00:27:25,220  
给一口食  
  
625  
00:27:25,940 --> 00:27:28,230  
那湿热在一块之后，那你就行了  
  
626  
00:27:28,230 --> 00:27:30,110  
那那那湿热之邪又进来了  
  
627  
00:27:30,310 --> 00:27:31,510  
那你没把风驱走  
  
628  
00:27:31,750 --> 00:27:33,390  
你把湿和热又弄一块了  
  
629  
00:27:33,590 --> 00:27:36,630  
那最后就变成了风湿热，三气相反哈  
  
630  
00:27:36,750 --> 00:27:37,870  
那这个就麻烦了  
  
631  
00:27:37,990 --> 00:27:38,870  
所以我们中国人啊  
  
632  
00:27:38,870 --> 00:27:43,840  
有的时候你看他这个移形换位抽咬换卦的思维，非常有意思啊  
  
633  
00:27:44,160 --> 00:27:44,880  
非常有意思  
  
634  
00:27:47,240 --> 00:27:47,600  
呃  
  
635  
00:27:49,160 --> 00:27:50,880  
此病伤于汗，出当风  
  
636  
00:27:50,880 --> 00:27:52,480  
这是讲了这是一个倒装之法  
  
637  
00:27:52,880 --> 00:27:55,280  
讲了这个病的病源，那咋得的  
  
638  
00:27:55,440 --> 00:27:57,120  
就是出汗了之后吹风了  
  
639  
00:27:57,430 --> 00:27:59,550  
所以这个在临床上我们经常有啊  
  
640  
00:27:59,590 --> 00:28:02,550  
门诊上来了患者A1打脉，我告诉他  
  
641  
00:28:02,710 --> 00:28:03,950  
呃，上周还有一患者呢  
  
642  
00:28:03,950 --> 00:28:05,860  
我说你这个吹空调了  
  
643  
00:28:05,860 --> 00:28:07,340  
他说老师我家没空调  
  
644  
00:28:07,780 --> 00:28:09,860  
我说你这个虽然不是吹空调  
  
645  
00:28:10,370 --> 00:28:11,450  
呃，我跟他讲了  
  
646  
00:28:11,450 --> 00:28:13,250  
我说你大概就是两个礼拜之前啊  
  
647  
00:28:13,530 --> 00:28:16,090  
受了贼风后脖梗，你想去吧  
  
648  
00:28:16,440 --> 00:28:18,480  
一老太太，老太太说说对对  
  
649  
00:28:18,680 --> 00:28:19,640  
就是两周之前吧  
  
650  
00:28:19,640 --> 00:28:21,240  
有一天那个开窗户了是吧  
  
651  
00:28:21,240 --> 00:28:23,640  
说串堂风吹着了啊  
  
652  
00:28:24,520 --> 00:28:26,960  
那么这个叫什么叫汗出当风  
  
653  
00:28:26,960 --> 00:28:28,920  
你出了汗之后凑礼是开的  
  
654  
00:28:29,120 --> 00:28:32,400  
开了之后风气来了，就出这个东西啊  
  
655  
00:28:36,260 --> 00:28:37,620  
或久伤取冷啊  
  
656  
00:28:37,620 --> 00:28:38,660  
那么咱们这也就是说  
  
657  
00:28:38,820 --> 00:28:40,580  
不是冷不丁的风吹  
  
658  
00:28:40,880 --> 00:28:42,120  
就是机九之症  
  
659  
00:28:42,400 --> 00:28:44,000  
那么都会造成这个问题啊  
  
660  
00:28:44,080 --> 00:28:45,040  
都会造成这个问题  
  
661  
00:28:45,720 --> 00:28:46,000  
呃  
  
662  
00:28:46,520 --> 00:28:48,040  
可与麻杏薏甘汤  
  
663  
00:28:49,580 --> 00:28:53,860  
那么大体上啊，就是这么一个结构  
  
664  
00:28:54,300 --> 00:28:54,540  
呃  
  
665  
00:28:54,820 --> 00:28:58,660  
麻黄汤去掉了，虽能祛风  
  
666  
00:28:58,780 --> 00:29:03,060  
但孔其助热与湿气相构的这个桂枝啊  
  
667  
00:29:03,650 --> 00:29:05,770  
加上了既能屏风木  
  
668  
00:29:06,860 --> 00:29:11,850  
但实际上又是泄土吧，泄湿土的艺人  
  
669  
00:29:12,490 --> 00:29:12,690  
呃  
  
670  
00:29:12,730 --> 00:29:13,450  
这个病呢  
  
671  
00:29:13,890 --> 00:29:16,290  
在临床上，它的临床特征除了一身进程  
  
672  
00:29:16,290 --> 00:29:19,450  
它有一个非常鲜明的病猴特征  
  
673  
00:29:20,230 --> 00:29:21,910  
就是发热热乎所具  
  
674  
00:29:21,910 --> 00:29:23,190  
这个在临床真这样啊  
  
675  
00:29:23,190 --> 00:29:25,130  
我治这个病，临床真是这样  
  
676  
00:29:25,130 --> 00:29:26,770  
而且这种病人往往有意思啊  
  
677  
00:29:26,770 --> 00:29:29,610  
你看他的体质，他不一定是胖子  
  
678  
00:29:30,050 --> 00:29:33,210  
但是他的体质你会觉得他有点喧明白我的意思吗  
  
679  
00:29:33,370 --> 00:29:37,770  
就是胖胖的这样的病人一般都会有一点婴儿肥  
  
680  
00:29:40,240 --> 00:29:40,560  
呃  
  
681  
00:29:41,160 --> 00:29:44,970  
太胖的人我还没见见着就微胖，明白吧  
  
682  
00:29:45,130 --> 00:29:47,170  
就是有点潭水之象的那种体质  
  
683  
00:29:47,490 --> 00:29:48,410  
而且这样的人呢  
  
684  
00:29:48,410 --> 00:29:49,690  
从西医临床上讲  
  
685  
00:29:50,090 --> 00:29:52,870  
往往有的时候甲状腺还不好，啊这  
  
686  
00:29:52,870 --> 00:29:53,950  
这是我观察的  
  
687  
00:29:54,190 --> 00:29:55,590  
至于为什么，其实原理很简单  
  
688  
00:29:55,590 --> 00:29:58,550  
我不讲那个病于中那那那病机在中  
  
689  
00:29:58,760 --> 00:30:00,240  
那那个病位在上下嘛  
  
690  
00:30:00,240 --> 00:30:00,520  
对吧  
  
691  
00:30:00,720 --> 00:30:02,480  
他往往有的时候比如桥本氏诶  
  
692  
00:30:02,480 --> 00:30:04,640  
桥本氏甲状腺病的人特别容易见到  
  
693  
00:30:04,640 --> 00:30:06,870  
麻性乙肝糖症特别多啊  
  
694  
00:30:06,950 --> 00:30:09,510  
桥本桥本的，有的时候它会偏胖是不是  
  
695  
00:30:09,750 --> 00:30:09,910  
哎  
  
696  
00:30:09,910 --> 00:30:11,670  
就是湿土，它不能运化  
  
697  
00:30:12,270 --> 00:30:14,350  
呃，我在这不是讲西医啊  
  
698  
00:30:14,710 --> 00:30:16,510  
而是我也没学过西医  
  
699  
00:30:16,670 --> 00:30:17,830  
我西医是谁教的呢  
  
700  
00:30:17,830 --> 00:30:19,540  
是患者教的啊  
  
701  
00:30:19,540 --> 00:30:21,180  
患者没事就拿着报告单说  
  
702  
00:30:21,180 --> 00:30:21,940  
大夫你给我看看  
  
703  
00:30:21,940 --> 00:30:23,420  
我是这个病，我一看啊  
  
704  
00:30:23,420 --> 00:30:24,380  
这不就是脾虚吗  
  
705  
00:30:24,740 --> 00:30:26,050  
最后我就会了啊  
  
706  
00:30:26,250 --> 00:30:27,410  
在临床上再看这些患者  
  
707  
00:30:27,410 --> 00:30:28,250  
我说你查查这个吧  
  
708  
00:30:28,250 --> 00:30:32,900  
一查有，就我们这些中西医都是半路出家啊  
  
709  
00:30:32,900 --> 00:30:34,020  
都是跟患者学的  
  
710  
00:30:34,580 --> 00:30:35,740  
就是看多了啊  
  
711  
00:30:35,940 --> 00:30:37,020  
看多了没学过啊  
  
712  
00:30:37,060 --> 00:30:38,220  
没学过那么  
  
713  
00:30:38,220 --> 00:30:41,690  
这个用薏仁把它划掉  
  
714  
00:30:42,050 --> 00:30:44,690  
所以它就大概这么一个一个特征  
  
715  
00:30:45,270 --> 00:30:46,350  
而且与此同时呢  
  
716  
00:30:46,470 --> 00:30:47,550  
这个日普索啊  
  
717  
00:30:47,550 --> 00:30:49,470  
就是下午的申时3~5点  
  
718  
00:30:49,920 --> 00:30:52,040  
下午的我们今天讲到15~17点  
  
719  
