

汉英对照

Chinese-English Bilingual Edition

针灸

史话



Historical Narratives of Acu-moxibustion

主编 张立剑

Editor in Chief ZHANG Li-jian

翻译 刘俊岭

Translator LIU Jun-ling



人民卫生出版社
PEOPLE'S MEDICAL PUBLISHING HOUSE

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针灸史话

*Historical Narratives of
Acu-moxibustion*

内容简介

国内外越来越多的人渴望学习针灸，了解针灸发展的源流，因此，我们编撰了《针灸史话》一书。本书以200余幅图片、百余个专题，按针灸发展的历史主线形象地呈现了针灸数千年发展的概貌。

本书图文并茂，明白如话，娓娓道来，集知识与趣味为一体，兼顾科普与学术，中英文对照，是了解和学习针灸发展史的重要参考书，可供国内外从事针灸教学、临床、科研的工作者、各大专院校针灸学习者和广大针灸爱好者参考阅读。

Introduction

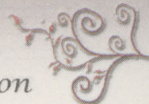
More and more domestic and foreign people are longing for learning acupuncture and moxibustion (acu-moxibustion) and for knowing its origin and historical development. Hence, we compiled a book named *Historical Narratives of Acu-moxibustion*. The present book, composed of more than 200 pictures and 103 special topics, provides vivid insights into the outline of the development of acu-moxibustion medicine in the past thousands of years.

This book contains illustrations and legends, is concise in the content, narrates the historical personages and stories one by one, gathers the knowledge and interests together, and gives consideration to both science popularization and academic learnings simultaneously. It collects abundant historical data and provides some important references for understanding and studying the developmental history of acu-moxibustion. This book, writtern in both Chinese and English, may well serve the students, scholars and vast fans from China and foreign countries who are engaging in study, teaching, clinical treatment, and scientific research in acu-moxibustion field.



针灸 史话

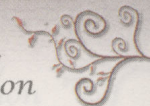
Historical Narratives of
Acu-moxibustion



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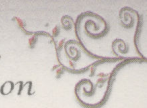
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1. 上古圣贤与针砭

The ancient sage and stone-needle

传说中的伏羲与黄帝是针砭的发明者。西晋著名文学家、医学家皇甫谧所著的《帝王世纪》认为，制作八卦、教人渔猎的伏羲曾“尝百草而制九针”。以保存大量古代传说而著称的宋代的《路史》中亦载伏羲“尝草治砭，以制民疾”。同样是西晋皇甫谧所著的我国第一部针灸专著《针灸甲乙经》序中有言：“黄帝咨访岐伯、伯高、少俞之徒……而针道生焉。”唐代孙思邈所著《备急千金要方》序中亦载：“黄帝受命，创制九针。”

其实，针砭的发明究竟归属于哪位传说人物并不十分重要，至少这种有关其起源的追溯表明了其历史相当久远。

It is said that FU Xi and HUANG Di (the Yellow Emperor) in a Chinese legendary are the inventors of stone-needle. HUANGFU Mi, a well-known writer and medical specialist from the Western Jin Dynasty pointed out in his book *Diwang Shiji* (*《帝王世纪》 Chronological Records of Emperors and Kings*) that FU Xi, a legendary founder of Chinese polity, creating Eight Trigrams and teaching people to fish and hunt, once “tasted numerous herbs and manufactured nine types of needles”. In book *Lushi* (*《路史》 History of Roads*) which is famous in recording a lot of ancient legends in the Song Dynasty, it is also recorded that FU Xi “tasted many types of herbs and made stone needles for the treatment of civilian diseases”.

Such is the case in the preface of HUANGFU Mi's another book *Zhen Jiu Jia Yi Jing* (*《针灸甲乙经》 A-B Canon of Acu-moxibustion*), the first monograph on acu-moxibustion in China that “Huangdi consulted Qibo, Bogao, Shaoyu, et al, ..., then, the reasons of acupuncture treatment were made clear”. SUN Si-miao from the Tang Dynasty wrote in his book *Beiji Qianjin Yaofang* (*《备急千金要方》 Prescriptions Worth A Thousand Gold for Emergencies*) that “Huangdi was instructed to create nine types of needles”.

In fact, that which legendary personage created stone-needle is not important, its application may be traced back to the remote historical period in China.



◎ 伏羲庙壁画

摄于甘肃省天水市麦积山伏羲庙

Mural of FU Xi's Temple

Taken in Maijishan Fuxi's Temple in

Tianshui Municipality of Gansu Province



◎ 黄帝石刻像

摄于陕西省黄陵县黄帝陵
HUANG Di's portrait carved on a stone
Taken from Huangdi Imperial Tomb in
Huangling County of Shaanxi Province



◎ 黄帝陵邮票

1983年发行，周建杨教授（浙江省宁波中医院）藏
Stamps of HUANG Di Imperial Tomb
Issued in 1983, preserved by Professor ZHOU Jian-yang from
Ningbo Hospital of Chinese Medicine of Zhejiang Province

