

李世杰 主编

古都大同

中医文化篇

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医药学院 610212044079

张湛曰：「夫经方之难精，尚矣」。今病有内同而外异，内异而外同，故五藏六腑之病，血脉荣卫之通塞，固非耳目之所必先诊候以审之，而寸口关尺浮沈絪紫之乱，俞穴流注之浅深之差，肌肤筋骨之厚薄，唯用心精微者，始可与今以至精至微之事，至浅之思，其不殆哉！若夫虚而损之，通而微之，寒而冷之，热而温之，



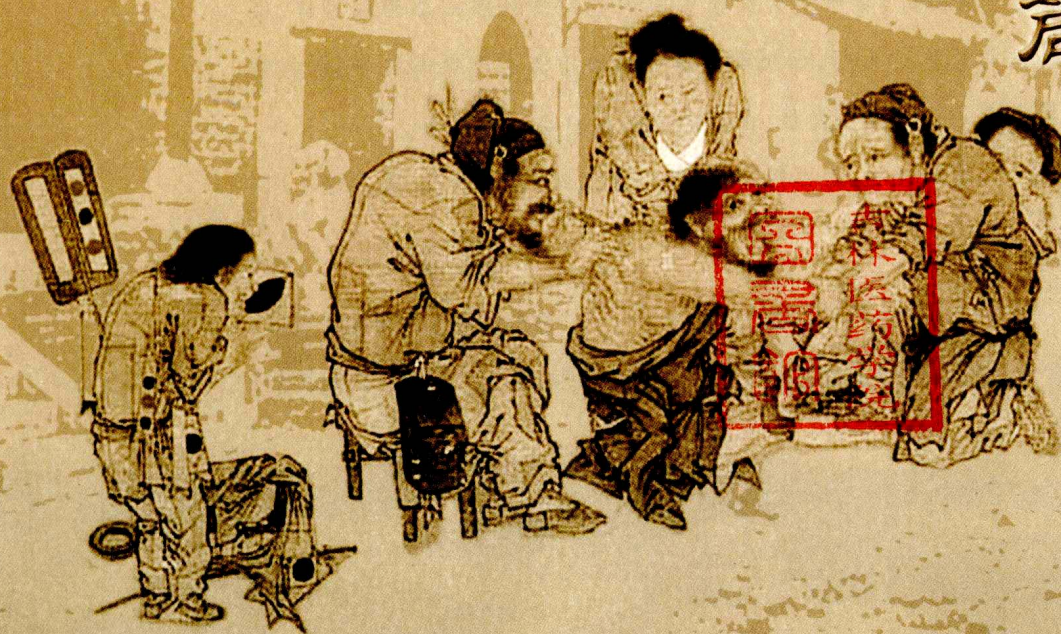


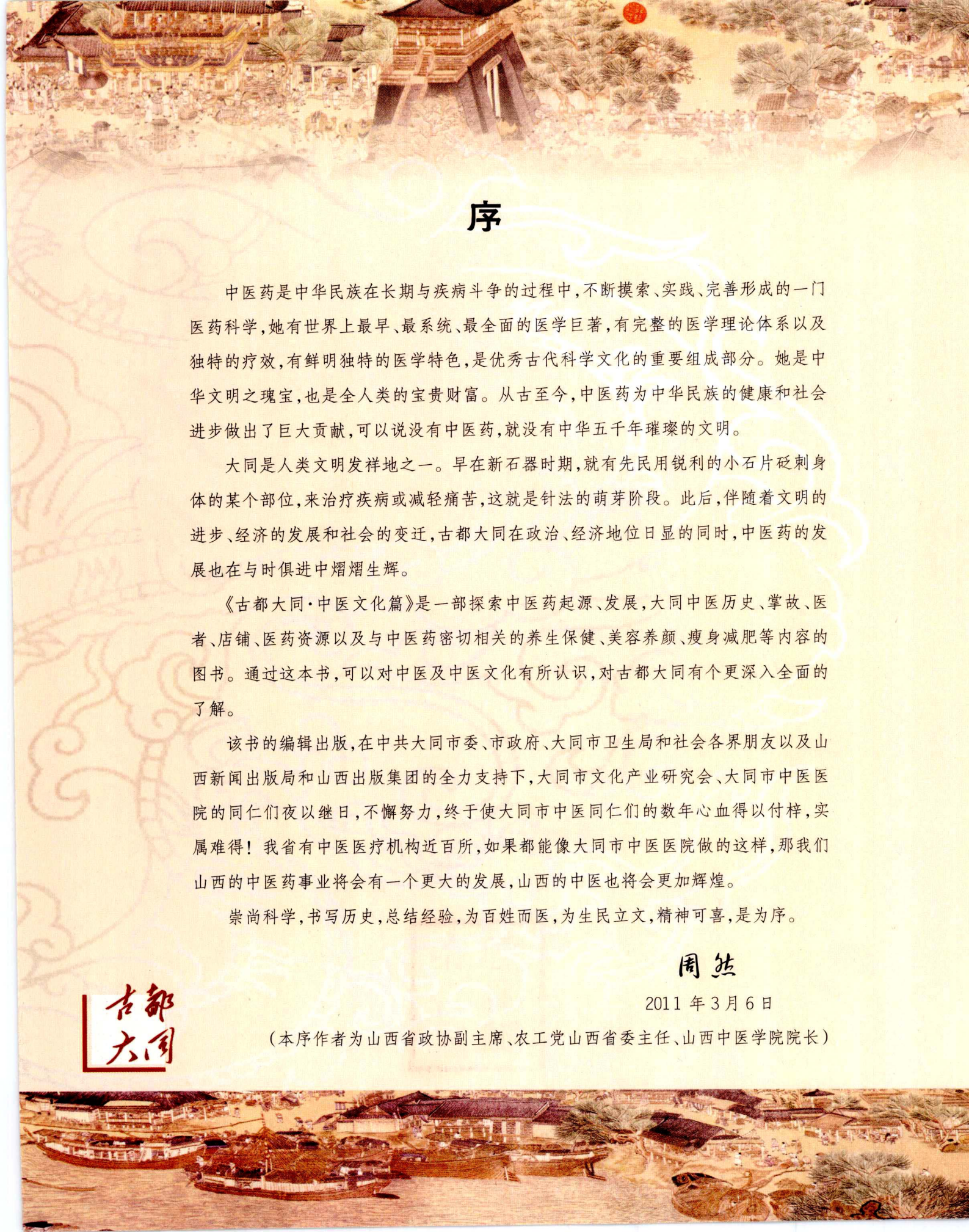
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序

中医药是中华民族在长期与疾病斗争的过程中,不断摸索、实践、完善形成的一门医药科学,她有世界上最早、最系统、最全面的医学巨著,有完整的医学理论体系以及独特的疗效,有鲜明独特的医学特色,是优秀古代科学文化的重要组成部分。她是中华文明之瑰宝,也是全人类的宝贵财富。从古至今,中医药为中华民族的健康和社会进步做出了巨大贡献,可以说没有中医药,就没有中华五千年璀璨的文明。

大同是人类文明发祥地之一。早在新石器时期,就有先民用锐利的小石片砭刺身体的某个部位,来治疗疾病或减轻痛苦,这就是针法的萌芽阶段。此后,伴随着文明的进步、经济的发展和社会的变迁,古都大同在政治、经济地位日显的同时,中医药的发展也在与时俱进中熠熠生辉。

《古都大同·中医文化篇》是一部探索中医药起源、发展,大同中医历史、掌故、医者、店铺、医药资源以及与中医药密切相关的养生保健、美容养颜、瘦身减肥等内容的图书。通过这本书,可以对中医及中医文化有所认识,对古都大同有个更深入全面的了解。

该书的编辑出版,在中共大同市委、市政府、大同市卫生局和社会各界朋友以及山西新闻出版局和山西出版集团的全力支持下,大同市文化产业研究会、大同市中医医院的同仁们夜以继日,不懈努力,终于使大同市中医同仁们的数年心血得以付梓,实属难得!我省有中医医疗机构近百所,如果都能像大同市中医医院做的这样,那我们山西的中医药事业将会有有一个更大的发展,山西的中医也将会更加辉煌。

崇尚科学,书写历史,总结经验,为百姓而医,为生民立文,精神可喜,是为序。

周然

2011年3月6日

(本序作者为山西省政协副主席、农工党山西省委主任、山西中医学院院长)

古都
大同

Preface

Traditional Chinese medicine is a science of medicine formed by continuously exploring, practicing and improving in the long process of the struggle against the diseases by the Chinese nation. As an important part of the excellent culture of the ancient science, the Traditional Chinese medicine has the earliest, the most systematic and comprehensive medical masterpieces in the world which contain the complete medical theory system, the unique medical efficacy and the distinctive medical features. It is not only a treasure of the Chinese civilization, but also the valuable asset of all mankind. Throughout history till today, the traditional Chinese medicine has made a great contribution to the health and social progress of the Chinese nation. So to speak, there is no splendid Chinese civilization of five thousand years without traditional Chinese medicine.