00:30:52,040 --> 00:30:52,360  
对吧  
  
720  
00:30:52,640 --> 00:30:55,870  
这个时候不一定非要发热，它  
  
721  
00:30:56,030 --> 00:30:57,870  
我在这边见到更多的是什么样  
  
722  
00:30:58,150 --> 00:31:00,310  
到申时的时候他会难受  
  
723  
00:31:01,690 --> 00:31:02,650  
不一定是发热啊  
  
724  
00:31:02,850 --> 00:31:03,650  
有可能是疼  
  
725  
00:31:04,130 --> 00:31:06,180  
有可能是心烦，哎  
  
726  
00:31:06,180 --> 00:31:07,500  
有可能是呃  
  
727  
00:31:07,500 --> 00:31:11,260  
总之是坐立不安，或者是身体躁躁动  
  
728  
00:31:11,810 --> 00:31:12,850  
但是它会有反应  
  
729  
00:31:12,850 --> 00:31:17,050  
为什么我们讲一天之中，一天之后  
  
730  
00:31:17,050 --> 00:31:17,730  
你想想啊  
  
731  
00:31:18,050 --> 00:31:19,290  
早晨起来的时候  
  
732  
00:31:19,490 --> 00:31:22,210  
其实我们讲六经欲解时，它都是有道理的  
  
733  
00:31:23,370 --> 00:31:24,970  
少阳御结石从什么时候啊  
  
734  
00:31:27,720 --> 00:31:30,480  
从从寅至辰上是吧  
  
735  
00:31:30,720 --> 00:31:32,240  
寅卯辰三世啊  
  
736  
00:31:32,480 --> 00:31:33,800  
那为啥在那时候啊  
  
737  
00:31:34,310 --> 00:31:35,750  
因为太阳从顶上  
  
738  
00:31:35,990 --> 00:31:40,030  
你看我们古人都讲说太阳从地平线跳出来  
  
739  
00:31:40,470 --> 00:31:42,070  
我不知道你们看过日出没有啊  
  
740  
00:31:42,510 --> 00:31:44,510  
我看过他真是跳出来的  
  
741  
00:31:45,310 --> 00:31:47,870  
科学无法解释你，你看啊  
  
742  
00:31:47,870 --> 00:31:49,190  
当然科学能解释啊  
  
743  
00:31:49,310 --> 00:31:51,690  
就是说，就是从视觉上  
  
744  
00:31:52,150 --> 00:31:53,350  
你觉得这太不科学了  
  
745  
00:31:53,990 --> 00:31:56,350  
但这个象我们中中医讲象思维吧  
  
746  
00:31:56,630 --> 00:31:57,990  
就符合一阳之象  
  
747  
00:31:58,270 --> 00:32:01,950  
因为你知道邵阳是一阳，是不是这回事  
  
748  
00:32:01,950 --> 00:32:05,030  
儿阴阳者，生发那一下  
  
749  
00:32:05,790 --> 00:32:07,390  
就是就是邵阳啊  
  
750  
00:32:07,590 --> 00:32:09,310  
所以邵阳那那个时候你看他  
  
751  
00:32:10,070 --> 00:32:11,470  
他这个阳是不稳定的  
  
752  
00:32:11,870 --> 00:32:14,550  
它的寒和热不是一直寒或也不是一直热  
  
753  
00:32:14,630 --> 00:32:16,350  
不像阳明的那个热食症  
  
754  
00:32:16,550 --> 00:32:17,390  
也不是太阳的寒症  
  
755  
00:32:17,390 --> 00:32:19,340  
它是什么往来寒热啊  
  
756  
00:32:19,580 --> 00:32:21,060  
是不是像跳动这一下啊  
  
757  
00:32:21,220 --> 00:32:22,300  
它的热是跳动的  
  
758  
00:32:23,260 --> 00:32:26,080  
少阳往来寒热就跟太阳是一样的  
  
759  
00:32:26,240 --> 00:32:27,830  
所以道法自然  
  
760  
00:32:27,830 --> 00:32:28,870  
大自然教我们啊  
  
761  
00:32:28,950 --> 00:32:30,630  
大自然是我们的最好的老师  
  
762  
00:32:30,910 --> 00:32:32,750  
那么与此同仁，那与此同理  
  
763  
00:32:32,790 --> 00:32:33,990  
早晨起来是这样  
  
764  
00:32:34,030 --> 00:32:35,230  
那下午进去呢  
  
765  
00:32:36,480 --> 00:32:39,520  
下午是不是也是申时的时候它往下下呀  
  
766  
00:32:40,280 --> 00:32:41,840  
但是下的时候他下不去  
  
767  
00:32:42,320 --> 00:32:43,920  
他是不是憋得慌，他就难受啊  
  
768  
00:32:44,280 --> 00:32:48,720  
所以你看所有阳明病都是在下午的时候会加重啊  
  
769  
00:32:50,130 --> 00:32:52,050  
日播所聚全这样  
  
770  
00:32:52,330 --> 00:32:55,410  
因此这个里头我们讲它是它是可以互通的  
  
771  
00:32:56,540 --> 00:32:58,180  
在这赠送点大伙点事啊  
  
772  
00:32:58,180 --> 00:32:59,900  
因为那个讲到这呢  
  
773  
00:32:59,900 --> 00:33:01,940  
我们也也说说关乎临床的事  
  
774  
00:33:02,610 --> 00:33:04,330  
呃，薏仁这个药啊  
  
775  
00:33:04,330 --> 00:33:05,570  
本身在本经之中  
  
776  
00:33:05,610 --> 00:33:08,130  
咱们知道它的味甘微寒主什么呢  
  
777  
00:33:08,170 --> 00:33:10,290  
筋急拘挛，不可屈伸啊  
  
778  
00:33:12,010 --> 00:33:13,010  
风湿痹下气  
  
779  
00:33:13,540 --> 00:33:17,460  
本来他的原意本经之中没说不虚的事啊  
  
780  
00:33:17,940 --> 00:33:20,900  
荆棘拘挛不可屈伸是啥  
  
781  
00:33:20,940 --> 00:33:21,980  
不就是痹症吗  
  
782  
00:33:22,500 --> 00:33:22,700  
啊  
  
783  
00:33:22,780 --> 00:33:25,340  
风湿痹能够下气，下气是什么  
  
784  
00:33:25,460 --> 00:33:26,980  
不就是利湿吗  
  
785  
00:33:27,890 --> 00:33:30,370  
湿气走了则气机得下啊  
  
786  
00:33:30,410 --> 00:33:31,170  
讲的是这意思  
  
787  
00:33:31,410 --> 00:33:32,770  
但是他在临床之中呢  
  
788  
00:33:33,320 --> 00:33:36,000  
我说说我个人的一些体会啊  
  
789  
00:33:36,000 --> 00:33:37,200  
那么供大家参考  
  
790  
00:33:37,760 --> 00:33:40,320  
一般来说我为啥怀疑这个方  
  
791  
00:33:40,760 --> 00:33:41,000  
呃  
  
792  
00:33:41,000 --> 00:33:42,840  
有可能不是仲景元芳  
  
793  
00:33:42,840 --> 00:33:47,450  
有可能在那个那个五代或者是北宋的时候有改动  
  
794  
00:33:47,890 --> 00:33:49,050  
但但仅仅是怀疑啊  
  
795  
00:33:49,050 --> 00:33:50,930  
我说的他肯定不是真相  
  
796  
00:33:51,170 --> 00:33:52,530  
是我个人一家之言  
  
797  
00:33:53,080 --> 00:33:55,600  
薏仁儿用量其实太小  
  
798  
00:33:56,490 --> 00:33:57,290  
为啥那么说  
  
799  
00:33:57,890 --> 00:33:59,450  
有的时候你在临床上用薏仁  
  
800  
00:33:59,450 --> 00:34:01,290  
你说老师，我按这个用了半两  
  
801  
00:34:01,330 --> 00:34:02,690  
那汉代一两啊  
  
802  
00:34:02,690 --> 00:34:04,290  
比如你就卯大劲  
  
803  
00:34:04,580 --> 00:34:07,260  
按科老马王堆的那个金饼的那个  
  
804  
00:34:07,420 --> 00:34:09,620  
那个数据15.625克  
  
805  
00:34:10,170 --> 00:34:11,290  
当然这个数据不准啊  
  
806  
00:34:11,290 --> 00:34:14,650  
实际应该是大约13.8克，汉代一两  
  
807  
00:34:15,050 --> 00:34:17,290  
呃，那么你半两是多少啊  
  
808  
00:34:18,570 --> 00:34:22,380  
70、79太小了，能不能用绝对能用  
  
809  
00:34:22,659 --> 00:34:25,420  
但是呢，有很多我们在临床上  
  
810  
00:34:25,420 --> 00:34:28,620  
今天就是为啥有的时候我用药其实用的很糙啊  
  
811  
00:34:28,929 --> 00:34:30,010  
萝卜快了不洗泥  
  
812  
00:34:30,010 --> 00:34:32,690  
患者来了我有时候比他还着急啊  
  
813  
00:34:33,130 --> 00:34:35,330  
