

中医药对外宣传丛书  
Traditional Chinese Medicine Overseas Series

THE BRIEF HISTORY  
OF TRADITIONAL  
CHINESE MEDICINE

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中医药学简史

中国中医药出版社  
CHINA PRESS OF TRADITIONAL CHINESE MEDICINE

# 中医学简史

梁永宣

鲁兆麟

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• 北 京 •

# **THE BRIEF HISTORY OF TRADITIONAL CHINESE MEDICINE**

LIANG YONGXUAN  
LU ZHAOLIN

CHINA PRESS OF TRADITIONAL CHINESE MEDICINE  
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**The Brief History of Traditional Chinese Medicine**

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# 总 前 言

中医药是中华民族优秀传统文化的重要组成部分,几千年来为中华民族的繁衍昌盛做出了不可磨灭的贡献,并且对世界的文明进步产生了积极影响。它是我国卫生事业的重要组成部分和人类医学的宝贵财富。

中医学是研究人体生命活动变化规律和调节方法的一门科学,体现了对人体生命科学的深刻认识,具有科学性和先进性。中医学的健康理念和临床医疗模式,体现了现代医学发展趋势。

中医学拥有一套完整的、独特的理论体系,在临床各科多种疾病的诊疗方面积累了丰富的经验并有确切疗效。作为世界传统医学的优秀代表,中医药对于许多疾病,特别是某些现代疑难杂病,如心脑血管病、糖尿病、肿瘤、免疫性疾病、病毒感染性疾病等的诊治,具有独特的优势,正在发挥着越来越重要的作用。

21 世纪,随着医学模式的转换,疾病谱发生了变化,医源性、药源性疾病以及老龄性疾病逐渐增多,人们预防保健意识不断增强,国际社会对天然药物的需求日益扩大,中医药的发展必将拥有更加广阔的发展空间,对人类健康事业做出更加巨大的贡献。

为了使中国传统医药在全球发扬光大,传播中医药防治临床各科疾病的科学知识,国家中医药管理局启动了“中国

中医药国(境)外传播资料编译系列”项目,这套普及型丛书的编译也是其中的一部分。在此,我们将中医药学科的基础知识介绍给大家,本套丛书共分为 12 分册,包括中医药学基础、中医药学简史、中医养生保健学、中医药学临床各科、推拿学、针灸学、中药和方剂、中医药国内外发展概况、少数民族医学。本套丛书内容丰富、言简意赅、浅显易懂、生动活泼,图文并茂,有助于国内外读者在较短时间内正确了解中医药的基本知识,熟悉中医药在市场保健和疾病预防方面的应用,以适应现代人对于高品质健康生活的追求。

国家中医药管理局

2005 年 12 月

# 前 言

中国文明是古代四大文明之一,其中中医药文化至今仍大放异彩,蕴含着十分丰富的内容。几千年来,她不仅维系着中华民族成千上万人民的生活健康,同时对世界医学的发展也起到了非常重要的作用。中医学有着悠久的历史,是世界上最古老的医学体系之一。但由于目前我们对中医学的认识有限,其中有很多奥秘还需要不断去探讨,因此说中医学是一门既古老又年轻的学科。

中国医学史是中医药文化历史长河的一条支流,她是研究中医学起源、形成、发展过程和发展规律的一门科学,是一门集自然科学和社会科学于一身的独特学科。她讲述中医药学数千年来绵延至今的历史,追述那些创造中医药历史的先贤圣人,探讨中医药理论体系及其诊断方法建立的根基,介绍中医药物学、方剂学的辉煌成就,研究中医文化中最令我们引以为傲、享誉盛名的历代名医及其诊疗成就。

如果您对中医药的历史有兴趣,相信您读完本书,就会了解这一宝库中所包含的丰富内容,或许还能让您感到其中的奥妙之处。

梁永宣



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## General Foreword

Traditional Chinese Medicine (short for TCM) is the splendid traditional culture of the Chinese nation, which has made outstanding contributions to the prosperity of the Chinese nation. Moreover, it has developed a school of its own in the field of traditional medicine and pharmacology of the world. TCM plays an important role in health undertakings not only in China but also in the world.

TCM is a science studying the law and regulation of human body's living activities and alteration. It embodies profound recognition of life science of human body, which is scientific and progressive. The health concept and clinical practice reflect the trend of modern science.