◆ 伏羲与黄帝

伏羲是中华民族人文始祖。相传伏羲人首蛇身，与其妹女娲成婚，生儿育女，成为人类的始祖。同时，伏羲还创造了中华民族的一些古老文化。他根据天地间阴阳变化之理，创制八卦，即以八种形状简明却寓意深刻的符号来概括、描述天地之间的事物。相传他也开创了中华医药的悠久文明，为民族的繁衍生息作出了重要贡献。

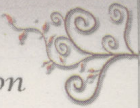
黄帝为传说中远古时代华夏民族的共主，五帝之首，相传其姓公孙，出生于轩辕之丘，故名号轩辕（天鼋）氏，在姬水生长成人，所以又以姬为姓，后来在有熊建立国家，故亦称有熊氏。关于黄帝的传说中最令人耳熟能详的要数他与炎帝、蚩尤的战争了，最终黄帝取得了胜利，被各部落拥戴为部落联盟领袖。黄帝时期，已发明养蚕、舟车、文字、音律、医学、算数等，并得到发展，他的功劳为后世所称赞，被誉为华夏的“人文初祖”。

2. 针砭灸的发源地

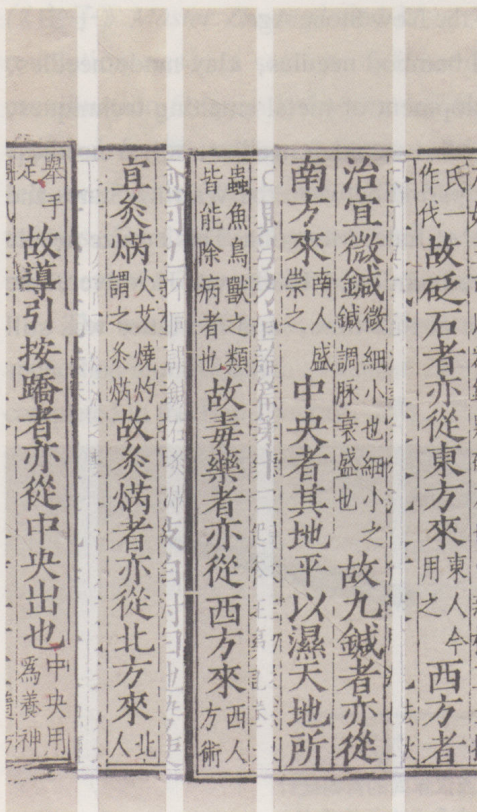
The birthplace of stone-needle and moxibustion

虽然针灸的创始者无从考证，有关针灸空间地理上的起源却有文献记载。中医学最早的经典著作《黄帝内经》记载，华夏大地东、西、南、北、中央不同的地域因素，形成生活方式、饮食习惯的差异，并导致人群体质、疾病的不同，从而产生了不同的治疗方法。砭石起源于东方，九针起源于南方，药物起源于西方，艾灸起源于北方，导引按跷起源于中央。

Although the initiator of acu-moxibustion therapy is unable to be confirmed, its origin in space and geography has literal recordings in some ancient documents. For instance, in book



Huangdi Neijing (The Yellow Emperor's Internal Classics), the earliest Classical works on Chinese medicine, it is recorded that the territorial factor including the east, west, south, north and the center of China, and different personal life styles and diet habits generally result in a variety of physical constitutions and may bring forth different diseases, hence producing different therapeutic methods. The stone needle originated from the east, the nine types of needles were generated in the south, the medicines came from the west, the moxibustion therapy was brought from the north, and the Daoist breathing exercise and massage were created from the center.



◎ 針砭灸起源地方位圖

Picture showing the birthplace of stone-needle and moxibustion

◎ 針砭灸起源地文字記載剪輯

引自《素問·異法方宜論》

Literal recording montage on the birthplace of stone-needle and moxibustion

Quoted from Suwen: Yifa Fangyi Lun (*On Variation of Methods in Accordance with Geographical Locations of The Plain Questions of the Yellow Emperor's Internal Classic*)

3. 从以石为针到针石并用

From taking stone as an acupuncture needle to joint application of metal needle and stone-needle

针与砭形制不同，起源地有别。一般认为，针由砭石发展而来，在金属针发明之前，古人用石器进行砭刺等外治疗法，如梁代全元起说，“砭石者，是古外治之法……古来未能铸铁，故用石为针，故名为针石”。此外，考古发现的砭石亦可印证，如1963年内蒙古多伦县头道洼新石器时代遗址出土的砭石。

除了以砭石为针具，古人还使用竹针、陶针等。随着金属冶炼技术的出现和发展，古人制造出青铜针、铁针、金银针等。1978年内蒙古达拉特旗发现一枚战国至西汉年间的青铜砭

针，形状类似于内蒙古头道洼出土的砭石。然而，金属针具的出现并未完全取代砭石，后者在相当长的一段时间内依然被使用。

The needle and stone-needle are different in the shape, manufacture and source place. Generally, it is held that the needle is developed from Bian-stone. When the metal needle had not come out, ancient Chinese used Bian-stone as a tool of the external therapy. In the Liang Dynasty, QUAN Yuan-qi said, "the Bian-stone is employed for external treatment of disorders, ... In the ancient times, the iron could not be manufactured, so, the sharp stone was used as an acupuncture needle. It is thus named as stone-needle. Additionally, the Bian-stone discovered in an archeological study also confirms this fact. For example, in 1963, a stone-needle was unearthed in Toudaowa of Duolun County of Inner-mongolian Autonomic Region, the relics of the New Stone Age.