就一诊二诊就特别着急  
  
814  
00:34:35,770 --> 00:34:37,690  
那着急的时候你就得量得上来  
  
815  
00:34:38,449 --> 00:34:39,610  
那量不上来有时候不行  
  
816  
00:34:39,810 --> 00:34:41,810  
但是我始终认为啊  
  
817  
00:34:42,050 --> 00:34:43,409  
咱们得看到自己的不足  
  
818  
00:34:43,810 --> 00:34:44,010  
呃  
  
819  
00:34:44,130 --> 00:34:45,610  
有的时候你用大量治好  
  
820  
00:34:45,610 --> 00:34:47,090  
不是你制的，是药制的  
  
821  
00:34:47,550 --> 00:34:49,510  
我一直很敬佩一些高手啊  
  
822  
00:34:49,870 --> 00:34:52,630  
那么用小量的药你就能把他治好  
  
823  
00:34:52,989 --> 00:34:54,310  
那这是你治的  
  
824  
00:34:54,670 --> 00:34:56,190  
就用大量是钥匙的啊  
  
825  
00:34:56,469 --> 00:34:58,390  
是俩事，对吧  
  
826  
00:34:58,910 --> 00:34:59,190  
呃  
  
827  
00:35:00,500 --> 00:35:03,460  
那么这个，但是就有一些病你你绕不开  
  
828  
00:35:03,460 --> 00:35:04,420  
比如说肌肉酸痛  
  
829  
00:35:04,740 --> 00:35:06,260  
你发现你怎么用都不行  
  
830  
00:35:06,660 --> 00:35:07,700  
其实用量不够  
  
831  
00:35:08,940 --> 00:35:09,500  
你放心  
  
832  
00:35:09,820 --> 00:35:13,540  
一仁60克以上，你甚至你可以用到100克  
  
833  
00:35:14,060 --> 00:35:15,340  
那么治疗这个痹症的时候  
  
834  
00:35:15,340 --> 00:35:16,540  
它的效果是非常好的  
  
835  
00:35:16,540 --> 00:35:17,540  
就是肌肉酸痛  
  
836  
00:35:18,390 --> 00:35:20,430  
与此同时，薏仁还有一个作用  
  
837  
00:35:20,430 --> 00:35:23,110  
这个是一般人可能没有太重视的  
  
838  
00:35:23,430 --> 00:35:25,470  
薏仁还能去一些  
  
839  
00:35:26,360 --> 00:35:27,720  
呃，这个怎么形容呢  
  
840  
00:35:27,720 --> 00:35:30,480  
就是就是说一些不能叫恶肉啊  
  
841  
00:35:31,240 --> 00:35:34,120  
更准确的说是油，咱们知道这个东西吧  
  
842  
00:35:37,100 --> 00:35:39,060  
呃，比如说那个扁平疣啊  
  
843  
00:35:39,740 --> 00:35:42,700  
包括一些那个那个那个那个特殊的油体啊  
  
844  
00:35:42,940 --> 00:35:45,060  
一些那个特殊疾病的那个油体  
  
845  
00:35:45,640 --> 00:35:47,800  
用薏仁能让它由油体脱落  
  
846  
00:35:48,560 --> 00:35:50,040  
但是这个呃  
  
847  
00:35:50,640 --> 00:35:53,760  
包括一些一些那个那个息肉啊，也行  
  
848  
00:35:54,600 --> 00:35:57,200  
但是用量得到位，120以上  
  
849  
00:35:58,550 --> 00:35:59,710  
必须得120以上  
  
850  
00:36:00,230 --> 00:36:00,510  
呃  
  
851  
00:36:01,960 --> 00:36:02,480  
甚至啊  
  
852  
00:36:02,480 --> 00:36:03,680  
就是现在我们说那个  
  
853  
00:36:03,680 --> 00:36:05,480  
因为那个那个新冠病毒来了嘛  
  
854  
00:36:05,760 --> 00:36:10,160  
我们不得不看到有些疾病它跟某些病毒它是联系的啊  
  
855  
00:36:10,600 --> 00:36:12,760  
那么呃，大量啊  
  
856  
00:36:12,760 --> 00:36:15,040  
我们往上走可以一直用到300  
  
857  
00:36:15,690 --> 00:36:18,530  
我在临床上有的时候治疗一些那个妇科病啊  
  
858  
00:36:18,810 --> 00:36:23,420  
包括一些那个那个那个就是特殊的  
  
859  
00:36:23,420 --> 00:36:27,020  
跟湿邪，因为湿性粘滞有一些病毒啊  
  
860  
00:36:28,030 --> 00:36:32,070  
它为啥不好解除，是因为人体的体质造成的  
  
861  
00:36:32,070 --> 00:36:34,070  
你本身体质里都是湿气  
  
862  
00:36:34,640 --> 00:36:36,640  
你不给他开门，他怎么走啊  
  
863  
00:36:37,600 --> 00:36:38,720  
那怎么能让他走  
  
864  
00:36:39,190 --> 00:36:41,550  
把门打开，让它流通起来  
  
865  
00:36:41,950 --> 00:36:44,110  
这样的话，艺人你可以尽其性  
  
866  
00:36:44,760 --> 00:36:48,560  
你可以尽可能地发挥它的药力和作用  
  
867  
00:36:48,720 --> 00:36:50,560  
让它能够力量非常大  
  
868  
00:36:51,520 --> 00:36:54,880  
这是我们呃一些临证之中的一些心得啊  
  
869  
00:36:56,200 --> 00:36:56,440  
呃  
  
870  
00:36:58,160 --> 00:37:01,520  
那么这个呢，就是麻性乙肝汤啊  
  
871  
00:37:01,520 --> 00:37:02,760  
给大家都说完了  
  
872  
00:37:06,140 --> 00:37:09,580  
呃，后头还有一张方防己黄芪汤  
  
873  
00:37:10,580 --> 00:37:15,650  
防己黄芪跟这个麻黄两个方有所不同啊  
  
874  
00:37:16,290 --> 00:37:16,970  
为啥呢  
  
875  
00:37:19,170 --> 00:37:21,690  
前头麻杏乙肝汤也好  
  
876  
00:37:22,650 --> 00:37:25,930  
还是麻黄加猪汤也罢  
  
877  
00:37:27,330 --> 00:37:30,650  
二者呢，有一个共同点  
  
878  
00:37:31,730 --> 00:37:34,010  
都是麻黄剂，看见了吧  
  
879  
00:37:34,810 --> 00:37:37,010  
但是防己黄芪汤则不是啊  
  
880  
00:37:37,010 --> 00:37:39,330  
它这里头没有麻黄，不但没有麻黄  
  
881  
00:37:40,500 --> 00:37:41,540  
你看他的条文  
  
882  
00:37:49,300 --> 00:37:50,740  
他也是风湿是吧  
  
883  
00:37:57,620 --> 00:37:58,540  
他也是风湿  
  
884  
00:38:00,880 --> 00:38:03,760  
方体黄鸡汤最大的一个特征，它是浮脉  
  
885  
00:38:05,460 --> 00:38:07,660  
这个千万要记住啊  
  
886  
00:38:09,700 --> 00:38:12,600  
轻搭在皮肤上，它就来了啊  
  
887  
00:38:12,600 --> 00:38:13,520  
至于为啥是浮脉  
  
888  
00:38:13,520 --> 00:38:14,440  
一会我们细说啊  
  
889  
00:38:14,640 --> 00:38:18,920  
他这里头因为有有有这个失意于表的这个问题啊  
  
890  
00:38:20,050 --> 00:38:20,970  
不卖  
  
891  
00:38:21,890 --> 00:38:22,090  
额  
  
892  
00:38:22,930 --> 00:38:24,410  
那么同时呢  
  
893  
00:38:25,210 --> 00:38:26,650  
身重汗出恶风  
  
894  
00:38:29,000 --> 00:38:31,040  
慎重说的是啥呀  
  
895  
00:38:33,160 --> 00:38:33,600  
是  
  
896  
00:38:36,560 --> 00:38:38,120  
汉初误封  
  
897  
00:38:40,820 --> 00:38:41,460  
啥东西呢  
  
898  
00:38:42,140 --> 00:38:43,340  
表虚是吧  
  
899  
00:38:45,140 --> 00:38:45,340  
哎  
  
900  
00:38:45,580 --> 00:38:49,320  
表虚的事就完事了  
  
901  
00:38:49,680 --> 00:38:54,720  
所以防止黄鸡汤其实是一个表虚的风湿之症啊  
  
902  
00:38:54,720 --> 00:38:56,720  
可以这么去理解表虚的风湿之症  
  
903  
00:38:57,320 --> 00:38:57,600  
呃  
  
904  
00:38:58,620 --> 00:38:59,380  
他是个风湿  
  
905  
00:38:59,700 --> 00:39:01,100  
他的脉症呢，是浮脉  
  
906  
00:39:01,970 --> 00:39:06,090  
它的体感是汗出恶风的同时，什么叫深重  
  
907  
00:39:06,570 --> 00:39:08,900  
就是浑身沉得不得了啊  
  
908  
00:39:08,940 --> 00:39:12,700  
