

丝路医药

黄元御“一气周流”学说探微^{*}

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摘要:“一气周流”学说为黄元御的重要学术思想,广泛应用于人体脏腑生成及气机运动相关理论。“一气周流”学说认为人体心、肝、肺、肾皆由脾胃所化生,人体气机以脾胃为枢轴,肝肾之气左升,心肺之气右降,循环周流。黄元御基于此学术思想指出了药物对脏腑之气的升降作用,比如桂枝左升肝气,半夏右转降胃气,杏仁降肺平逆冲,附子升阳根肾水等。并强调临证治疗时以脾胃为中心,注意顾护人体阳气,治病不可忘祛湿,辨治应善用脏腑互生关系。

关键词:黄元御;四圣心源;一气周流;气机升降;脾胃

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A Study on Yiqi Zhouliu TCM Theory by Huang Yuanyu

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Abstract:Yiqi Zhouliu TCM Theory (which means that there is one unique qi circulating in the body), as the most important academic thought of Huang Yuanyu, is widely applied in the generation of human's zang and fu as well as the activity of qi. Yiqi Zhouliu TCM Theory holds that the heart, liver, lung and kidney are totally generated and transformed by spleen and stomach, while the qi activity in human body centers around spleen and stomach. Qi in liver and kidney ascends to the left whereas qi in heart and lung descends to the right and this constantly cycles. Huang Yuanyu points out that the herbs are effective in ascending and descending qi in zang-fu organs. For example, Guizhi (cassia twig) can ascend the liver qi to the left, Banxia (pinellia ternate) can descend the stomach qi to the right, Xingren (almond) can descend the lung qi and soothe the reverse emission, and Fuzi (monkshood) can ascend the yang root and kidney water. He emphasizes that the clinical treatment should focus on the spleen and stomach and guard the yang qi in human body. In addition, the dampness-clearing is a critical point in treating the disease. So the differentiation syndrome treatment should make good use of the correlation of mutual generation between zang and fu organs.

Keywords:Huang Yuanyu; Sisheng Xinyuan; Yiqi Zhouliu TCM Theory; the ascending and descending of qi activity

黄元御(1705-1758)乃清代乾隆年间著名医学家。黄氏发黄帝、岐伯、扁鹊、仲景四圣之微旨,一生著述颇丰,著作十四种,其中医籍十一种,《四圣心源》为其医学思想的代表作,提出“左路木火升发、右路金水敛降、中焦土气斡旋”之“一气周

流”学说,对后世医家影响颇深。杨震主任医师,现为国家级名中医,师从黄元御第五代传人麻瑞亭,对黄元御思想理解透彻,并用于临床实践,现承蒙杨震老师指导,对黄元御“一气周流”思想,概述如下。

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