

为底,创制桂苓甘露诸饮,是深得仲师之意。

五苓之剂,用苓仅二,即猪苓、茯苓,为什么要以五苓命之?是知苓之义不在猪苓。陈灵石曰:苓者令也。经云:“太阴湿土,其化为雨,其数为五。故五苓者,五令也,五令者,布化雨令之谓也,于斯亦见太阳治水之深意。”

云之成,须赖地水之升,地水之升,则全赖阳之蒸腾。太阳篇中麻桂解表诸剂,非能蒸地水上升为云,而只是解决此一过程中的阻遏因素,以为天气流布之用,若地水无炎阳之蒸,则徒事流布无益。故 82 条曰:“太阳病,发汗,汗出不解,其人仍发热,心下悸,头眩,身动,振振欲擗地者,真武汤主之。”太阳病,发汗不解者,非为云气之流布障碍,实因地水无阳之蒸腾,故藉真武之力蒸之,使上成青云,水无阳蒸,必停而为患,是以 316 条复论真武汤时明言:“此为有水气”。又,真武者,玄武也,既为北方之药,亦属镇水之神,太阳病,发汗,汗出不解而用真武,实际上更进一步说明了治太阳即是治水的原则。

其余苓桂、十枣、三物、陷胸诸剂,或温化,或行水,或决渎,亦皆治水之类,兹不具述。

4 结语

从整个太阳篇的内容来看,麻桂、青龙、五苓以治太阳之表,白虎调胃承气以治阳明之里,柴胡则治少阳之半表半里,真武两用于太少,四逆则为三阴之通剂,故虽云太阳证治,其实已包涵了六经的内容。而为什么太阳一气能蕴含六经呢?这显然与其主水的性用是分不开的。

水是生命的组成,是生命的源泉,而水之用,却离不开其循环之势,循环则必需动力,火即其动力也,故六经之中,有少阳相火,有少阴君火。火促水动而成其循环,湿便是这一循环过程的表现形式,故有太阴之湿土。火蒸水动而有循环,然欲使其循环周遍六虚,又必藉风之流动,是以六气之中,又有厥阴风木。阴阳者,天地之道也,阴静而阳躁。春夏阳火用事,躁动为其主导,水液循环之势旺,故春夏亦多湿,秋冬阳火收潜,静为主导,水液循环之势相对为衰,水液循环的相对静止,其表现形式便为燥,故秋冬亦多躁,而六气之中则有阳明燥金与之相配。

综之,天地人身虽有六气阴阳,而其寒水的包融性却是十分独特的,这与人类生存的地球在无始以前,皆为一片汪洋的历史相符合。由此我们更见到了仲圣著说以伤寒立论,六经之中最重太阳的深远意义。经云:“治不法天之纪,不知地之理,则灾害至矣。”

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试述“生病起于过用”的疾病观

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摘 要 “生病起于过用”是一种以整体观念为基础、辩证法思想为指导的疾病观,它强调任何环境因素都具有致病性和非致病性二重性,疾病的发生是各种因素“失度”或“过用”的结果,是生命活动与体内外环境失调的表现。

关键词 疾病观 过用 病因学

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“生病起于过用”出自《素问·经脉别论》,是中医学关于人类发病的一种认识。历代医家对“过用”一说,多概括为四时六气的太过、七情太过以及饮食不节与劳倦过度等三个方面。其实,“生病起于过用”是一种以整体观念为基础、辩证法思想为指导的疾病观,它强调任何环境因素都具有致病性和非致病

二重性,疾病的发生是各种“失度”或“过用”的结果,是生命活动与机体内环境失调的表现。人体的病与不病,关键在于它与体内外各种因素的相互关系是否“适度”,“太过”与“不及”均可致病。

四时阴阳变化与人体生命活动密切相关,“人与天地相参也,与日月相应也”(《灵枢·岁露》)。但这

种季节气候的变化不仅是维持生命活动的必要条件,同时也可能是导致疾病的重要因素。“四时之化,万物之变,莫不为利,莫不为害”(《吕氏春秋·尽数》)。为利、为害,判定的标准就在于它与机体的关系是否协调。若四时阴阳变化有序,风寒暑湿促进万物生长发育,表现为“相用”,就是“为利”的“六气”;反之,气候变化失常,出现太过、不及、过于急躁或非其时而有其气等多种变化,使得人体无法与之相适应而呈现为“过用”时,即是“为害”的“六淫”。淫即太过、浸淫,因其与机体关系失调,表现为“过用”而成为致病因素。