感觉很累很困，很酸很乏这种状态  
  
909  
00:39:12,700 --> 00:39:13,420  
为啥这样  
  
910  
00:39:13,420 --> 00:39:16,080  
因为有湿气就完事了啊  
  
911  
00:39:16,600 --> 00:39:17,120  
有湿气  
  
912  
00:39:18,480 --> 00:39:20,150  
用啥方，防己  
  
913  
00:39:20,190 --> 00:39:22,750  
黄芪，这里头我们就讲它是一个  
  
914  
00:39:23,190 --> 00:39:23,430  
呃  
  
915  
00:39:23,670 --> 00:39:25,790  
如果说麻黄加猪麻性乙肝是表示  
  
916  
00:39:26,280 --> 00:39:27,880  
那么呃，可以这么理解  
  
917  
00:39:28,040 --> 00:39:29,440  
房起黄芪就是表虚啊  
  
918  
00:39:29,720 --> 00:39:31,040  
黄黄酒，黄芪就是表虚  
  
919  
00:39:32,000 --> 00:39:32,320  
呃  
  
920  
00:39:34,020 --> 00:39:35,180  
这里头有这么几个事  
  
921  
00:39:35,940 --> 00:39:36,780  
首先呢  
  
922  
00:39:38,380 --> 00:39:40,780  
它这里头的核心，我从外往里讲啊  
  
923  
00:39:41,780 --> 00:39:43,540  
那就像是麻黄加猪汤  
  
924  
00:39:44,180 --> 00:39:45,620  
一个煮表一个煮里似的  
  
925  
00:39:45,620 --> 00:39:46,660  
可以这么理解吧  
  
926  
00:39:49,020 --> 00:39:53,960  
那么黄芪主表谁处理呢  
  
927  
00:39:55,800 --> 00:39:58,280  
白术，甘草  
  
928  
00:40:01,760 --> 00:40:02,400  
做助力  
  
929  
00:40:04,600 --> 00:40:06,800  
呃，实际上我们临床上用防止黄芪汤啊  
  
930  
00:40:06,800 --> 00:40:10,080  
他说深重深重不也是可以理解为湿湿就是水肿吗  
  
931  
00:40:10,520 --> 00:40:12,560  
我们也经常可以用防止黄芪汤治水肿  
  
932  
00:40:13,750 --> 00:40:16,830  
因为这个方呢，我在临床也是治肾炎啊  
  
933  
00:40:16,830 --> 00:40:19,470  
包括尿毒症啊，也可以作为一张主方啊  
  
934  
00:40:19,510 --> 00:40:22,100  
我们也也也经常会用到啊啊  
  
935  
00:40:22,100 --> 00:40:23,940  
时常门诊都会有，呃  
  
936  
00:40:24,100 --> 00:40:25,260  
但是他是某个阶段啊  
  
937  
00:40:25,260 --> 00:40:27,980  
这我可没说他一方包治肾病啊  
  
938  
00:40:28,220 --> 00:40:29,340  
从来没说这事啊  
  
939  
00:40:29,870 --> 00:40:30,070  
呃  
  
940  
00:40:30,310 --> 00:40:33,620  
正常，我们其实治病理想化的模式啊  
  
941  
00:40:33,620 --> 00:40:35,620  
是你可能有某一张处方你一直用  
  
942  
00:40:35,860 --> 00:40:38,820  
用了之后呢，患者不会出现若干变化  
  
943  
00:40:39,150 --> 00:40:40,950  
但这些变化你得会，你得认识  
  
944  
00:40:41,150 --> 00:40:43,350  
出现了你再用到不了这样  
  
945  
00:40:43,350 --> 00:40:45,290  
但是我得给你讲清楚啊  
  
946  
00:40:45,290 --> 00:40:48,210  
就像我们未来讲的那个呃痰饮的时候  
  
947  
00:40:48,210 --> 00:40:50,650  
那那你比如说那个那个皂荚丸是吧  
  
948  
00:40:50,810 --> 00:40:53,010  
皂荚丸我们临床上不用用不上  
  
949  
00:40:53,370 --> 00:40:54,970  
但是你得知道它是干啥的  
  
950  
00:40:55,480 --> 00:40:59,390  
因为现在呃，就是古人没有我们现在这些条件  
  
951  
00:40:59,590 --> 00:41:01,670  
但是出现了你也不能让他憋死了，是吧  
  
952  
00:41:02,070 --> 00:41:03,950  
那这个我们都会给你还原出来啊  
  
953  
00:41:03,950 --> 00:41:04,790  
他咋回事  
  
954  
00:41:05,250 --> 00:41:07,490  
呃，那这个也是尿毒症肾病  
  
955  
00:41:07,490 --> 00:41:12,810  
那你就发现了他当出现这种这个这个汗出恶风的状态  
  
956  
00:41:13,130 --> 00:41:14,640  
泥摸浮脉啊  
  
957  
00:41:14,640 --> 00:41:15,320  
肯定是浮脉  
  
958  
00:41:15,320 --> 00:41:16,000  
那时候肯定是浮脉  
  
959  
00:41:16,000 --> 00:41:18,280  
为什么蓄水了，水在身上蓄着啊  
  
960  
00:41:19,200 --> 00:41:21,480  
啊，一身劲重一定是这样的  
  
961  
00:41:22,230 --> 00:41:25,430  
那么黄芪则治其表虚  
  
962  
00:41:27,300 --> 00:41:27,820  
这样呢  
  
963  
00:41:28,220 --> 00:41:30,660  
他的那个汉初风的问题就没了  
  
964  
00:41:31,020 --> 00:41:33,500  
但是黄芪是凭啥治他表虚的  
  
965  
00:41:34,250 --> 00:41:35,970  
我们知其然还要知所以然吧  
  
966  
00:41:36,530 --> 00:41:38,930  
我们说黄芪这东西你把它剖开啊  
  
967  
00:41:39,330 --> 00:41:40,770  
长这样外头呢  
  
968  
00:41:40,770 --> 00:41:43,170  
一层皮这块轮廓里头有芯子  
  
969  
00:41:43,570 --> 00:41:47,730  
三层特别象征人的那个三焦的状态  
  
970  
00:41:48,770 --> 00:41:49,530  
三焦的状态  
  
971  
00:41:50,050 --> 00:41:52,770  
呃，你会发现一个非常微妙的事啊  
  
972  
00:41:54,000 --> 00:41:55,840  
在整部伤寒论中没有黄芪  
  
973  
00:41:57,760 --> 00:41:58,440  
发现了吗  
  
974  
00:41:59,240 --> 00:41:59,800  
为什么  
  
975  
00:42:01,780 --> 00:42:03,700  
为啥伤害龙梅黄芪  
  
976  
00:42:04,870 --> 00:42:07,190  
其实我是先留一留呢  
  
977  
00:42:07,190 --> 00:42:09,270  
还是今天就说了呢  
  
978  
00:42:11,110 --> 00:42:12,950  
因为我后头用黄芪的地方也特别多啊  
  
979  
00:42:14,670 --> 00:42:15,590  
七烧桂酒啊  
  
980  
00:42:15,710 --> 00:42:17,350  
黄芪桂枝五物啊等等啊  
  
981  
00:42:17,350 --> 00:42:18,670  
好多地方都用它  
  
982  
00:42:19,600 --> 00:42:20,640  
呃，原因很简单  
  
983  
00:42:20,840 --> 00:42:22,080  
我们说伤寒论啊  
  
984  
00:42:22,120 --> 00:42:25,360  
它讲究一个阴阳表里六经制传传递对吧  
  
985  
00:42:25,640 --> 00:42:28,640  
在某一个气脉上，伤寒论以气脉立法  
  
986  
00:42:29,260 --> 00:42:31,180  
气脉之间不可乱乱了  
  
987  
00:42:31,180 --> 00:42:31,940  
你就是物质  
  
988  
00:42:33,030 --> 00:42:35,070  
而金匮要略守的是官窍  
  
989  
00:42:36,390 --> 00:42:37,470  
黄芪有一个特点  
  
990  
00:42:39,670 --> 00:42:43,980  
他其状如三焦之排布，则能流通三焦  
  
991  
00:42:44,420 --> 00:42:46,140  
因此黄芪有很多人说它补气  
  
992  
00:42:46,180 --> 00:42:49,140  
其实我个人理解你不如说它是通行三焦  
  
993  
00:42:49,580 --> 00:42:51,060  
三焦流通了之后  
  
994  
00:42:51,490 --> 00:42:56,840  
那这个这个所谓的这个营出中焦卫出下焦吧  
  
995  
00:42:57,400 --> 00:42:58,240  
是这个道理吧  
  
996  
00:42:59,160 --> 00:43:03,860  
那整个那个上中下三焦通利了之后营位自然就足了  
  
997  
00:43:03,860 --> 00:43:05,340  
人气就气就足了吧  
  
998  
00:43:05,700 --> 00:43:07,340  
所以你别说黄芪能补气  
  
999  
00:43:07,540 --> 00:43:09,220  
你给他用200克黄芪你试试  
  
1000  
00:43:09,500 --> 00:43:10,620  
有可能他气虚  
  
1001  
00:43:11,250 --> 00:43:13,210  
你用30克黄芪血压上去了，对吧  
  
1002  
