

日本汉方医“伤寒派”腹诊诊法探析

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摘要:腹诊,是中医诊法理论中的重要组成部分,《内经》《难经》中已有关于腹诊的论述,张仲景在《伤寒杂病论》中发展了腹诊这一诊断方法,并将其应用临床。为后世开辟了腹诊辨证施治之先河,影响了日本汉方腹诊的发展。日本汉方医学界,从十六世纪开始提倡腹诊,以《伤寒杂病论》为理论基础所形成的“伤寒派”腹诊,主要以三指探按法、覆手按压法及抚循法手法,在腹部综合运用望、闻、问、切等方法,对五脏病证开展诊察。腹诊作为“伤寒派”的一种主要诊察方法,对于辨别体质、人体正气强弱,诊断和鉴别疾病,确定病位,分析病因病机,指导治疗,推断预后等方面都有重要的临床意义。

关键词:汉方医学;伤寒派腹诊;诊法探讨

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Research into Diagnostic Methods of Abdominal Palpation of Japanese Kampo “Cold Damage School”

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Abstract Abdominal palpation, an important part of TCM theory of diagnostic method, was discussed in The Inner Classic and The Classic of Difficult Issues. Zhang Zhongjing developed it in Treatise on Cold Damage and Miscellaneous Disease and put it into clinical application, which opened up a precedent for the diagnosis and treatment of abdominal syndrome, affecting the development of Japanese Kampo abdominal palpation. Since 16th century, Japanese Kampo circle advocated the use of abdominal palpation. The abdominal palpation of “cold damage school” with Treatise on Cold Damage and Miscellaneous Disease as its theoretical basis mainly examines illness of the five internal organs through the four diagnostic methods “inspection, listening and smelling, inquiry and palpitation” on the abdomen, three-finger detecting and pressing manipulation, palm down pressing manipulation and touching and moving manipulation were often used. As a main method of diagnosis and treatment by “cold damage school”, abdominal palpation has important clinical significance in distinguishing physical constitution, human's righteousness, diagnosing and differentiating diseases, determining disease position, analyzing etiology and pathogenesis, guiding treatment, inferring prognosis and so on.

Key words Kampo medicine; abdominal palpation of “cold damage school”; research into diagnostic method

腹诊,是指以触诊为主的,望、闻、问、切(触、按)相结合的对胸腹部位全面诊察的一种直诊法。日本汉方医学界,从十六世纪开始提倡腹诊,并结合自己的实践经验而形成了具有日本特点的

汉方医腹诊,汉方医腹诊有“难经派”“伤寒派”和“折衷派”三大学术流派,其中“伤寒派”腹诊以《伤寒论》《金匮要略》为理论指导,学术特点是将腹诊所得证候和仲景原文对比,决定选方用药^[1]。

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