Apart from stone-needle, ancient Chinese often used bamboo needles, clay-made needles, etc. as medical tools. Along with the appearance and development of metal smelting techniques, the ancient Chinese manufactured bronze needles, iron needles, golden needles, silver needles, etc. successfully. In 1978, a bronze-made needle from the period between the Warring-States and the Western Han Dynasty was found in Dalate Qi (County) of Inner Mongolia. This bronze needle is in shape similar to the stone-needle unearthed from above-mentioned Toudaowa. However, the stone-needle was not completely replaced by metal-needle at that time, and the latter was still applied in a rather long period of time in ancient China.

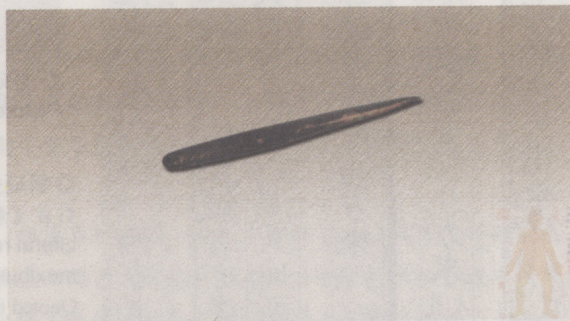


◎ 新石器时期的砭石

长4.5cm，一端为四棱形可用来放血，一边为扁平的刃可用来切开脓疡；内蒙古多伦县头道洼出土

Stone-needles of the New Stone Age

4.5 cm in length, one-end being in four-edged shape, used for bleeding, and the other end being an ancipital blade used for cutting abscess open; unearthed in Toudaowa of Inner-mongolian Duolun County



◎ 战国至西汉年间的青铜砭针

长4.6cm，内蒙古达拉特旗出土

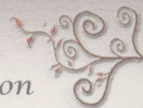
Bronze Bian-needle used from the Warring-States to the Western Han Dynasty

4.6 cm in length, unearthed in Inner-mongolian Dalate County

4. 火、艾与灸法

Fire, moxa and moxibustion

灸法是以艾叶为原料，放在人体某一部位点燃烧灼以治病的一种方法。早在《庄子》与《孟子》中即有关于灸疗的记载，《庄子·盗跖》：“丘所谓无病而自灸也。”“所谓”一



词表明,“无病而自灸”在当时应已是较为常见的一种行为,且这种活动在后世医学书籍经常提及,被认为有预防保健的作用,今之“保健灸”即源于此。此外,《孟子》亦有“七年之疾,而寻三年之艾”的说法。

灸法的运用离不开火与艾。汉代古书《黄帝虾蟆经》中提到了灸法用火的原则,“太上阳燧之火以为灸;上次以磁石之火常用;又槐木之火灸,为疮易差;无者,膏油之火亦佳”。灸法的火源以阳燧之火(相当于用凹面镜聚阳光以取火)为最佳,而阳燧取火的主要引火媒介即是艾草。

Moxibustion is a therapy for treatment of disorders by taking argy wormwood leaf as a raw material to be burnt over a certain spot of the human body. It is recorded early in book *Zhuangzi* (《庄子》 *Master Zhuang*) and *Mengzi* (《孟子》 *Mencius*). Dao Zhi (盗跖 The head of slave revolutionaries), a section of *Zhuangzi* says, “Kong Qiu (Confucius) advocated performing moxibustion frequently by oneself before falling ill.” This situation is possibly a common approach for prevention of diseases at that time. In later medical books, the so-called “performing self-moxibustion before having an illness” is frequently mentioned. This is probably the origin of today’s “health-care moxibustion”. In addition, there is another saying in book *Mengzi* that “for treatment of a 7-years’ disorder, 3-years’ effort for seeking moxa had been paid”.

The moxibustion can not be done without fire and moxa. When mentioning the principles of fire application in moxibustion, *Huangdi Hama Jing* (《黄帝虾蟆经》 *The Yellow Emperor's Frog Classic*), completed in the Han Dynasty, says, “brass mirror focusing sunlight-induced fire is the first choice for moxibustion. Secondly, magnet blocks ramming-induced fire is also frequently used. Additionally, the fire got by rapidly boring Chinese scholar tree is suitable for healing sores. If no mirror, magnet blocks or scholar tree mentioned above, the ignited animal fat is also applicable.” In a word, the mirror-focusing sunlight-induced fire is the best source for moxibustion, while its main media is the wormwood.



◎ 艾草图形

引自《本草纲目》

A picture of wormwood

Quoted from *Bencao Gangmu*

(*Compendium of Materia Medica*)