00:43:13,210 --> 00:43:14,050  
蹭就上去了  
  
1003  
00:43:14,170 --> 00:43:15,730  
你用100克刷下来了  
  
1004  
00:43:16,250 --> 00:43:17,530  
这在临床中太多了吧  
  
1005  
00:43:17,770 --> 00:43:19,410  
它就是把三焦通开了啊  
  
1006  
00:43:19,930 --> 00:43:21,330  
你一定理解它的道理  
  
1007  
00:43:21,450 --> 00:43:22,650  
而且黄芪的根特别深  
  
1008  
00:43:23,050 --> 00:43:24,730  
古人说为啥黄芪叫黄芪  
  
1009  
00:43:24,730 --> 00:43:25,570  
这个很吓人啊  
  
1010  
00:43:25,850 --> 00:43:28,080  
古人认为黄芪的根特别深  
  
1011  
00:43:28,280 --> 00:43:29,320  
能直达黄泉  
  
1012  
00:43:30,560 --> 00:43:31,880  
这是在口外的时候  
  
1013  
00:43:31,880 --> 00:43:33,160  
也是在在蒙古地区  
  
1014  
00:43:33,160 --> 00:43:34,280  
有很多老人都这么讲  
  
1015  
00:43:34,560 --> 00:43:36,560  
说黄芪能把黄泉里的水沟上来  
  
1016  
00:43:36,920 --> 00:43:38,280  
那么黄泉是啥地方  
  
1017  
00:43:38,940 --> 00:43:42,540  
幽冥界能勾上来达到地  
  
1018  
00:43:42,580 --> 00:43:44,540  
地是在人员的位置吧  
  
1019  
00:43:45,850 --> 00:43:51,330  
则通于天它能沟通三元天地人都能到  
  
1020  
00:43:51,690 --> 00:43:55,010  
那你在人生之中，那人是趋向于自然  
  
1021  
00:43:55,250 --> 00:43:56,090  
那法于三焦  
  
1022  
00:43:56,170 --> 00:43:57,170  
三焦都能走吗  
  
1023  
00:43:57,470 --> 00:43:58,270  
就这么个道理  
  
1024  
00:43:58,510 --> 00:43:59,550  
所以能通三焦  
  
1025  
00:43:59,870 --> 00:44:03,150  
能使表示同时，是不是也能通三焦之水气啊  
  
1026  
00:44:04,100 --> 00:44:06,700  
通三焦水泄，是不是这个深重  
  
1027  
00:44:06,700 --> 00:44:08,410  
这个就没了  
  
1028  
00:44:08,770 --> 00:44:10,210  
同时身重没了  
  
1029  
00:44:10,210 --> 00:44:10,890  
湿气走了  
  
1030  
00:44:11,170 --> 00:44:12,170  
汗就不用出了  
  
1031  
00:44:12,250 --> 00:44:13,370  
它为表能闭上了  
  
1032  
00:44:13,370 --> 00:44:14,530  
它也不误风了吗  
  
1033  
00:44:14,890 --> 00:44:17,170  
所以我们的思维我一开始给你讲啊  
  
1034  
00:44:17,170 --> 00:44:17,850  
他知寒暑风  
  
1035  
00:44:18,050 --> 00:44:20,210  
但我最后告诉你，他为啥能治汉出风  
  
1036  
00:44:20,730 --> 00:44:22,170  
不是黄芪治汉初风  
  
1037  
00:44:22,210 --> 00:44:23,410  
你跟我学一回金贵  
  
1038  
00:44:23,730 --> 00:44:26,490  
你可千万别学成张老师说了，黄芪能治汉出风  
  
1039  
00:44:26,490 --> 00:44:29,350  
完了，那我等于白交了啊  
  
1040  
00:44:29,830 --> 00:44:32,350  
不是黄芪能治汗珠风它也能治  
  
1041  
00:44:32,350 --> 00:44:33,190  
它也不能治  
  
1042  
00:44:33,780 --> 00:44:38,500  
它是通过三焦的气化让你的阴水气化之后  
  
1043  
00:44:39,020 --> 00:44:40,340  
三焦功能正常  
  
1044  
00:44:41,690 --> 00:44:45,250  
则表自然而闭汗自然而止  
  
1045  
00:44:45,450 --> 00:44:46,730  
风自然而解  
  
1046  
00:44:47,290 --> 00:44:48,650  
是这样的啊  
  
1047  
00:44:48,930 --> 00:44:50,130  
那么与此同时呢  
  
1048  
00:44:52,050 --> 00:44:54,570  
这个白术甘草除理这个不用我多讲了  
  
1049  
00:44:54,570 --> 00:44:57,290  
白术补脾，甘草除理这块特别有意思啊  
  
1050  
00:44:57,330 --> 00:44:58,090  
特别有意思  
  
1051  
00:44:58,330 --> 00:45:00,490  
因为甘草本身，我们说甘则缓之  
  
1052  
00:45:01,410 --> 00:45:02,970  
甘治甘草而急啊  
  
1053  
00:45:03,410 --> 00:45:04,530  
甘味而至甘草而急  
  
1054  
00:45:04,730 --> 00:45:07,380  
那么肝能缓之的同时缓  
  
1055  
00:45:07,540 --> 00:45:10,100  
是不是就容易造成水液的续流啊  
  
1056  
00:45:11,530 --> 00:45:12,970  
缓就能造成血液的血流  
  
1057  
00:45:13,530 --> 00:45:13,730  
呃  
  
1058  
00:45:13,970 --> 00:45:15,090  
我前一段时间呢  
  
1059  
00:45:15,170 --> 00:45:16,290  
治过一个患者啊  
  
1060  
00:45:17,330 --> 00:45:20,160  
那个淋，那个肿瘤的淋巴转移  
  
1061  
00:45:20,520 --> 00:45:22,600  
当时我就有一个药，就用食物了  
  
1062  
00:45:22,960 --> 00:45:24,520  
呃，患者吃完了之后呢  
  
1063  
00:45:24,640 --> 00:45:26,480  
我给他开了24克的甘草  
  
1064  
00:45:26,720 --> 00:45:29,280  
又加了那个那个海藻  
  
1065  
00:45:29,900 --> 00:45:32,420  
我们讲本草名言18反对吧  
  
1066  
00:45:32,420 --> 00:45:34,580  
其中有凿几岁缘聚占草  
  
1067  
00:45:34,980 --> 00:45:37,180  
那么很多人其实现在流行一种声音啊  
  
1068  
00:45:37,180 --> 00:45:38,340  
就说18反是扯淡  
  
1069  
00:45:39,050 --> 00:45:41,610  
你看半夏附子我天天用，我也天天用  
  
1070  
00:45:41,970 --> 00:45:45,530  
但我告诉你那不叫半楼被点急公乌乌附子不是乌头  
  
1071  
00:45:46,430 --> 00:45:48,790  
我认为我早些年小愤青  
  
1072  
00:45:48,790 --> 00:45:50,310  
那时候我也认为18反是扯淡  
  
1073  
00:45:50,310 --> 00:45:51,230  
因为我经常用  
  
1074  
00:45:51,430 --> 00:45:52,230  
用了也没事  
  
1075  
00:45:52,510 --> 00:45:54,790  
我告诉你没事是因为你用的还不够多  
  
1076  
00:45:55,770 --> 00:45:58,210  
任何学说都不是空穴来风  
  
1077  
00:45:58,930 --> 00:46:02,860  
你信不信这个事，我给18反在正正当中是吧  
  
1078  
00:46:03,060 --> 00:46:05,220  
好多人说现在这种声音啊  
  
1079  
00:46:05,260 --> 00:46:06,940  
甚嚣尘上，非常有市场  
  
1080  
00:46:07,470 --> 00:46:09,070  
但凡我们现在最近啊  
  
1081  
00:46:09,070 --> 00:46:11,470  
就就就这些年有一个很奇怪的现象  
  
1082  
00:46:11,710 --> 00:46:14,030  
但凡推翻传统的声音就有市场  
  
1083  
00:46:15,120 --> 00:46:15,920  
这个并不好  
  
1084  
00:46:16,400 --> 00:46:19,600  
因为你要知道老祖宗他不是写一本书憋着害我们  
  
1085  
00:46:20,510 --> 00:46:22,350  
说我祸害祸害自己的子孙吧  
  
1086  
00:46:22,590 --> 00:46:23,230  
写本书吧  
  
1087  
00:46:23,950 --> 00:46:26,150  
那那性格得多分裂啊，是吧  
  
1088  
00:46:26,640 --> 00:46:29,520  
他其实写这书是为了方便自己的子孙  
  
1089  
00:46:29,520 --> 00:46:31,480  
告诉你有些东西你得注意  
  
1090  
00:46:31,480 --> 00:46:33,680  
但他没说这东西绝对不让用对吧  
  
1091  
00:46:33,970 --> 00:46:35,770  
为啥说早几岁园锯干草  
  
1092  
00:46:36,370 --> 00:46:37,930  
我在临床上就试出来了  
  
1093  
00:46:38,620 --> 00:46:39,700  
那患者就水肿了  
  
1094  
00:46:41,020 --> 00:46:43,820  