Datong is one of the cradles of human civilization. As early as the Neolithic Period, the ancient people used the sharp and little stone chips to stab and acupuncture the specific area of the body in order to treat diseases and relieve pains, and this is the embryonic stage of acupuncture therapy. Since then, along with the progress of civilization, the development of economy and the changes of society, Datong as the ancient capital has become obvious in the political and economic status simultaneously, and the development of Chinese traditional medicine also shines brightly in the advance with the times.

Datong, Ancient Capital-Traditional Chinese Medicine Culture Chapter is a book which explores the origin and development of traditional Chinese medicine, the history of Datong Traditional Chinese Medicine, anecdotes, doctors, pharmacies, medical resources and the regimen and health care, beautifying and nourishing face and slimming related to the traditional Chinese medicine. Editing the book is aimed to make more people know and practice about traditional Chinese medicine and its culture, also fully understand about Ancient Capital Datong.

Datong Municipal Committee of CPC, Datong Government, Datong Municipal Health Bureau, the friends from all social circles and Shanxi Press Publication Board and Shanxi Edition Group gave strong support in the process of editing and publishing. The colleagues from Culture Industry Studies of Datong and Datong Traditional Chinese Medical Hospital put their tireless efforts day and night into printing and publication of the book. How really rare! In Shanxi province there are nearly a hundred traditional Chinese medical institutions, if they did like what Datong Traditional Chinese Medical Hospital does, Shanxi traditional Chinese medical work would have a greater development and Shanxi traditional Chinese medicine would be more brilliant.

Advocating the science, writing the history, summarizing the experience in order to treat and write for the common people. The spirit expressed is gratifying. Therefore, taking the above as the Preface.

6th March, 2011

(The author of the preface: the vice-President of Shanxi political consultative conference, the director of Shanxi Provincial Party Committee of the CPWDP and the dean of Shanxi Traditional Chinese Medical College)





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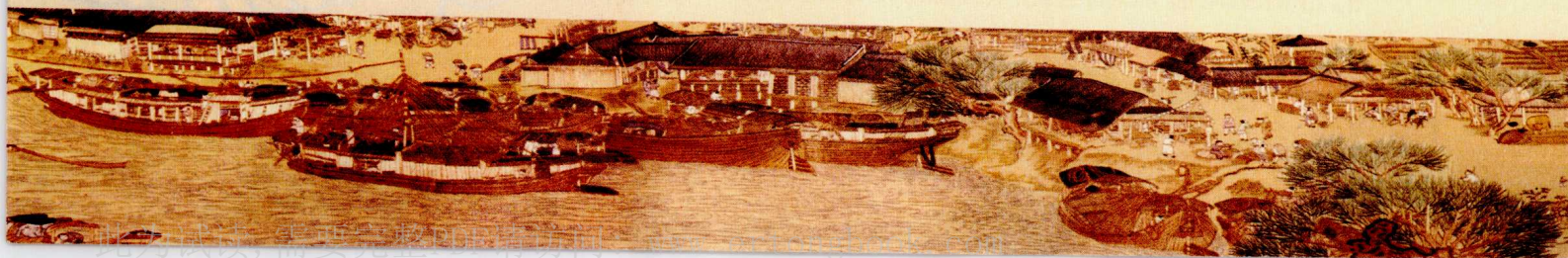
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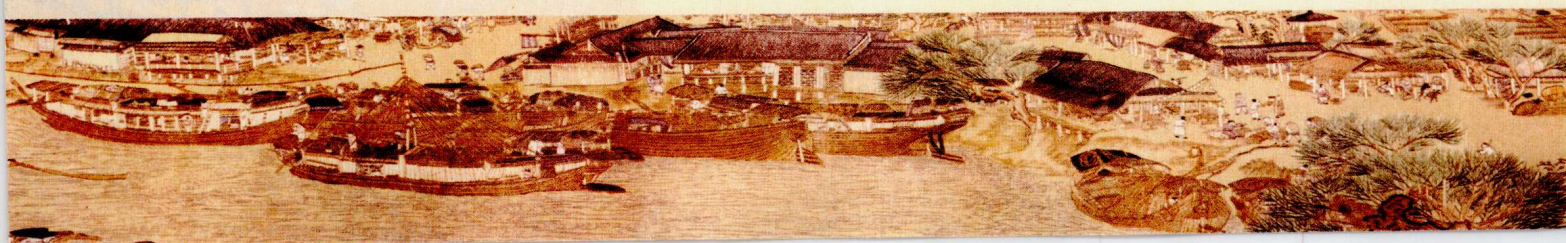
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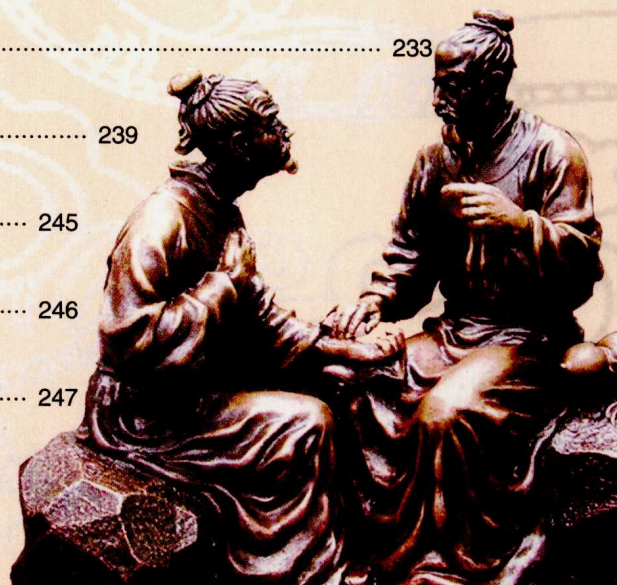
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千年医事