七情是人体与外界环境沟通的一种方式,也是人体与外界客观事物协调和谐的情感反应。七情生于五脏,“人有五脏化五气,以生喜怒悲忧恐”(《素问·阴阳应象大论》)。同时,正常的七情活动又有利于五脏的功能。外界良好的刺激可产生乐观的情绪,舒畅的心境,可使机体气血和平,脏腑功能协调,能够健康长寿。但若有突然、强烈或长期持久的情志刺激,超过了人体本身的正常生理活动范围,使得机体无法与之相适应而表现为“过用”时,则可致气血逆乱,脏腑受损而成为致病因素。“七情,人之常性,动之则先自脏腑郁发,外形于肢体”(《三因极一病证方论·三因篇》)。“喜怒不节则伤脏”(《灵枢·百病始生篇》)。

饮食是生命物质基础的重要来源,是生命个体赖以生存的基本条件。但它同样存在着“度”,也有二重性。饮食以适量为宜,饥饱失度均可致病。过饥则气血生化无源,久之则气血衰少而为病。反之,摄入过量又可导致饮食阻滞,损伤脾胃。“饮食自倍,肠胃乃伤”(《素问·痹论》)。饮食量的多少虽有很大的个体差异,但饮食量与个体相适宜则是个体维持健康的重要条件。“凡饮食滋味以养生,食之有妨,反能为害……若得宜则益体,害则成疾”(《金匱要略》)。古人认为“药食同源”,并将毒、药并称,也是抓住了相互关系的为用与过用、适度与失度。某一物品是药、是食还是毒,是根据它与机体关系而定的;同时,它的药、食、毒性也是相对的,可变的,没有绝对的药、食或毒。食可因过多而伤人,药可因误用而化毒,而毒也可因正确利用而转化为药。同一物品具有不同性质,这完全取决于它所作用的不同个

体的具体反应。

劳逸是机体的基本活动,劳逸结合是保持健康的必要条件。过劳可耗气伤阴、损伤脏腑;过逸又可使气血不畅,脾胃功能失调。房室之劳逸,同样存在着“度”。生殖之精是肾元精气的组成部分,故纵欲不节可以直接戕伤肾精,催老短命。“欲多则损精”(李鹏飞《三元延寿参赞书》)。“元气有厚薄,不善育生者,虽稟气厚,滥用而贼之,亦足以促寿”(李庆远《自述》),但是,我们不可因此而片面强调清心寡欲,将房室之欲视为畏途。七情六欲、生儿育女既是人体的生理机制,也是人体的生理需要。正常的男女之欢不仅于人无害,反而能促进人的身心健康。生殖之精,曾被清代徐大椿喻为井水。认为井水经久不汲,就会变成死水,这样不仅于人无益,反而对人有害。当然,井水连续汲取就会枯竭,肾精洞泄不止也会精枯人亡。因此,单纯绝欲保精并不能促人长寿,而纵欲过度乃是致死的根源之一,关键就在于能否遵循生理规律,以适度为宜,做到欲不可纵。“能知七损八益,则二者可调,不知用此,则早衰之节也”(《素问·阴阳应象大论》)。

健康与疾病的本质区别就在于正与邪的适与不适、用与过用。健康状态是“正气存内,邪不可干”(《素问·刺法论》),疾病状态是“邪之所凑,其气必虚”(《素问·评热病论》)。健康状态并不意味着没有邪的存在,只是机体正气旺盛邪气不易侵入,或虽有邪气侵袭也不致生病,是正与邪“适度”的表现。从疾病向健康转化,也不意味着是邪的彻底消失,它只是从“邪之所凑”变为“邪不可干”,是邪与机体生命活动相应适应,不致“过用”而已。

总之,“生病起于过用”的疾病观,以整体观念为基础,辩证地从人与自然、社会等外部环境以及人与情志、饮食、起居、劳倦等内部因素相互关系的角度去分析病因,认识疾病。与人体生命活动密切相关的各种因素,既不可缺少也不可过。正如张仲景所比拟的“水能浮舟,亦能覆舟”,“浮舟”与“覆舟”关键就在于它们与机体的关系如何,协调而为“用”则能载舟,是健康的保证;失调而“过用”则能覆舟,是疾病的根源。