TCM includes a set of complete and unique theoretical system. With practical effects, it accumulates abundant experience in diagnosis and treatment of all kinds of diseases. As the excellent representation of traditional medicine in the world, TCM takes unique superiority in the diagnosis and cure of various diseases, especially for some modern difficult and complicated cases, such as cardiovascular disease, diabetes, tumor, immune disease, viral infective disease, and it

is playing a much more important role.

In the 21<sup>th</sup> century, with the transformation of medical mode, the pedigree of diseases alters. Iatrogenic and aging diseases are gradually increasing. People's consciousness of prevention and health is promoted and the need for raw medicines in the international community is increasing. As a result, there will be more room for the development of TCM, contributing greatly to human's health.

In order to promote TCM culture forward in the world, State Administration of Traditional Chinese Medicine of People's Republic of China (SATCM) carries out the project. The compilation and translation of this set of popular science series is also part of it, in which we will introduce the basic knowledge of TCM. This series includes 12 books, covering the Brief History of TCM, Basic Theories of TCM, Chinese Tuina, Chinese Herbs and Formulae, and so on. And it has vivid language and colorful illustrations, which helps the readers at home and abroad comprehend correctly the basic knowledge of TCM in a short time, familiarize the application of TCM in health and disease prevention, so as to fit modern people's pursuit for high qualified health life.

**State Administration of Traditional Chinese Medicine of**

**P. R. China**

**December, 2005**

## Preface

The Chinese civilization is one of the four great ancient civilizations, and up to now the culture of Traditional Chinese Medicine (short for TCM) is still charming and glorious with substantial contents. For several thousand years, it has not only helped to keep the public's health, but also played a very important role for the development of world medical science. As one of the oldest medical systems in the world, TCM science has a long history. And because of our fairly inadequate understanding of it, many mysteries of TCM science are still waiting for our deeper exploration. Therefore, TCM science is such a discipline that is both young and old.

The history of Chinese medicine is a branch of the long span of history of the culture of TCM. It is a science studying the origin, the formation, the development process and development laws of TCM science; it is a unique discipline combining natural science and social science. It can tell you the history of Chinese medicine and pharmacology which have lasted for several thousand years, recalling those ancient talents and sages who created the history of TCM, exploring the foundation of TCM theoretical system and diagnostic methods, introducing the splendid achievements of TCM

pharmacology and prescription science, and studying the most famous doctors of all dynasties in TCM culture. Now, we are so proud of them, and their diagnostic and therapeutic achievements.

If you are interested in the history of TCM, we believe that you will have a better understanding of the rich storage in this treasure — house after reading this book, and perhaps this book will enable you to have a grasp of the mysteries of TCM.

Traditional Chinese Medicine, part of the Chinese culture, embraces abundant content. In the past thousands of years, it not only keeps healthy of the Chinese nation, but also makes contributions to the world medical science. What kind of content is in this historical treasure? How does it develop? This book may unravel some mysteries for you.

LIANG Yongxuan

# 目 录

## 第1章 中医药学的起源

1.1 传说中的上古医家 .....	1
1.1.1 伏羲 .....	1
1.1.2 黄帝 .....	2
1.1.3 神农 .....	4
1.1.4 医和、医缓 .....	5
1.2 重要的出土资料 .....	6
1.2.1 甲骨文 .....	7
1.2.2 马王堆医书 .....	9

## 第2章 中医学理论体系的基本建立

2.1 中医基础理论的奠基——《黄帝内经》 .....	12
2.2 第一部药物学专著——《神农本草经》 .....	14
2.3 中医学辨证论治原则的创立——医圣张仲景与《伤寒杂病论》 .....	16

## 第3章 中医学诊断体系的显著成就

3.1 扁鹊高超的诊断技术 .....	20
3.2 《难经》的诊断学贡献 .....	22
3.3 王叔和《脉经》 .....	23
3.4 巢元方《诸病源候论》 .....	25
3.5 杜本《敖氏伤寒金镜录》 .....	27
3.6 陈言《三因极——病证方论》 .....	28
3.7 卫气营血辨证与三焦辨证 .....	29
3.7.1 叶天士创立卫气营血辨证 .....	30

