

新安医家吴正伦养生学术特色浅析

黄 进 汪 伟*
(安徽中医药大学,安徽 合肥 230038)

摘 要:新安医家吴正伦所著《养生类要》, 养生学术内容丰富, 体现在按摩、引导、服食诸多方面, 其中“饮食论”“食物所忌所宜”“解饮食诸毒”等内容, 体现了吴正伦养生学术思想及临证诊疗经验。吴氏临证, 独具慧眼, 按摩导引, 防病于未形; 并注重日常饮食养生, 强调顺应四时而养生, 其养生理论质朴意深、独具特色, 对中医养生学的发展有重要指导意义。

关键词:吴正伦; 养生类要; 学术思想; 新安医学

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A brief Analysis on Xin' an Doctor Wu Zhenglun' s Health Maintenance Academic Features

Huang Jin Wang Wei
(Anhui University of Chinese Medicine, Hefei 230038, China)

Abstract Xin' an Doctor Wu Zhenglun' s work *Yangsheng Leiyao* shows rich health maintenance and academic contents which are reflected in many aspects such as massage, guidance, and administration. Among that, contents such as "discussion on diet", "suggested and unsuggested diet collocation", "detoxication of food" embody the health maintenance and academic thought and clinical experience of Wu Zhenglun. Wu' s clinical practice discerns what others don' t and prevents diseases before coming into being through massage, physical and breathing exercise. He also pays attention to the daily dietetic life-nourishing, emphasize that health maintenance should follow roles of four seasons. His health maintenance theory is is simple, profound and unique and has important guiding significance to the development of TCM health maintenance science.

Key words Wu Zhenglun; *Yangsheng Leiyao*; academic though; Xin' an medicine

吴正伦,字子叙,号春岩,安徽歙县籍人。吴氏少时敬敏善学,有志于科制,因病未果。后通研《内经》《难经》,师从吴兴陆声野。年少游历京师,值明穆宗贵妃病,屡药不效,诏告良医。吴氏以布衣应诏,诊脉而后呈方,一药而愈。春岩先生一生著有《养生类要》《脉症治方》《虚车录》《活人心鉴》。其中《养生类要》一书分前后两卷,涉及按摩、引导、服食诸多方面,其中“饮食论”“食物所忌所宜”“解饮食诸毒”等篇章对现代营养学以及保健均有重要参考价值。在临证时,吴正伦强调四季

* 通讯作者:汪伟(1989-),男,硕士研究生,研究方向:中医药防治肛肠疾病。E-mail:1141137847@com