

学术探讨

“春夏养阳,秋冬养阴”理论历史源流和发展*

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摘要:运用文献回溯的方法,从《内经》学术发展的角度,对“春夏养阳,秋冬养阴”的理论渊源、流变与发展予以梳理。认为此理论自《内经》始,先后经历了隋唐医家的补充,宋金元时期医家的验证与完善,以及明清时期医家的补充和发挥,终至日臻成熟,在中医养生与临证中得以广泛应用。

关键词:春夏养阳,秋冬养阴;《内经》学术;历史源流

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Historical Origin and Development of the Theory of “Nourishing Yang in Spring and Summer While Nourishing Yin in Autumn and Winter”

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Abstract Using the method of literature retrospective, this paper combs the theoretical origin, evolution and development of "nourishing Yang in spring and summer while nourishing Yin in autumn and winter" from the perspective of the academic development of The Inner Classic. It is believed that this theory has experienced the supplement of doctors in the Sui and Tang dynasties, the verification and perfection of doctors in the Song, Jin and Yuan dynasties, and the supplement and development of doctors in the Ming and Qing Dynasties since the beginning of The Inner Classic, and has been widely used in the health preservation and clinical treatment of traditional Chinese medicine.

Key words nourishing Yang in spring and summer; nourishing Yin in autumn and winter; academic though of *The Inner Classic*; historical origin and development

“春夏养阳,秋冬养阴”(《素问·四气调神大论》)是古人顺应四季规律以调整个体阴阳和谐的一种原则性的提法,古今医家对此多有发挥。本文以时间为序,运用文献回溯的方法,对“春夏养阳,秋冬养阴”的理论渊源、流变与发展予以探索。

1 秦汉时期,探究天人合一,理论大廓形成

秦汉时期,阴阳与五行作为古人原创哲学思

想开始逐渐融合,并作为诸子百家的思维之源。《史记·太史公自序》载曰:“夫春生夏长,秋收冬藏,此天道之大经也。弗顺则无以为天下纲纪。”^[1]“春生夏长,秋收冬藏”本是中国古代哲学家对农业生产过程的总结,却历来被认为是治国之道,治家之道,更是养生之道。

《黄帝内经》作者在探究人体生命活动规律过

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