

浅谈经筋理论及其现代研究进展^{*}

王艺璇 李翠娟** 孙理军 胡勇

(陕西中医药大学, 陕西 咸阳 712046)

摘要:经筋是人体组织结构的重要组成部分,是运行全身气血、联络脏腑肢节、沟通上下内外、感应传导信息的通路,也是临床针灸、推拿、气功等等学科的理论基础。而作为经络系统重要组成部分的十二经筋,历代医家也对其进行了深入研究、描述。本文从经筋理论的发生、发展、现代研究、临床应用等方面进行文献整理和综述,以期完善和提高对经筋的认识,扩大经筋理论的临床应用。

关键词:经筋;经筋溯源;经筋理论;经筋证候特点;十二经筋临床应用

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Jingjin Theory and Its Modern Research Progress

WANG Yi-xuan, LI Cui-juan, SUN Li-jun, HU Yong

(Shaanxi university of traditional Chinese medicine, Shaanxi Xianyang 712046, China)

Abstract: Channels and collaterals are an important part of human tissue structure, which are used to run the whole body Qi and blood, connect the viscera and limbs, communicate up and down, inside and outside, and conduct signals. It is also the theoretical basis of clinical acupuncture, massage, Qigong and other disciplines. As an important part of the meridian system, twelve meridians and tendons have also been deeply studied and described by physicians of past dynasties. In this paper, the occurrence, development, modern research and clinical application of Jingjin theory are reviewed in order to improve the understanding of Jingjin and expand the clinical application of Jingjin theory.

Key words: Jingjin; Jingjin tracing; Jingjin theory; Jingjin syndrome characteristics; Twelve Jingjin clinical application

1 经筋理论的起源

经筋理论最早可追溯至石器时代,并于战国时期成形。关于“筋”这一概念,始载于《阴阳十一脉灸经》《足臂十一脉灸经》。而真正将“经、筋”合称为经筋则首见于《黄帝内经》,在《灵枢》第十三篇专立“经筋篇”,与第十篇“经脉篇”相互独立,详细论述了经筋的分布、循行及病候。至汉代许慎于《说文解字》中对“筋”做出了详细的解释

“筋,肉之力也。从竹,从肉,从力。”说明筋是肌肉组织,随着竹节样外形变化而伸缩,产生一定的力量,牵拉肢体而进行各项活动^[1];“经,织也。从系,劦音”,经是织物的纵线,即筋是主干和纵长者,总领筋结的分布。

2 经筋理论的发展

自《内经》以降,历代医家对经筋理论亦多有阐发。汉代张仲景提出了治疗疼痛时针药并举的

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** **通讯作者:**李翠娟,教授,硕士研究生导师。E-mail:ligong1212@sohu.com