24克甘草我一看或者说水肿了怎么办  
  
1095  
00:46:43,820 --> 00:46:46,620  
大夫，我说方子看一眼我自己知道  
  
1096  
00:46:46,620 --> 00:46:47,220  
我笑了  
  
1097  
00:46:47,840 --> 00:46:49,680  
我说甘草拿掉拿掉就好了  
  
1098  
00:46:50,320 --> 00:46:51,680  
那你说18反应有没有道理  
  
1099  
00:46:51,680 --> 00:46:52,640  
当然有道理啊  
  
1100  
00:46:53,410 --> 00:46:54,610  
那你为啥用了它不烦  
  
1101  
00:46:54,610 --> 00:46:55,970  
因为你用的不够多呀  
  
1102  
00:46:56,490 --> 00:46:57,730  
你用多了早晚碰上  
  
1103  
00:46:57,970 --> 00:47:00,250  
你要明白它的道理是什么道理对吧  
  
1104  
00:47:00,730 --> 00:47:03,770  
那么海藻本身它是水里的东西  
  
1105  
00:47:04,850 --> 00:47:06,090  
为贤贤等软件  
  
1106  
00:47:06,600 --> 00:47:08,440  
但是水里的东西干草啊  
  
1107  
00:47:08,760 --> 00:47:09,520  
甘则缓之  
  
1108  
00:47:09,800 --> 00:47:10,480  
水和甘  
  
1109  
00:47:10,800 --> 00:47:12,160  
水和土它本身就相克  
  
1110  
00:47:12,160 --> 00:47:13,200  
它就是相反啊  
  
1111  
00:47:13,600 --> 00:47:16,660  
但是我们没说相反不能一块用是吧  
  
1112  
00:47:17,020 --> 00:47:21,140  
18反不等于18紧，它相反我们可以反一反用吗  
  
1113  
00:47:21,300 --> 00:47:22,140  
是不是可以这样  
  
1114  
00:47:22,260 --> 00:47:26,240  
那干脆半夏汤，我们未来会讲到这儿我在这不不占用时间啊  
  
1115  
00:47:26,520 --> 00:47:28,600  
那就是取其相反之意嘛  
  
1116  
00:47:28,600 --> 00:47:28,960  
对吧  
  
1117  
00:47:29,250 --> 00:47:30,730  
这个特别有意思啊  
  
1118  
00:47:30,770 --> 00:47:32,570  
甘草蘸干碎那个，那个那个  
  
1119  
00:47:32,570 --> 00:47:33,970  
到时候我们会给你讲这个事啊  
  
1120  
00:47:34,810 --> 00:47:38,810  
留留个笔墨，到后来在这个里头它就要用甘草  
  
1121  
00:47:39,170 --> 00:47:40,730  
但是你要记住一个事  
  
1122  
00:47:40,930 --> 00:47:42,530  
这块它绝对是水肿的  
  
1123  
00:47:42,930 --> 00:47:44,290  
它为啥能用甘草  
  
1124  
00:47:45,390 --> 00:47:48,950  
那么说明现代临床的一些常识  
  
1125  
00:47:49,190 --> 00:47:51,190  
跟我们中医还是回到这个话题上  
  
1126  
00:47:51,270 --> 00:47:53,870  
你不能划等号，是不是这个道理  
  
1127  
00:47:53,950 --> 00:47:56,790  
那么甘草有的人认为它能造成水液去流，没错啊  
  
1128  
00:47:57,190 --> 00:47:59,350  
但是在这没有甘草的话  
  
1129  
00:48:00,010 --> 00:48:02,090  
白术和甘草它俩相化合  
  
1130  
00:48:02,850 --> 00:48:04,170  
我怎么去补脾胃啊  
  
1131  
00:48:05,250 --> 00:48:08,610  
那这个我知道，他有湿湿从哪来  
  
1132  
00:48:08,610 --> 00:48:09,650  
不是从脾虚来吗  
  
1133  
00:48:10,530 --> 00:48:13,850  
我治病我不得治，病因不能治结果吗  
  
1134  
00:48:14,770 --> 00:48:15,570  
治胃病啊  
  
1135  
00:48:15,570 --> 00:48:16,530  
治它的病因啊  
  
1136  
00:48:16,570 --> 00:48:17,530  
是这个道理吧  
  
1137  
00:48:17,810 --> 00:48:19,570  
在这这个弯很多人绕不过来啊  
  
1138  
00:48:19,810 --> 00:48:21,050  
我说的胃病和乙病  
  
1139  
00:48:21,410 --> 00:48:24,010  
胃病就是这个已病生发的之前啊  
  
1140  
00:48:24,530 --> 00:48:25,690  
就这个已病的原因  
  
1141  
00:48:26,700 --> 00:48:28,180  
已病就是这个未病的结果  
  
1142  
00:48:28,180 --> 00:48:29,060  
我说的是这个啊  
  
1143  
00:48:29,180 --> 00:48:32,180  
我说的是这个，就是在同等平台上的卫兵已病  
  
1144  
00:48:32,260 --> 00:48:33,220  
可能我这一说吧  
  
1145  
00:48:33,420 --> 00:48:34,500  
很多同学有点懵  
  
1146  
00:48:34,540 --> 00:48:35,820  
我在这解释一下啊  
  
1147  
00:48:36,520 --> 00:48:39,720  
那么这个湿在这，它它必须必须有的  
  
1148  
00:48:39,800 --> 00:48:41,120  
但有一个问题，同学们  
  
1149  
00:48:41,440 --> 00:48:45,170  
你白术甘草进去之后，你补了脾  
  
1150  
00:48:46,330 --> 00:48:47,770  
一定要有一个问题要注意  
  
1151  
00:48:48,730 --> 00:48:52,130  
也就是你调兵擒王  
  
1152  
00:48:53,130 --> 00:48:55,010  
一定要防止拥兵自重  
  
1153  
00:48:56,470 --> 00:48:57,830  
自古以来就是如此  
  
1154  
00:48:59,190 --> 00:49:00,390  
自古以来就是如此  
  
1155  
00:49:00,790 --> 00:49:03,990  
你用了白猪甘草进来去  
  
1156  
00:49:04,270 --> 00:49:05,630  
你说我要扶一下脾虚  
  
1157  
00:49:06,350 --> 00:49:09,790  
你就一定要防止这个脾土拥塞于中焦  
  
1158  
00:49:11,240 --> 00:49:16,950  
造成这个土啊的反客  
  
1159  
00:49:18,030 --> 00:49:18,870  
明白这个道理了吧  
  
1160  
00:49:19,590 --> 00:49:19,870  
哎  
  
1161  
00:49:20,590 --> 00:49:23,390  
一定要防止这个，自古以来就是这样  
  
1162  
00:49:23,390 --> 00:49:27,510  
所以要用一个药去帮助黄芪干什么  
  
1163  
00:49:27,950 --> 00:49:28,990  
佐治三军  
  
1164  
00:49:30,980 --> 00:49:34,420  
以节度这个这个起一个节度使的作用吗  
  
1165  
00:49:34,420 --> 00:49:34,580  
哎  
  
1166  
00:49:34,820 --> 00:49:35,740  
以节度三军  
  
1167  
00:49:36,700 --> 00:49:38,700  
哎，左治兵权这个药是谁  
  
1168  
00:49:40,320 --> 00:49:43,760  
他的灵魂防己防己是干啥的  
  
1169  
00:49:43,760 --> 00:49:44,680  
字面意思  
  
1170  
00:49:45,640 --> 00:49:47,560  
防己防己，防卫己土嘛  
  
1171  
00:49:48,540 --> 00:49:49,700  
我们说土分两种  
  
1172  
00:49:51,150 --> 00:49:52,310  
有阳土有阴土  
  
1173  
00:49:53,110 --> 00:49:54,070  
阳土为戊土  
  
1174  
00:49:54,510 --> 00:49:56,350  
阴土为什么为己土  
  
1175  
00:49:57,660 --> 00:49:58,580  
己土是什么  
  
1176  
00:49:58,940 --> 00:50:00,860  
己土者卑贱之意也罢  
  
1177  
00:50:03,040 --> 00:50:03,720  
就是阴土  
  
1178  
00:50:05,520 --> 00:50:06,360  
阴土是什么  
  
1179  
00:50:07,850 --> 00:50:09,130  
阴湿之气是吧  
  
1180  
00:50:09,890 --> 00:50:11,450  
己土防己是防谁  
  
1181  
00:50:12,170 --> 00:50:18,610  
防止白术甘草在服脾土的同时造成了湿气的聚集  
  
1182  
00:50:19,500 --> 00:50:22,220  
而反克阳气是这道理吧  
  
1183  
00:50:22,740 --> 00:50:25,480  
那最后你把脾是给补起来了  
  
1184  
00:50:25,560 --> 00:50:26,760  
你把湿也聚起来了  
  
1185  
00:50:27,200 --> 00:50:29,600  
所以古人这用甘草它是有道理的  
  
1186  
00:50:30,080 --> 00:50:33,230  
因为有配伍建军  
  
1187  
00:50:35,150 --> 00:50:36,430  
房企凭啥干这个  
  
