

## 理论探讨

## “形而上”思维与脉诊的学习

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**摘要:**脉诊是医者通过切按患者某些特定部位的动脉以了解健康或病情、辨别病证的一种诊察方法。由于脉象繁多复杂,容易混淆,造成大部分人对脉诊的学习产生望洋兴叹,敬而远之的尴尬局面,故王叔和云:“脉理精微,其体难辨……在心易了,指下难明。”笔者学医五载有余,对中医脉诊,经过反复训练,虽未探其究竟,但略得其一二,今粗略说之。

**关键词:**形而上;脉诊;神;有形;无形

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## On Metaphysical Thinking and the Learning of Pulse Taking

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**Abstract** Pulse taking is a diagnostic method that a doctor presses certain parts of the patient's arteries to know the state of health and identify disease. As pulse manifestation has many types with great complexity and is easy to be confused, many people feel powerless and frustrated and keep pulse taking at a respectful distance. So Wang Shuhe said: Sphygmology is precise and complex, some of the pulse manifestations are exactly similar, so one may be theoretically clear about which pulse manifestation it is, but it is difficult for him to identify the real one with his fingers. The Author has studied medicine for more than 5 years, after repeated practice, although not a master in TCM pulse taking, he has his own understanding and this article shows the author's opinion.

**Key words** metaphysical thinking; pulse taking; spirit; visible; invisible

李致重<sup>[1]</sup>认为:研究事物运动状态及其过程的科学,为形上性科学;研究事物结构形态的科学,为形下性科学。中医理论体系对人体的研究分为有形之体与无形之气。西医理论指导下的对人体的探索可归属于有形之体的范畴,对无形之气这一层

面却鲜有涉及。但中医却着重对人体无形之气的探索,其中脉诊是其重要的手段之一。所以笔者认为,脉诊是形而上性科学;所以学习脉诊必须建立形而上的思维,方能找到进入脉诊的门径。

## 1 形而上之说

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