神农掀开的历史

神奇的砭石

商周的涪汤和药剂

诊疗春秋

流传千古的手术

唐书宋铜

千古神医与《本草纲目》

药市与药铺

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千年医事

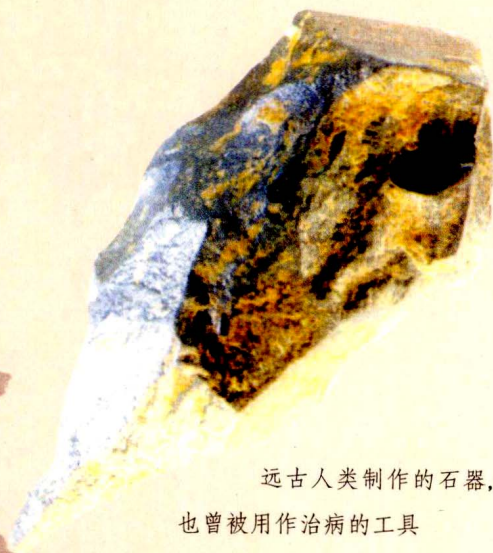
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神农掀开历史

中华民族是一个历史悠久的民族，有记载的文明史至少也在五千年之上。作为一个有着五千年文明史的古老国度，它的起源一直是人们遥想的话题，而

遥想的时间也出奇的久远。在众多华夏民族的起源说中，最久远也是认同度最高的说法认为，亿万年前，中华民族的祖先就开出了属于自己的天地。在中国古代的神话传说中，世界原来只是一个像鸡蛋一样的物体，四周及蛋体内部浑沌一片。后来有一天，盘古在蛋壳内出生了，他出生后不久就开始用随身携带的巨斧将巨蛋一分为二，盘古头顶上的部分化为天空，脚下的部分则变成大地。

天地生成后，只是一个无垠的空间，地上没有树木花草，天上没有日月星辰，盘古一个人游走在自己的天地中，感到格外的冷清。为了让天地变得丰富起来，盘古决定牺牲自己，于是，他静静躺了下来，结束了自己的生命。盘古死后，他的右眼变成了太阳，左眼变成了月亮，血液变成



远古人类制作的石器，
也曾被用作治病的工具





神农氏

了江河湖海,毛发变成了花草树木,起伏的身体则变成了三山五岳。因为是至高无上的神,盘古死后灵魂仍然不死,于是,他的呼吸就成了天地间的风,声音变成了下雨时的雷,他笑时天气就会变晴,忧伤时天气就会转阴。完成了开天辟地的任务后,盘古就这样离开了人世,世间则因盘古的死而变得丰富起来。

盘古开天之后,世界上只有女娲氏、有巢氏、燧人氏、伏羲氏、神农氏等和盘古一样的神灵。为了让世界更加丰富,女娲用大地上的黄土塑造出和自己一样的人形,然后赋予他们生命和灵魂。人类在世界上出现的初期,没有衣服遮体,也没有房屋居住,只能过着风餐露宿、茹毛饮血的原始生活,死亡率极高。为了让人们生活得舒适一些,和女娲同时代的神祇也都站了出来,用行动给人类以帮助:有巢氏教人们在树上造屋,使他们既不必承受

风雨的袭击,也不会再受到兽虫的伤害;燧人氏教会了人们钻木取火,使人类第一次有别于一般动物,不必再生食食物;伏羲氏不仅教人们学会了烹饪,还使大家学会了捕鱼和养蚕;神农氏则教人们学会了辨别百草、种植和蓄养家畜;人类由此过上了幸福的生活。