1188  
00:50:36,630 --> 00:50:37,470  
你把房几啊  
  
1189  
00:50:37,470 --> 00:50:38,510  
哪天你把它剖开  
  
1190  
00:50:38,550 --> 00:50:40,510  
你看他那个状态太有意思了  
  
1191  
00:50:40,510 --> 00:50:41,550  
房几长得像车轮  
  
1192  
00:50:43,090 --> 00:50:43,970  
特别像车轮  
  
1193  
00:50:44,270 --> 00:50:48,270  
就是那个我们说萨福共一苦当其无，有车之用对吧  
  
1194  
00:50:48,670 --> 00:50:51,390  
他就是那个那个服服凑之意啊  
  
1195  
00:50:51,390 --> 00:50:55,710  
就是那个车的那个那个那个车轴，像车轮子似的  
  
1196  
00:50:56,270 --> 00:50:56,830  
你看啊  
  
1197  
00:50:56,870 --> 00:50:59,310  
自然介质中有这个形，一定有这个用  
  
1198  
00:50:59,590 --> 00:51:00,270  
特别有意思  
  
1199  
00:51:00,590 --> 00:51:02,110  
车轮的用处是转动  
  
1200  
00:51:02,920 --> 00:51:05,240  
还有一个跟这个结构长得特别像的就是风扇  
  
1201  
00:51:06,160 --> 00:51:07,240  
风扇也是转动  
  
1202  
00:51:07,640 --> 00:51:08,360  
是不是这个道理  
  
1203  
00:51:08,720 --> 00:51:10,840  
转动的话它就能行气是吧  
  
1204  
00:51:11,120 --> 00:51:14,640  
能行尸能行气就能行尸丰盛式  
  
1205  
00:51:15,660 --> 00:51:17,100  
所以防己能胜湿  
  
1206  
00:51:17,540 --> 00:51:19,020  
但是有很多人就说了  
  
1207  
00:51:19,260 --> 00:51:20,940  
房己用多了伤身体  
  
1208  
00:51:20,940 --> 00:51:21,540  
那对啊  
  
1209  
00:51:21,540 --> 00:51:23,420  
他如果没有湿，你给他用  
  
1210  
00:51:24,110 --> 00:51:27,110  
那就是有病病受之无，病人受之上  
  
1211  
00:51:28,110 --> 00:51:30,830  
所以不是说哪个药不行  
  
1212  
00:51:31,350 --> 00:51:32,910  
药本无过，人自无知  
  
1213  
00:51:33,750 --> 00:51:36,270  
是我们用药的人没用好，把人伤了  
  
1214  
00:51:37,050 --> 00:51:38,530  
我们这患者有的时候问我说，大夫  
  
1215  
00:51:38,530 --> 00:51:40,250  
我吃一段时间药用不用婷婷啊  
  
1216  
00:51:40,330 --> 00:51:41,610  
我说那根据你需要啊  
  
1217  
00:51:41,610 --> 00:51:45,250  
如果你你你病比较危重，那你咋听啊  
  
1218  
00:51:46,250 --> 00:51:49,530  
但患者顾虑说，网上不都说用多了该损伤吗  
  
1219  
00:51:49,530 --> 00:51:51,730  
我说你到我门诊看看有哪个损伤的  
  
1220  
00:51:53,070 --> 00:51:54,550  
不是我们的药不该损伤  
  
1221  
00:51:54,550 --> 00:51:56,190  
是因为我不敢越雷池半步  
  
1222  
00:51:56,190 --> 00:51:59,150  
我不敢不听祖师的垂教  
  
1223  
00:52:00,150 --> 00:52:03,240  
以我个人的角度去去用这个药  
  
1224  
00:52:03,400 --> 00:52:04,560  
强用，咱不敢  
  
1225  
00:52:04,960 --> 00:52:06,280  
你有我用某一个药  
  
1226  
00:52:06,280 --> 00:52:07,280  
一定是他有这个事  
  
1227  
00:52:07,280 --> 00:52:08,280  
咱们才用这个药吧  
  
1228  
00:52:09,100 --> 00:52:09,420  
对吧  
  
1229  
00:52:10,100 --> 00:52:11,940  
那么所以防止黄金汤的基本结构  
  
1230  
00:52:12,100 --> 00:52:12,860  
但是与此同时  
  
1231  
00:52:12,860 --> 00:52:14,340  
你记住它，这里边还有两味药  
  
1232  
00:52:15,140 --> 00:52:15,940  
伤寒笔法  
  
1233  
00:52:17,160 --> 00:52:21,470  
枣姜一合影卫完事了啊  
  
1234  
00:52:22,270 --> 00:52:23,390  
那么这就是它的结构  
  
1235  
00:52:23,550 --> 00:52:24,710  
大家看得很清楚了吧  
  
1236  
00:52:25,190 --> 00:52:28,450  
黄芪以通行三焦，无为而治啊  
  
1237  
00:52:28,810 --> 00:52:30,370  
不去调它的表  
  
1238  
00:52:30,490 --> 00:52:32,410  
但是最后把表让它平和了  
  
1239  
00:52:32,970 --> 00:52:34,330  
呃，白术甘草呢  
  
1240  
00:52:34,330 --> 00:52:36,580  
治它的理，把李湿解决了  
  
1241  
00:52:36,780 --> 00:52:38,820  
但是为了防止湿气的聚集  
  
1242  
00:52:39,310 --> 00:52:42,150  
以及湿气反置于阳气  
  
1243  
00:52:42,470 --> 00:52:43,110  
这个时候呢  
  
1244  
00:52:43,110 --> 00:52:44,470  
用了防己防卫己土  
  
1245  
00:52:44,550 --> 00:52:47,110  
防止己土之称阳，对吧  
  
1246  
00:52:47,550 --> 00:52:49,190  
防止阴阴盛于阳  
  
1247  
00:52:49,630 --> 00:52:52,630  
那么近来因此防己黄芪汤啊  
  
1248  
00:52:52,950 --> 00:52:54,110  
一个非常经典的方子  
  
1249  
00:52:54,110 --> 00:52:55,470  
临床上多用于肾病  
  
1250  
00:52:55,850 --> 00:52:58,170  
包括这种汗出恶风的呃  
  
1251  
00:52:58,330 --> 00:53:01,290  
水肿啊这种这种湿邪啊  
  
1252  
00:53:04,910 --> 00:53:05,190  
行  
  
1253  
00:53:05,470 --> 00:53:07,710  
那后头这儿有一个加减法啊  
  
1254  
00:53:07,710 --> 00:53:10,750  
我们看一下后头有个加减法  
  
1255  
00:53:14,910 --> 00:53:17,710  
喘的加麻黄，这个就不讲了吧  
  
1256  
00:53:17,710 --> 00:53:17,990  
对吧  
  
1257  
00:53:18,190 --> 00:53:21,800  
因为呃，我们说表里嘛  
  
1258  
00:53:21,840 --> 00:53:22,560  
无非表里嘛  
  
1259  
00:53:22,840 --> 00:53:23,040  
哎  
  
1260  
00:53:23,080 --> 00:53:25,940  
喘的加麻黄，呃味中不和  
  
1261  
00:53:25,940 --> 00:53:26,900  
这个特别有意思啊  
  
1262  
00:53:27,140 --> 00:53:27,940  
胃中不和呢  
  
1263  
00:53:27,940 --> 00:53:31,020  
加芍药为啥加芍药代大黄之用啊  
  
1264  
00:53:31,520 --> 00:53:34,760  
和胃气，我们有很多人说说芍药能败胃气  
  
1265  
00:53:35,200 --> 00:53:37,500  
因为芍药气味酸敛吗  
  
1266  
00:53:38,180 --> 00:53:39,140  
酸则合木  
  
1267  
00:53:39,140 --> 00:53:41,070  
木则能克土  
  
1268  
00:53:41,590 --> 00:53:42,550  
但是你想想啊  
  
1269  
00:53:42,550 --> 00:53:43,590  
他能克土呢  
  
1270  
00:53:44,270 --> 00:53:46,920  
他也能形土气啊  
  
1271  
00:53:46,920 --> 00:53:49,080  
这个很多东西，它是自然界的东西  
  
1272  
00:53:49,080 --> 00:53:50,120  
就是这样的  
  
1273  
00:53:52,320 --> 00:53:55,360  
气上冲加桂枝这平冲下有辰寒  
  
1274  
00:53:55,360 --> 00:53:56,520  
这个非常经典啊  
  
1275  
00:53:57,080 --> 00:54:00,920  
仲景先师这辰寒都用细心啊  
  
1276  
00:54:04,500 --> 00:54:05,420  
比如当归四品汤  
  
1277  
00:54:06,300 --> 00:54:09,620  
比如小青龙这个他一定是有点时间的，由来已久的  
  
1278  
00:54:09,780 --> 00:54:11,180  
细心行细嘛，对吧  
  
1279  
00:54:11,490 --> 00:54:13,650  
擅走于这个幽微之处  
  
1280  
00:54:13,650 --> 00:54:15,010  
就别的药都走不到的地方  
  
1281  
00:54:15,010 --> 00:54:17,250  