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Abstracts of Major Papers

Importance of Participation of Pharmacologists in Consultation of Complicated Medical Cases

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Abstract The modern pattern of complementation between pharmacologists and medical doctors calls for the joint efforts of both kinds of experts .This enables us to apply the knowledge of pharmacokinetics and drug toxicity to the diagnosis and treatment so that the therapeutic measures become more appropriate .This pattern also makes it possible for us to explore and perfect modern clinical pharmacology in TCM and make contributions to the TCM modernization .

KEY WORDS clinical pharmacology in TCM ,discipline construction ,pattern of complementation between pharmacologists and medical doctors ,consultation system ,TCM modernization

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Seven five three Odd Number Regularity and Female Reproductive Physiology

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Abstract In this paper the author puts forward the “seven five three odd number regularity” and its relation to the female menstruation changes female reproductive development and the growth of fetus .This is of important guiding significance in recognizing the female physiology the regulation of menstrual cycles and the prevention of gynecopathy .

KEY WORDS seven five three odd number regularity female reproductive physiology ,menstrual cycle

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Diseases of Taiyang Channel and Its Treatment

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Abstract Although a great variety of diseases of the Taiyang Channel are present the main disorder is the disturbance of the ascending ,descending and circulation of body fluid .It follows that in treating diseases of the Taiyang Channel ,disorder of the body fluid is mainly dealt with .Although six channels and six qi exist in the heaven and earth and in the human body the main factors are fire and water the former controlling the circulation of the latter .Therefore the Taiyang Channel governs all the six channels .

KEY WORDS Taiyang Channel six channels ,treatment of diseases of Taiyang channel ,body fluid

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On “Diseases Arising from Over exertion”

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Abstract “Diseases Arising from over exertion” is an opinion put forward based on the notion of the human body as a whole and under the guidance of the dialectic thinking .It emphasizes that any environmental factors have the dual qualities of causing diseases and not causing diseases ,and that the occurrence of diseases is the result of “over exertion” and the manifestation of the disturbance of vital activity and the internal and external en-

viron ment .

KEY WORDS outlook of disease over exertion aetiology analysis

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Different TCM Types of Hypertension and Their Relation to Blood Rheology

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Abstract In this study , 106 cases of hypertension were observed for their indexes of blood rheology .The result showed that the whole blood viscosity ,plasma viscosity ,ESR ,K value and fibrin in the hypertensive patients were higher than those in the control group($P < 0.001$) and no marked difference was found in blood rheology indexes among different TCM types($P > 0.05$) .This indicates that the blood rheology indexes should not be used as the criteria for the differentiation of syndromes in hypertension .

KEY WORDS hypertension ,TCM differentiation ,blood rheology ,clinical research

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Effect of Azone on Skin Penetration Effect of Asthma Plaster

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Abstract An in vitro skin penetration and absorption test was made using thin layer scanning method to determine the active component tetrahydropalmitine in the Asthma Plaster to find out the effect of different concentrations of azone on the skin penetration and absorption of the Asthma Plaster .The result showed that when the concentration was 2%~3% ,best skin penetration and absorption was achieved .Neither higher nor lower concentrations are desirable .

KEY WORDS azoketone ,Asthma Plaster ,skin penetration ,pharmacological study

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Determination of Bergenin with High performance Liquid Chromatography

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Abstract HPLC method was adopted in the determination of Bergenin in the Qingjin Syrup and Herba Ardisiae Japonicae .The method was accurate and reliable .The result showed good reappearance .The recovery rate of the syrup was 92.2%(RSD=1.69%) and that of the crude drug was 96.01%(RSD=1.97%) .

KEY WORDS HPLC method ,Qingjin Syrup ,Herba Ardisiae Japonicae ,Bergenin .

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Taking Liver and Spleen into Consideration in Treating Turbid Sper m

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Abstract The author believes that “turbid sper m” is related not only to the kidney deficiency ,but also to the disturbance of the liver and spleen .Therefore it is important in treating turbid sper m to give systemic regulation .The author also divides the disease into ten different types for different treatment .

KEY WORDS aetiology ,differential diagnosis and treatment ,turbid urine

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