3.7.2 吴鞠通创立三焦辨证 .....	31
-----------------------	----

#### 第4章 中药学及方剂学的历代成就

4.1 东汉华佗始创“麻沸散” .....	33
4.2 南朝陶弘景《本草经集注》 .....	34
4.3 唐代药典性本草《新修本草》 .....	36
4.4 宋代唐慎微《经史证类备急本草》 .....	38
4.5 明代李时珍《本草纲目》 .....	39
4.6 晋代葛洪《肘后备急方》 .....	42
4.7 唐代孙思邈《备急千金要方》 .....	44
4.8 宋代陈师文等《太平惠民和剂局方》 .....	45
4.9 金元医家的方剂学成就 .....	46
4.10 明代朱棣等编撰《普济方》 .....	49
4.11 清代吴谦主编《医宗金鉴》 .....	50

#### 第5章 中医学临床各科著名著作

5.1 外科——陈实功《外科正宗》 .....	51
5.2 妇产科——陈自明《妇人大全良方》 .....	52
5.3 小儿科——钱乙《小儿药证直诀》 .....	53
5.4 针灸科——皇甫谧《针灸甲乙经》与杨继洲《针灸大成》 .....	55
5.5 骨伤科——危亦林《世医得效方》 .....	57

# Contents

## Chapter1 Origin of TCM

1.1	Legendary Doctors in Ancient Times .....	1
1.1.1	Fu Xi .....	1
1.1.2	Huang Di( The Yellow Emperor) .....	3
1.1.3	Shennong .....	4
1.1.4	Doctor He & Doctor Huan .....	6
1.2	Important Exhumed Documents .....	8
1.2.1	Inscriptions on Bones or Tortoise Shell of The Shang Dynasty (16 <sup>th</sup> ~11 <sup>th</sup> century B. C. ) .....	8
1.2.2	Medical Books Exhumed from Mawangdui .....	11

## Chapter 2 Basic Establishment of TCM Theoretical System

2.1	Foundation of Basic Theories of TCM——Huangdi Neijing .....	14
2.2	The First Specialized Work of Pharmacology Shennong Bencaojing (Herbal Classics of Shennong) .....	16
2.3	Establishment of The Principle of The Treatment Based on Disease Differentiation of TCM——Medical Saint Zhang Zhangjing& Shanghan Zabing Lun .....	18

## Chapter 3 Remarkable Achievements in TCM Diagnosis System

3.1	Excellent Diagnosis Skills of Bianque .....	23
3.2	Diagnostics Contribution of Nan—Jing (Classics on Medical Problems) .....	24
3.3	The Mai Jing by Wang Shuhe .....	26



3. 4	Zhubing Yuanhou Lun by Chao Yuanfang .....	29
3. 5	Du Ben & Aoshi Shanghan Jinjinglu .....	31
3. 6	Chen Yan & Sanyin Jiyi Bingzheng Fanglun (Treatise on Three Categories of Pathogenic Factors and Prescriptions) .....	32
3. 7	Defense-Qi-Nutrient-Blood and Triple Energizer Syndrome Differentiation .....	34
3. 7. 1	Nourishing Dialectical Treatment by Ye Tianshi .....	34
3. 7. 2	Wu Jutong Created Triple Energizer Syndrome Differentiation .....	35

#### Chapter 4 Achievements in Dynasties of Chinese Pharmacology And Prescription

4. 1	Hua Tuo Created Mafei San .....	38
4. 2	Tao Hongjing Created Bencao Jing Jizhu (Bencao Jing Variorum) .....	40
4. 3	Xinxu Bencao (Newly Revised Materia Medica), A pharmacopoeia .....	42
4. 4	Jingshi Zhenglei Beiji Bencao (Classic Classified Materia Medica for Emergency), A Famous Private Bencao of Song Dynasty .....	44
4. 5	Li Shizhen Created Compendium of Materia Medica .....	45
4. 6	Zhouhou Beiji Fang (Handbook of Prescriptions for Emergency) by Ge Hong in Jin Dynasty .....	48
4. 7	Sun Simiao Created Beiji Qianjin Yaofang (Invaluable Prescriptions for Emergencies), A Chinese Medical Encyclopedia .....	50
4. 8	Taiping Huimin Heji Jufang (Formulary of The Taiping Welfare Pharmacy Bureau), The First National Pharmacology in Song Dynasty .....	52
4. 9	Achievements in Medicine Formulation of Doctors in Jin And Yuan Dynasties .....	53
4. 10	Puji Fang (Prescriptions for Saving the Public), The Largest Prescriptions in Ming Dynasty .....	57
4. 11	Highlight of Prescriptions in Qing Dynasty, Yizong Jinjian	