细心能走到又细又心啊  
  
1282  
00:54:17,930 --> 00:54:20,450  
又又型又细又辛辛辣啊  
  
1283  
00:54:25,200 --> 00:54:26,800  
服后他说了一个愈后啊  
  
1284  
00:54:27,860 --> 00:54:29,900  
当如虫行皮中为啥呀  
  
1285  
00:54:30,740 --> 00:54:31,700  
时气将去吧  
  
1286  
00:54:31,700 --> 00:54:32,020  
对吧  
  
1287  
00:54:32,780 --> 00:54:39,060  
从腰下如冰后座背上这个  
  
1288  
00:54:40,790 --> 00:54:43,110  
右一背绕腰下温服微汗  
  
1289  
00:54:43,150 --> 00:54:45,990  
他讲这么一事服后之后浑身如虫形啊  
  
1290  
00:54:46,640 --> 00:54:47,160  
之后呢  
  
1291  
00:54:47,160 --> 00:54:47,840  
腰以下冷  
  
1292  
00:54:47,840 --> 00:54:49,640  
为啥有有他，为啥腰以下冷  
  
1293  
00:54:49,640 --> 00:54:50,640  
因为湿气健去吧  
  
1294  
00:54:51,280 --> 00:54:52,320  
然后你就盖上被啊  
  
1295  
00:54:52,320 --> 00:54:53,720  
告诉你，那时候就别冻着  
  
1296  
00:54:54,200 --> 00:54:55,840  
微微出点汗，出点汗就好了  
  
1297  
00:54:56,280 --> 00:54:57,120  
因为湿气啊  
  
1298  
00:54:57,120 --> 00:54:58,240  
则下流，是不是啊  
  
1299  
00:54:58,770 --> 00:54:59,490  
湿气则下流  
  
1300  
00:54:59,690 --> 00:55:01,530  
我们东北老话经常说一句话  
  
1301  
00:55:01,810 --> 00:55:02,570  
经常说一句话  
  
1302  
00:55:02,850 --> 00:55:04,530  
男怕穿靴，女怕戴帽  
  
1303  
00:55:04,690 --> 00:55:05,410  
听说过吧  
  
1304  
00:55:05,860 --> 00:55:07,380  
这是老百姓常讲的一句话  
  
1305  
00:55:07,380 --> 00:55:09,500  
其实这个你别认为乡间俚语  
  
1306  
00:55:09,540 --> 00:55:11,100  
我在临床上我都这么看啊  
  
1307  
00:55:12,000 --> 00:55:13,320  
我临床经常有这样的人  
  
1308  
00:55:13,320 --> 00:55:14,200  
老头老太太来了  
  
1309  
00:55:14,200 --> 00:55:15,640  
水肿或者一些时候  
  
1310  
00:55:15,640 --> 00:55:17,720  
我就得通过水肿来看他  
  
1311  
00:55:17,720 --> 00:55:18,200  
愈后  
  
1312  
00:55:18,690 --> 00:55:20,090  
男，怕穿靴指的啥意思  
  
1313  
00:55:20,770 --> 00:55:21,130  
这个  
  
1314  
00:55:22,210 --> 00:55:24,250  
这个腿肿，为啥  
  
1315  
00:55:25,210 --> 00:55:25,810  
男子啊  
  
1316  
00:55:26,210 --> 00:55:28,130  
这个命门火是非常重的  
  
1317  
00:55:29,210 --> 00:55:29,850  
重要啊  
  
1318  
00:55:30,570 --> 00:55:31,250  
女，怕戴帽  
  
1319  
00:55:32,010 --> 00:55:32,570  
为啥呀  
  
1320  
00:55:33,290 --> 00:55:34,850  
这种阴阳的变化吗  
  
1321  
00:55:35,250 --> 00:55:35,690  
男子  
  
1322  
00:55:36,090 --> 00:55:37,170  
我经常讲这事啊  
  
1323  
00:55:37,730 --> 00:55:40,090  
男子，为坎水之卦  
  
1324  
00:55:41,370 --> 00:55:42,690  
女子为离火之象  
  
1325  
00:55:44,090 --> 00:55:44,930  
真阴真阳嘛  
  
1326  
00:55:45,770 --> 00:55:46,810  
你就讲这样啊  
  
1327  
00:55:48,140 --> 00:55:48,500  
女子  
  
1328  
00:55:49,100 --> 00:55:49,460  
那个  
  
1329  
00:55:51,260 --> 00:55:53,060  
你看着她是阴体  
  
1330  
00:55:53,860 --> 00:55:55,020  
但其实是一个离卦  
  
1331  
00:55:55,100 --> 00:55:57,740  
离卦中间是不是一个真阴呢  
  
1332  
00:55:58,020 --> 00:56:01,060  
所以你看女子到了更年期之后，咱们说这事啊  
  
1333  
00:56:01,470 --> 00:56:02,550  
一般一般现象  
  
1334  
00:56:03,850 --> 00:56:08,650  
你看一般广场舞跳广场舞的大爷大娘们  
  
1335  
00:56:08,970 --> 00:56:10,530  
男子居多，还是女子居多  
  
1336  
00:56:11,970 --> 00:56:15,250  
为什么男子他过了更年期之后他没动力了  
  
1337  
00:56:15,670 --> 00:56:16,390  
它是一个坎  
  
1338  
00:56:16,390 --> 00:56:17,910  
水之卦里头有真阳  
  
1339  
00:56:18,270 --> 00:56:20,190  
这个真阳是他年轻的时候，他有缸  
  
1340  
00:56:20,230 --> 00:56:20,630  
对吧  
  
1341  
00:56:21,340 --> 00:56:22,540  
一言不合就拍桌子  
  
1342  
00:56:22,860 --> 00:56:24,620  
这点真羊没了之后  
  
1343  
00:56:25,020 --> 00:56:28,600  
男人在老了之后都很听话啊  
  
1344  
00:56:29,080 --> 00:56:31,000  
老头都是吃啥都行  
  
1345  
00:56:31,000 --> 00:56:31,520  
你懂吧  
  
1346  
00:56:31,920 --> 00:56:33,320  
就是给穿啥穿啥啊  
  
1347  
00:56:33,990 --> 00:56:34,710  
就这样啊  
  
1348  
00:56:35,070 --> 00:56:36,590  
憋急了，那是少数情况  
  
1349  
00:56:37,110 --> 00:56:37,870  
女子则不同  
  
1350  
00:56:37,870 --> 00:56:38,790  
女子为离卦  
  
1351  
00:56:39,380 --> 00:56:39,620  
哎  
  
1352  
00:56:40,100 --> 00:56:45,500  
如如如这个里头一点真音维系了前半生  
  
1353  
00:56:45,500 --> 00:56:48,340  
我说等到过了那个更年期之后  
  
1354  
00:56:48,420 --> 00:56:51,940  
这点那个离卦里这点水呀，没了  
  
1355  
00:56:52,300 --> 00:56:53,500  
则是一个真阳之象  
  
1356  
00:56:56,520 --> 00:57:00,280  
有的时候就就比较活跃啊，是这个道理  
  
1357  
00:57:00,440 --> 00:57:02,400  
你看更年期综合症，经常是女人来看  
  
1358  
00:57:02,760 --> 00:57:04,480  
为啥男人他不是不难受  
  
1359  
00:57:05,730 --> 00:57:08,770  
他是一个很静默的一种  
  
1360  
00:57:08,970 --> 00:57:13,920  
一种自己非常独自一个人的商会是吧  
  
1361  
00:57:14,080 --> 00:57:15,240  
就这种感觉啊  
  
1362  
00:57:15,490 --> 00:57:16,570  
这是阴阳之理啊  
  
1363  
00:57:16,610 --> 00:57:19,250  
所以我们说这个这个离火之象啊  
  
1364  
00:57:19,290 --> 00:57:20,410  
则女怕玳瑁嘛  
  
1365  
00:57:20,410 --> 00:57:21,330  
就是就是阳痿  
  
1366  
00:57:21,730 --> 00:57:23,370  
男子是因位，是不是这个道理啊  
  
1367  
00:57:23,690 --> 00:57:23,890  
哎  
  
1368  
00:57:23,890 --> 00:57:24,650  
非常有意思啊  
  
1369  
00:57:25,170 --> 00:57:26,130  
呃，自然之理  
  
1370  
00:57:26,530 --> 00:57:26,770  
行  
  
1371  
00:57:26,770 --> 00:57:27,930  
那我们今天的课呢  
  
1372  
00:57:27,930 --> 00:57:28,850  
就先到这儿  
  
1373  
00:57:28,850 --> 00:57:33,420  
我们下一节课将讲静十页的诗的最后一部分  
  
1374  
00:57:33,780 --> 00:57:33,980  
呃  
  
1375  
00:57:34,020 --> 00:57:36,660  
桂枝附子汤类方以及叶病  
  
1376  
00:57:36,700 --> 00:57:38,220  
我们把下一章就结束  
  
1377  
00:57:38,260 --> 00:57:39,300  
好下课，同学们