在所有这些神祇中,神农氏是最为特别的一位。他被认为是后来的炎帝,是一个介于人与神之间的传奇人物,与黄帝一起被称作是中华民族的人文始祖。中华文明的许多发明创造据说都与他有关,包括中药的发现与发明。

在传说中,神农氏是长江流域一个部落的首领,在发明了谷物种植的方法和牲畜蓄养的技巧后,他的部落成了华夏大地上最兴旺的部落之一。然而,因为生活环境恶劣,即使在部落兴旺之时,灾难还是频繁降临,由于人们不知道各种瘟疫流行,经常有部落成员病倒,有的还失去了生命。于是,神农氏又离开了居住之所,去寻找能为大家解除病痛的药物。在寻找药物的日子里,神农氏翻过了一座又一座高山,淌过一条又一条大河,尝遍了山中及河岸的每一株野草,试图找到能治疗疾病的植物。有一天,神农氏在山上又品尝了好几种新的植物,觉得有些累了,就在一棵大树下支起陶罐煮水。水快要烧开时,一些叶子从树上飘然掉落下,进了陶罐之中。神农氏喝过这些树叶煮出的浓汤,忽然感到无比的舒爽,全身荡漾起一种从未有过的美妙感受。神农氏赶忙起身,摘下树上的叶子,再去品尝,叶子进入肠胃后,在里边滚来滚去,像是在清洁一般,精神立刻清爽了许多。神农氏知道自





伏羲女娲图





己发现了一种神奇的植物，于是小心地把这种叶子收集起来，并给它们起名为“茶”，这就是后来的茶。

发现了“茶”这种神奇的植物后，神农氏继续自己的寻药之旅。因为有些植物含有毒素，神农氏经常会中毒。有一次，他服用了一株从没见过的小草，脸色忽然变得乌青，心里也格外地难受，眼看就要倒下。这时，他想起了口袋里收藏的“茶”，赶忙拿出来几片放到嘴里，不一会儿，毒性竟然慢慢解掉了。神农氏这才知道，“茶”除了清爽身体外，竟然还可以解毒，他知道这种神奇的叶子是一味最好的解毒草药，于是带回部落。

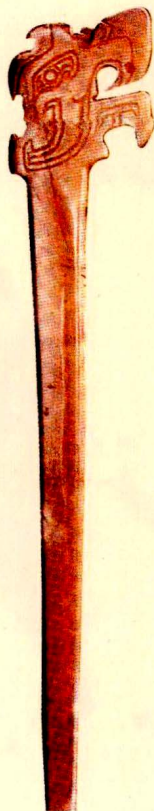
这是关于茶的最早的传说，也是关于中药起源最早的传说。因为这个传说，后来的人把神农氏当作中医药的始祖，他腰围树叶、手执草药的画像，被供在了很多的中医药铺里。

神奇的砭石

神农氏发现中草药的传说寄托了中华民族对先祖的崇拜。在现实的历史中，真正的中医药起源当然不会是一两个人的突然发现，而是我们的祖先在生产活动中对自然的漫长探索和认识，是整个中华民族集体的结晶。原始社会初期，人们还不懂得耕作收获，只是从自然界采集野菜、种子以及植物的根茎充饥。在这个采集过程中，不免会采到一些有毒的植物，吃后导致头痛、呕吐、腹泻等病状发生，有时还会使人昏迷甚至死亡。后来，有些食物中毒的患者正因中毒而腹泻呕吐时，又在无意中吃了另一种植物的根或茎叶，腹泻竟然

缓解了。此类的事例多了，有人就认识到某种植物可以缓解某种病症，于是就专门采来，把它当作治疗特定疾病的药物。这样积累下来，就有了草药的记录，经过长时间的实践总结，能治各种病症的药物就逐渐出现了。

与中草药发现相类似的还有针灸的发明。当中华民族的祖先学会使用石器，能够制造简单的生产生活工具时，中医药的历史发展也就真正拉开了序幕。因为生产力低下，当时人类的生活环境极差，各种疾病和伤痛时刻伴随着人们的生活。又因为攫取食物的不易，有了伤痛的人们仍然不得不进行植物采集或动物猎取。人们在采集植物或猎取动物时，经常会有人被石头荆棘等碰撞身体表面的某个部位，当某些腿脚腰背恰巧有疾的人又恰巧



古老的玉笄和骨针。在中医发展过程中，这些工具也都曾被人们用来针灸

